

Safety FOCUSED

July 2014

Working With Young Co-workers

Help your young co-workers and keep everyone safe.

Staying Safe on Your Holiday

Follow these simple tips to get the most out of your holiday.

A monthly safety newsletter from
Crendon Insurance Brokers

Working With Young Co-workers

Summer is finally here, meaning you can look forward to higher temperatures, longer days and an extended holiday. But summer is not just about leisure—for many young people, summer is a time to make money while on holiday from school.

As an experienced worker, you may be tasked with assisting or mentoring a new, young worker this summer. For many of these temporary young workers, this is their first foray into the working world. They require special supervision to ensure their jobs are done safely and correctly.

Instead of dismissing a new young worker as just another co-worker, provide him or her with additional support. It will make your job easier, keep you and your co-workers safe, and may save you from having to fix their mistakes.

Because they are new to the workplace, many young workers may be unfamiliar with the risks associated with plant, equipment and substances that you and your co-workers think are obvious. Be patient with your young co-workers, as their physical and psychological immaturity can make them eager to please, but overzealous. In their eagerness, young workers may make dangerous mistakes. They can avoid such mistakes with your help and supervision.

When you are assisting a young worker, pay special attention to what you teach him or her. For many, this could be the foundation for their future working life, meaning that if you teach them something incorrect or unsafe, it could stick with them for many years. Teach them the right way to prevent accidents in the future.

Similarly, do not show them the short cuts you have gleaned along the way—they do not have the experience to rely on short cuts and deal with any problems that may arise from using them.

You should encourage young workers to ask questions, to discuss hazards and to say 'no' when they are confused or uncomfortable with a certain work activity. Ignoring their questions and concerns can be fatal both to the worker and to an organisation. Sometimes a fresh perspective from a young worker can usher in new, improved safety regulations and procedures.

To instil good habits, always model proper work etiquette such as wearing protective equipment and using the correct precautions.

is committed to every employee's safety. If you have a question, please do not hesitate to ask.

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**Crendon
Insurance
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Staying Safe on Your Holiday

Summer is peak holiday season. Last year, 63 per cent of surveyed full-time UK workers planned to take a summer trip, and 52 per cent planned a holiday abroad, according to a Careerbuilder.co.uk survey.

Whether you plan on travelling abroad this summer or staying put, follow these tips to stay safe while on holiday:

- **Purchase travel insurance.** If you travel abroad and require health care, you will often have to pay part, if not all, of your medical bills. Travel insurance can help shrink these large medical payments.
- **Swim at beaches with lifeguards.** No matter where you travel, stick to beaches with lifeguards. Rip currents and other seaside hazards can quickly turn an idyllic day at the beach into a deadly situation.
- **Plan outdoor activities.** Rather than improvising your outdoor excursions, plan them in advance to avoid any surprises. Check the weather and bring enough food and water.

- **Wear appropriate clothing.** Dress in clothing that aligns with local customs, if you are abroad, and that is suitable for the weather, such as loose clothing when it is hot. Forgo your sandals for more comfortable trainers if you plan on walking all day, and bring a raincoat just in case.
- **Stay safe in the sun.** Protect yourself from sunburn and heat exhaustion. Use a broad spectrum sunscreen with a sun protection factor (SPF) of at least 15. Reapply your sunscreen every time after going in the water.
- **Drink lots of water.** Staying hydrated is key to keeping healthy and enjoying your holiday. If you travel to a country with a dubious water supply, rely on bottled water.
- **Tell family and friends where you are going.** Your loved ones should know where you are in case you need help in an emergency. Maintain contact and carry a fully charged mobile phone wherever you go.



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Top 10 countries where Brits are most likely to require assistance on holiday:



1. Philippines
2. Thailand
3. Jamaica
4. Pakistan
5. Cyprus
6. Greece
7. India
8. Spain
9. New Zealand
10. Egypt

Real-life Case Study

Two friends from Belfast travelled to the north coast of Cornwall for a three-week-long summer surfing holiday. They were both avid surfers, and felt comfortable seeking out the best secluded beaches.

Towards the end of their holiday, one friend decided to stay in for the day, while the other wanted to spend their few remaining days on the water. Without telling his friend where he was going, the surfer headed to a beach he had not previously surfed but that had been favourably reviewed.

After several hours by himself, he decided to return to his hotel room. While paddling back to the beach, the surfer was caught in an unexpected current which sucked him beneath the surface and dragged him along underwater rocks, knocking him unconscious. His body washed onshore and laid there for several hours. His friend, meanwhile, had been looking for him and knew he had wanted to try that particular beach, and found him there, still unconscious. Because of his friend's quick thinking, the surfer suffered only minor injuries.