

HSE SAFETY CORNERSTONES

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Dehydrated Driving Same as Drink-driving

Driving while dehydrated has the potential to be as dangerous as drink-driving, according to a new study conducted by vehicle leasing company, Leasing Options. This research suggests that, similar to the effects of alcohol, dehydration can impair a person's mental and physical well-being. In fact, in the study 47.1 per cent of dehydrated drivers reported loss of focus, 59.3 per cent reported loss of concentration and 42.7 per cent reported slower reaction times.

Yet, what can make dehydration dangerous is its pervasiveness, as 55 per cent of drivers drink less than the recommended daily water amount (1.2 litres). Leasing Options' research suggests that a significant portion of all vehicle crashes are caused by dehydration. For that reason, if your organisation employs any drivers or if employees have to travel regularly for work, it is important that they understand how to stay hydrated with the following tips:

- Bring an adequate amount of fluids to stay hydrated throughout the trip. For each hour spent in the car, drivers need to drink one glass of rehydrating fluids. In addition, drivers should avoid an excessive amount of caffeinated drinks, which can contribute to dehydration.
- Refrain from driving in a hot vehicle, which can accelerate dehydration.
- Take frequent driving breaks during long trips so drivers can rest and rehydrate.

Cancer Still a Hazard for UK Organisations

Every 43 seconds, a person dies from work-related cancer, according to the World Congress on Safety and Health at Work. What's more, there are an estimated 8,000 work-related cancer deaths and 13,500 new work-related cancer registrations each year in the United Kingdom. Industry experts have begun to take steps to reduce UK workers exposure to asbestos and silica, the two main causes of occupational cancer.

Even though it's estimated that these efforts will help reduce the number of UK workers dying from cancer each year, work-related cancer is still a significant concern. That is why the Institution of Occupational Safety and Health has organised the No Time to Lose campaign. The campaign intends to accomplish the following:

- Raise awareness of a significant health issue facing workers in the United Kingdom and internationally.
- Suggest some solutions to tackle the problem.
- Offer free, practical materials to businesses to help them deliver effective prevention programmes.

For more information about No Time to Lose and what your organisation can do to prevent work-related cancer, click [here](#).

HSE News and Prosecutions

HSE Reminds Potato Farmers to Consider Safety as it Launches New Inspection Initiatives

In response to the 30 deaths that have occurred on farms in Great Britain over the past 12 months, the HSE has launched a new inspection initiative. Over the next several months, HSE inspectors will visit farms that grow, pick and process potatoes to provide farmers with guidance on how to manage their risks. If you work in the agriculture industry, you can review the HSE's guidance by clicking [here](#).

HSE Makes Cost Recovery Dispute Process Fully Independent

Beginning on 1 September, all disputed invoices raised under the fee for intervention (FFI) cost recovery scheme will be reviewed by an independent panel. The revision requires that all disputes are considered by a solicitor and two other individuals that have practical experience of health and safety management. The intention behind the change is to provide greater clarity about the information that the HSE will provide businesses with to allow them to make appropriate representations to the dispute panel.

Car Repair Company and Director Fined After Breaching Enforcement Action

After failing to comply with three Improvement Notices that required the thorough examination of three two-post vehicle lifts, a car repair company and its director have been fined £4,500 and ordered to pay the full costs of £15,609.14.

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