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## OCTOBER NEWSLETTER

Another month has flashed by and another month of accidents, incidents and near misses for us to inspect and report on..... I am still surprised at the general lack of knowledge 'out there' on RIDDOR reporting so let's have a crack at it here:

**RIDDOR** – The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 – this quite simply puts a duty on management and self-employed persons to report on certain accidents, incidents and near misses – that is that!

Do visit [www.hse.gov.uk/riddor](http://www.hse.gov.uk/riddor) where there is a wealth of information on what and when to report – you can also make a report on line and the form is self-explanatory and easy to follow and fill in – I just hope you never need to, of course!

Whatever – if you have a work related accident in your workplace that requires a time off from work over three days then report it, we highly recommend, as the HSE offices in the UK have, without a doubt, made the accident and emergency department staff report on to them any accident they treat that may be work related – so do it!!

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said. "A normal person would pull the plug. Do you want a bed near the window?"

I had to dig out some information for a client last week on basic first aid – on reading it I realised that:

- A) my training cert. had run out and
- B) it was high time I refreshed my knowledge and got up to date!

Funny that the subject is disregarded so often at work – I find first aid kits with virtually nothing in them except maybe an out of date bandage packet, some rusty safety pins and often the paper off a plaster minus the said plaster!

Questioning of staff reveals no first aid training and no idea what to do in an incident, apart from calling for help or for an ambulance.... amazing.

### HEALTH & SAFETY CONSULTANTS, ENGINEERS AND PROJECT SPECIALISTS

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What would YOU do in an emergency situation?

Try the following:

- ✚ Assess – check it out – do not put yourself in danger as well
- ✚ Make sure the immediate area is safe – consider live electric for instance
- ✚ Prioritise the casualties and attend to the worst first – if they are shouting then they are conscious!
- ✚ No delay – send for help and assistance

The casualty:

- ✚ Are they conscious – give them a gentle shake
- ✚ Now you are into opening the airway, checking out the breathing and giving chest compressions, rescue breaths and more chest compressions....in other words **GET FIRST AID TRAINING NOW AND THUS BE A LIFESAVER IN THE FUTURE!!**

A final couple of words on first aid:

Keep an accident book beside the first aid kit and include the following information following an incident / accident:

Date and time

Full name of the injured party, address if possible and their place at work

Details of the injury and of first aid carried out

The result – did they return to work / go to hospital etc.

Details of the reporter and their signature



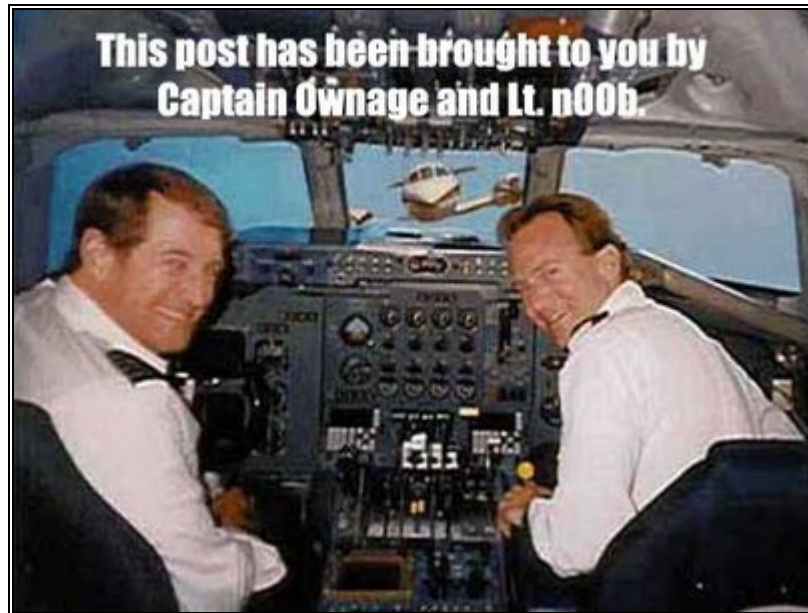
Just been to the gym. They've got a new machine in. Only used it for half an hour as I started to feel sick. It's great though. It does everything - KitKats, Mars Bars, Snickers, Crisps, the lot.."

Winter looks suddenly a lot closer and it's probably time to consider some safe practises in preparation:

Ensure that electrical sockets are not overloaded by portable heaters being switched on, that trailing leads...aren't! Wet coats must be hung up to dry and not put across radiators or in front of heaters – give them all a tool box talk on 'common sense' NOW as we rarely see 'common sense' in the work place!

Keep aisles free from trip hazards – we have reported back to schools on children’s coats and bags all being cluttered along walk ways and preventing any quick exit out in an emergency – the teaching staff couldn’t see the problem until it was pointed out to them!!

We still find stationery boxes, stock and odd lengths of metal(!) left obstructing gang ways and pedestrian routes – housekeeping is essential to safety – maybe another tool box talk on the subject?



Concentrate on your work – there are hazards all around!

*Be Safe Out There!*  
*Jerry*



*The police are getting younger these days – or am I getting older?*