

Safety Matters Newsletter

www.macwilliam.co.uk

tim@macwilliam.co.uk

August 2016

Tel: 01953 603445

Don't forget to be Healthy as well as Safe!

Quite rightly there is much focus on safety legislation and procedures to keep a work place safe but the actual health of an individual can get overlooked.



Employees have a duty of care to ensure their employees stay safe and well. Therefore if an employee is being asked to work excessive hours due to shortages of manpower, feel they can't take a holiday or even a break this will result in lack of sleep leading to stress and possible other medical problems. They will become tired and less able to do their job. Throw in that they are working on dangerous machinery, climbing ladders or driving great distances and a disaster becomes more likely.

Physical signs – Frequent yawning, drooped head or eyelids, rubbing one's eyes, and micro sleeps (unnoticed periods of sleep lasting less than one second to 30 seconds)

Mental and performance signs – Difficulty in ability to concentrate on tasks, inattention, compromised memory and recall, forgetting to communicate important information, and incorrectly performing tasks

Emotional and behavioral signs – Becoming uncharacteristically quiet, withdrawn or moody; low energy; and lacking motivation to perform work well

If you have an exhausted employee you are more likely to lose business than gain as they will be unable to do the job to their best capability.

- *Ensure you have enough cover for holidays*
- *Encourage employees to take all of their holidays –*
- *If you notice an employee looking tired or fatigued talk to them (consider a health audit)*
- *Ensure breaks are taken and there is a suitable place to have a break*

A tired worker is a dangerous worker

An overworked air traffic controller almost directed a plane into the path of another

A load fell onto the carriageway the delivery driver was under pressure to make more stops

Workers have been known to fall asleep at the wheel others have fallen asleep on their way to work.

As for the mistake a tired doctor, nurse or surgeon might make ...



Hands up if you are old enough to remember Edwina Curry telling us that most of the eggs we ate contained Salmonella resulting in the overnight ruination of egg sales in Britain.

Fast forward around thirty years and egg safety has shown a major reduction in the risk from salmonella in UK eggs.

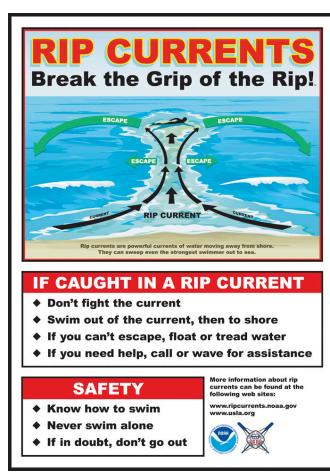
You can read the [full report here](#) but if you are in doubt make sure the yolk is firm to the touch, *Lion Marked* eggs are from hens vaccinated against Salmonella. There is the old fashioned way of putting an egg in a bucket of water then if it sinks its fresh but if it floats chuck it out.

A report has stated that pregnant woman can eat lion marked eggs raw as there is only a small chance of Salmonella – We couldn't recommend this though

Food Allergy menu's and information are in place at all food outlets as a legal requirement although there is still plenty of miss information out there such as a waitress informing a customer that the head chef has just told her that thorough cooking kills allergens – No it doesn't. A coeliac will also suffer ill effects if a bread product was also used on a chopping board or toaster.

A new food hygiene exam which is designed for those requiring a basic understanding of food safety, *The Introduction to Food Safety Certificate* is now available at our [website](#)

A gas engineer undertook work despite his registration with Gas Safe Register (GSR) lapsing and produced false documents claiming the work had been completed by a member of Gas Safe Register. We recommend that you check the paperwork is up to date before work commences. The engineer in this case was fined £2000



Summertime safety got off to a tragic start with deaths on Britain's beaches and open water venues.

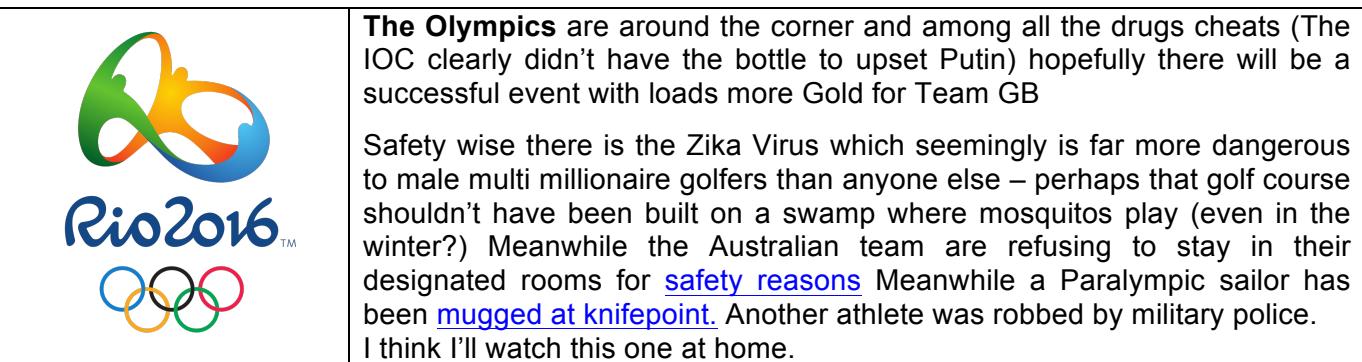
At Sea Palling in Norfolk two men were pulled out of the water unconscious, one sadly died. It seemed the man was caught in a rip tide that takes the unsuspecting swimmer out to sea. Its important to stay safe on holiday or when swimming in open water so if you would like further information please [email](#) you may also find this [rip tide information](#) film useful. I was once caught in a rip tide at a beach in Cornwall although the water was only up to my middle but I did have the added complication of having my eight year old daughter with me.

It has since come to light that those caught in this tragedy were Polish and it was unclear they were in trouble. There is a call for an International word for "Help"

Fire Safety News

Evacuating visitors and customers can be a challenge at anytime of day but spare a though for a hotel night porter valiantly trying to get a lady out of the building only to find her run back up the stairs again "I left my baby in the bedroom"

Last week I was in a hospital waiting room when the alarms sounded but nobody moved, everyone waited while two or three duty nurses walked up and down the area wondering what to do. Eventually one of them announced to the room that everyone should evacuate. This perhaps shows that an alarm isn't enough and your organization will require employees to ask people in their area to leave. It also shows how important a fire drill is so procedures can run as smoothly as possible. The number one rule with any fire evacuation is to ensure your employees are not put in any danger.



For further details on any of the subjects raised in this newsletter or if you would like a copy sent to a different address please email tim@macwilliam.co.uk If you no longer wish to receive this email please reply to unsubscribe@macwilliam.co.uk

Information Sources ROSPA; CIEH; RSPH; HSE; IOSH Personnel Today BBC; Safety Media; Daily Mail
MacWilliam Associates Est. 1993 16 Holly Court Wymondham Norfolk NR18 0HG 01953 603445 www.macwilliam.co.uk
Editor: Tim MacWilliam Fellow of the Royal Society for the Promotion of Health