

## Housekeeping and slip, trip and fall accidents

Recently there have been increases in our slip, trip and fall accidents. There have also been several close calls around housekeeping.

Please try to make sure that the work environment is safe for everyone.

In a recent accident, an operative dislocated his knee and broke a bone in his arm. He had finished the shift and is believed to have slipped on newspaper in the changing room.

Remember: an area that might have been OK the day or even hour before, may have changed. So should be continually monitored & reassessed

If you are involved in or see an accident or incident at work make sure it is reported. Both your site supervisor and VGC contract supervisor should know.

VGC Be Safe rule 3:

- Report all unsafe acts and conditions

VGC Be Safe rule 4:

- Stop if anything changes.

4LM 3m hours without a RIDDOR

The Four Lines Modernisation (4LM) programme has had 3m hours without a RIDDOR accident.

<http://www.capitalprogrammes.co.uk/millions-safe-hours>

## See it, share it



Thank you and congratulations to Ian Hendry and Tim Robinson for winning the **monthly 'See it, share it' prize draw.**

Ian identified hidden rail under veg growth and Tim identified operatives placing ballast incorrectly.

Remember to send us good practice, close calls, near misses and ways to improve

- Text 07876 448 119
- Email [BeSafe@vgcgroup.co.uk](mailto:BeSafe@vgcgroup.co.uk)

## Accidents

An operative sustained a lower leg injury while using lifting equipment. Ensure that when you are using equipment all checks, as per manufacturing instructions, are undertaken and make sure you **are working as you've been trained to do so. Keep** out of pinch-points/exclusion zones.

It is important that you ensure that you have been trained and briefed on the manual handling activities prior. Always consider the task, your capabilities, the load you are lifting and the environment you are working, before you lift materials or equipment.

## Keep your work area tidy - avoid accidents

- Ensure that access routes are kept clear at all times.
- Do not leave unused tools and materials lying around.
- Avoid trailing cables.
- Dispose of all waste correctly.



Do not leave a hazard in the hope that someone else will sort it out.

## Drugs and alcohol



VGC has zero tolerance on drugs and alcohol. You should not:

- Report or try to report for duty if you have consumed alcohol or are under the influence of drugs.
- Be in possession of drugs of abuse in the work place.
- Consume alcohol or drugs while on duty.

You must make sure your contract supervisor / manager is aware of any prescribed or over-the-counter medication that could affect your safety and / or the safety of others. These must also be declared in full detail before a sample is taken.

You can get advice from your GP or pharmacist, or contact the VGC HR department who will get advice from our occupational health provider.

Everyone working for VGC may be subject to random drug and alcohol screenings at any time.

If you have any concerns please contact your VGC contract supervisor or HSQE department - 01895 671 800.

**Action: Only undertake tasks that you are trained for.**

Accident: IP was asked by Hiab lorry driver to back him into position at Camden Town Station in between a tree and plastic recycling bin. IP trapped his left hand between the lorry and a **plastic recycling bin. Fortunately, he wasn't badly injured, but it could have been very serious.**

[Labour solutions—Track Partnership](#)

## Social media at work



Please be careful what you post about your work.

- Remember that our clients can be very sensitive – **it's safest not to post anything from a worksite unless it's been approved.**
- Be aware that a series of items may add up to reveal more than you might want.

**There's more social media advice at** [vgcgroup.co.uk/social](http://vgcgroup.co.uk/social)

## PPE

Before you start work you must have had a brief, which includes the PPE required for your specific tasks.

If you are unsure what is the correct PPE, stop and ask your supervisor. If you do not have the correct PPE and equipment for the task, you or other people could be injured. If you do not have the PPE and equipment you need, speak to your supervisor and do not start your task.

Remember: different jobs may require different PPE and equipment.

## Hand-arm vibration syndrome

Hand-arm vibration syndrome (HAVs) is caused by the vibrations transmitted into the hands and arms when using hand held powered work equipment.



Symptoms can appear after only a few months or exposure, or take longer. Symptoms include: tingling and numbness in the finger tips, loss of strength in the hands.

What can you do?

- Always use the right tool for the job.
- Check tools before use to ensure that they are being properly maintained and repaired.
- Reduce exposure by taking frequent breaks, during which time you should massage and exercise your fingers.
- Encourage good circulation by keeping hand and body warm and dry.

Anyone who suspects any problems with their hands should report this to their VGC contract supervisor or HSQE department - 01895 671 890.