

Health and Safety News January 2012 – Happy New Year!

This newsletter is issued to assist you with keeping up to date with changes to health and safety (H&S) legislation and as part of our H&S Advisor / Consultancy Services.

Health and Safety Legislation

Regulations generally come into force on 6 April and 1 October. As Regulations arise in response to European legislation, regulations may occasionally be introduced at other times.



HSE Updates

On 30th September 2011 HSE closed their free infoline as part of an initiative to deliver services more efficiently and save costs. HSE have advised anyone seeking information on workplace health and safety issues should now use their website which has recently been improved. Alternatively, you can contact PFB Safety Management Services for guidance using the contact details at the end of this newsletter.

HSE have recently published their delivery plan for the implementation of their 'fee for fault' initiative with a view to start charging by April 2012 for the costs of inspection and investigation where a serious, material breach in Regulations is found and a requirement to rectify is formally made, together with the cost of any follow-up work.

Changes to Incident Reporting

Statutory reporting to HSE of work-related injuries and incidents under *RIDDOR (Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995)* has moved to a predominantly on-line system.

Revised online forms make the reporting process quick and easy. Businesses will no longer report incidents by email, post or fax.

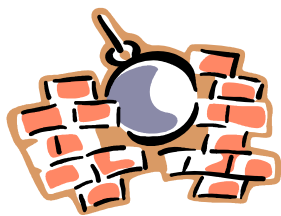
(H&S Policy documents will be amended to remove reference to these methods as part of the annual review).

Fatal and major injuries and incidents must still be reported to HSE's Incident Contact Centre by telephone.

The revised online reporting forms are interactive, intuitive and easy to use. An online help facility is also provided. Further details can be found at <http://www.hse.gov.uk/riddor/report.htm>

RIDDOR

The screenshot shows the HSE RIDDOR online reporting form. It includes fields for personal details (Title, Forename, Family Name, Job Title, Your Phone No), organization details (Organization Name, Address Line 1-3, Town, Country, Post Code, Fax Number, E-Mail), and checkboxes for 'Remember me', 'Did the incident happen at the above address?', and 'Which authority is responsible for monitoring and inspecting health and safety where the incident happened?' (HSE or Local Authority). Navigation buttons for 'Next' and 'Form Previous' are visible at the bottom.



Demolition Standards Update

BS 6187:2011 Code of practice for full and partial demolition has been fully revised and updated to reflect best practice across the industry and replaces the 2000 edition.

The revisions to the standard mean that both complete and partial demolition are now covered, making the standard an important point of reference for demolition on any scale.

The revisions to BS 6187 also reflects advances in technology and equipment in the demolition industry, and provide advice on the following principal areas:

- Project development and management
- Deconstruction techniques, including activities for reuse and recycling
- Exclusion zones and safe working spaces, including their design and application.

According to BSI, these alterations are a significant update to the standard, and allow for innovative techniques and methods to be employed.



CDM Regulations 2007

Löfstedt Review – To be or not to be

As part of the review of all Health & Safety Regulations currently applicable within the UK, Professor Löfstedt has reported on the effectiveness of the CDM Regulations and other Construction Regulations.

The key findings on the Report express a number of concerns regarding the CDM Regulations 2007 and their effectiveness. Although the CDM Regulations are seen as broadly meeting their principle objectives, there are a number of concerns as to the effectiveness of the Regulations in minimising bureaucracy, bringing about integrated teams and simplification of competency requirements. The latter point has provoked many comments and also in many cases, a complicated hurdle jumping process to demonstrate competency.

As a result, Löfstedt has recommended that the HSE should complete their evaluation of effectiveness of the CDM Regulations 2007 and associated Approved Code of Practice by April this year to ensure that there is a clearer expression of duties/responsibilities, a reduction in bureaucracy particularly relating to competency requirements and appropriate guidance for smaller projects. We will keep you updated on any further information, in particular the summary of the HSE's April review. For further information or assistance with CDM please contact Duncan Boddy.



BACK TO BASICS – Manual Handling

Manual Handling Operations Regulations 1992 (as amended 2002)

Employer's duties:

AVOID the need for hazardous manual handling, so far as is reasonably practicable;
ASSESS the risk of injury from any hazardous manual handling that can't be avoided; and
REDUCE the risk of injury from hazardous manual handling, so far as is reasonably practicable

Employee's duties:

Follow appropriate systems of work provided for your safety;
Inform your employer if you identify hazardous handling activities; and
If you do not think you are physically capable of carrying out the task then get help.

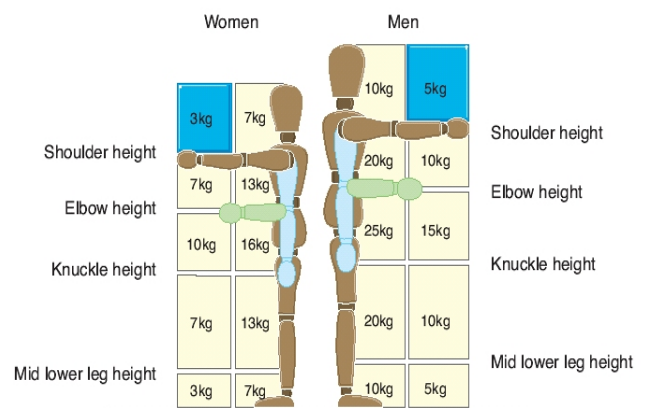


Back pain, the most important physical risk factors include:

- frequent heavy lifting,
- twisting and bending,
- static postures,
- repetitive work,
- vibration.

Guidance

- Think before lifting / handling,
- Adopt a stable position,
- Ensure a good hold on the load,
- Start in a good posture – slight bending of back, hips and knees is preferable to stooping or squatting,
- Don't flex your back any further while lifting,
- Keep the load close to your waist,
- Avoid twisting the trunk or leaning sideways,
- Keep your head up when handling,
- Move smoothly – move feet first,
- Don't lift or handle more than you can easily manage,
- Put down, then adjust.



The **guideline** figures should not be regarded as weight limits or approved figures for safe lifting

P F B Help always available

If you need any assistance or clarification of these H&S issues or any others affecting your business then please contact Paul or Kim.

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