

HSE SAFETY

CORNERSTONES

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HSE Releases New Manual Handling Tool and Updated Guidance

Last year, work-related MSDs, including those caused by manual handling, comprised 44 per cent of all work-related injuries, according to the Office for National Statistics. To help reduce manual handling and MSD injuries in general, the HSE recently developed a new manual handling tool and updated its manual handling guidance.

The new risk assessment of pushing and pulling (RAPP) tool was developed in order to help identify high-risk pushing and pulling operations, and it assesses the effectiveness of any risk-reduction measures. The tool appraises two types of operations:

1. Moving loads on wheeled equipment, such as hand trolleys, pump trucks, carts and wheelbarrows
2. Moving loads without wheels, which could involve actions such as dragging or sliding, churning (pivoting and rolling), and rolling

For either operation, the tool provides an in-depth assessment that includes a flow chart of the risk factors and assessment process, a guide that provides information to help determine the level of risk for each factor and a score sheet. The tool is free and can be downloaded by clicking [here](#).

Whilst the guidance for manual handling has not been significantly altered, it has been restructured for increased usability to help ensure that companies are able to remain compliant with the regulations. Part 1 of the guide contains information on all the relevant regulations along with brief guidance on how to effectively follow them. Then, Parts 2-4 offer more detailed guidance on how to conduct a thorough risk assessment and practical methods to mitigate risks. In addition, the HSE has made the risk assessment checklists available online [here](#).

To supplement these new beneficial materials, follow these best practices for manual handling:

- **Plan the operation:** Before your employees attempt to lift an object, they should assess the best method of moving the object—like using moving equipment to make the task easier or asking a co-worker to help.
- **Use good posture:** Your employees should always lift with their legs, keep the load close to their waist, and they should never make any twisting or jerking movements.
- **Move smoothly:** Your employees should keep their backs as straight as possible when moving the load and when they place the load at its destination.

For more information about how your company can ensure that your employees remain safe, contact the insurance professionals at **Crendon Insurance Brokers Ltd** today.



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Common Causes of Commercial Fires

Fires can be devastating for a company, as they can destroy files, damage a building's structural elements and its equipment, and disrupt regular business operations. In fact, according to the Chief Fire Officers Association, 60 per cent of private businesses never recover from a fire, as the average commercial fire claim is more than £25,000. For that reason, it is important to know the common sources of ignition in order to bolster your company's protections:

- **Electrical faults:** Roughly 25 per cent of all accidental fires are caused by faulty wiring, inadequate or improper electrical insulation and overloaded electrical sockets, according to government statistics.
- **Smokers' materials (including lighters and e-cigarettes):** If left unattended, e-cigarette batteries can become overcharged—causing them to explode. In addition, unextinguished cigarettes can contribute to starting a fire.
- **Equipment or appliances (including cooking appliances):** Operating equipment that produces heat or sparks near flammable or combustible materials causes a significant number of fires annually. In addition, defects in cooking appliances—especially gas appliances—can be a source of ignition.

Although it may seem like the potential for fires at the office is high, prevention is simple and easy:

- Keep work areas free of waste paper, rubbish and other flammable items—such as oily rags.
- Regularly have office equipment and appliances inspected and serviced.
- Schedule an annual fire risk assessment of your building.



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NEWS AND PROSECUTIONS

Join European Health and Safety Week

The annual European Health and Safety will begin Monday October 24th and run through Sunday October 30th. This year's theme is 'Healthy Workplaces for All Ages' and as a part of the campaign, the Trade Union Congress will be organising various initiatives to help UK businesses bolster their health and safety practices. If you want your business to participate, click [here](#).

HSE Surprise Construction Site Inspections Start 3rd October

Beginning on 3rd October 2016, HSE inspectors will be conducting surprise inspections at construction sites where refurbishment projects or repair works are underway. These inspections will last through 4th November 2016. During these unannounced inspections, inspectors will ensure that high-risk activities are being properly managed to guarantee the health and safety of construction workers. If a serious breach in health and safety legislation is identified by an inspector, there will be immediate enforcement action—including fines and penalties. Yet, inspectors have been encouraged to provide guidance on how to establish a safe work environment.

Company Director Jailed Following Worker's Death

Thorn Warehousing Ltd company director Kenneth Thelwall was charged under Section 37 of the Health and Safety at Work Act, sentenced to 12 months in prison and ordered to pay costs of £4,000 after he was found responsible for the death of one of his workers. In addition, the company was charged under Section 2 of the Health and Safety at Work Act, fined £166,000 and ordered to pay £10,400 in costs. The 51-year-old employee was using a remote controlled mobile elevated working platform (MEWP) to load a truck when it fell on him. In its investigation, the HSE found that Thelwall had never properly trained the employee and had not conducted any sort of risk assessment for the MEWP.

Textile Factory Owner Fined for Insurance Failings

William Cuthbert, owner of the textiles firm BC Shirts was charged with breaching the Employers' Liability (Compulsory Insurance) Act 1969, fined £1,000 and ordered to pay costs of £9,143.35 after he had failed to demonstrate over the course of six months that he had ensured that his compulsory employers' liability insurance was current.