

REFLECT. RESET. REFOCUS.



28 OCTOBER 2022

# REFLECT. RESET. REFOCUS.

---

## Reflect

- Increase in rates of accidents at this time of year, there has been a trend noted across the previous two years.

## Reset

- Focus on fatigue
- Change in temperature, clocks, reduced day light hours contribute to fatigue

## Refocus

- Safety as Standard



# REFLECT

---

Reflect on the past years incident learning and consider:

- What are the main learning points?
- What happened? Description, facts
- What did we learn?
- How can we ensure behaviour changes following event/incident?
- Embedding change/behaviour

## Fact

Being awake for around 17 hours stimulates impairment equivalent to exceeding the drink drive limit. Such impairment includes slower reactions, lapses in judgement, reduced concentration and coordination.

# RESET

---

## Health and Safety

- Fatigue is the root cause of many accidents

## Contributing factors to fatigue

- Prolonged exertion, sleep loss and/or disruption of the internal clock
- Clocks change (-1hr) Sunday 30<sup>th</sup> October 2022 which can trigger health issues
- Related to workload, in that workers are more easily fatigued if their work is machine-paced, complex or monotonous

## Why prioritise fatigue?

- There is a legal duty on employers to assess risks from fatigue, irrespective of any individual's willingness to work extra hours or preference for certain shift patterns for social reasons.
- Fatigue is linked to an increased risk of heart disease, mental alertness and mood.

Research shows increased workplace related injuries the Monday following change in clocks

Increased risk of heart attacks the first 24 hours following change in clocks

The loss of one hours sleep due to change in clocks was noted to result in 11% increase in depression

# RESET FATIGUE – THE FACTS

---

## Cognitive, mood and response impacts can be:

- Slower reactions
- Reduced ability to process information
- Decreased awareness
- Lack of attention
- Memory lapses
- Absent-mindedness
- Underestimation of risk
- Reduced coordination
- Changeable mood
- Making frequent errors
- Trouble problem solving
- Low mood and anxiety

## Physical symptoms can be:

- Headaches
- Muscle and joint pains
- Sore throat
- Moodiness e.g. irritability

## Behaviour changes can be:

- Impatience
- Long blinks
- Difficulty keeping eyes open
- Frequent yawning
- Staring blankly
- Appetite loss
- Blurry vision
- Low motivation



# FATIGUE

## CONVERSATION STARTERS

---

- What does fatigue mean to you?
- Is fatigue something that is considered on-site?
- Do you think fatigue affects how you function at work?
- How can we reduce fatigue?
- What do you think contributes to fatigue at this time?
- Do you know what to do if you are feeling fatigued? What are your coping strategies?
- Are there certain days in the week/time in the year or season which contributes to fatigue?

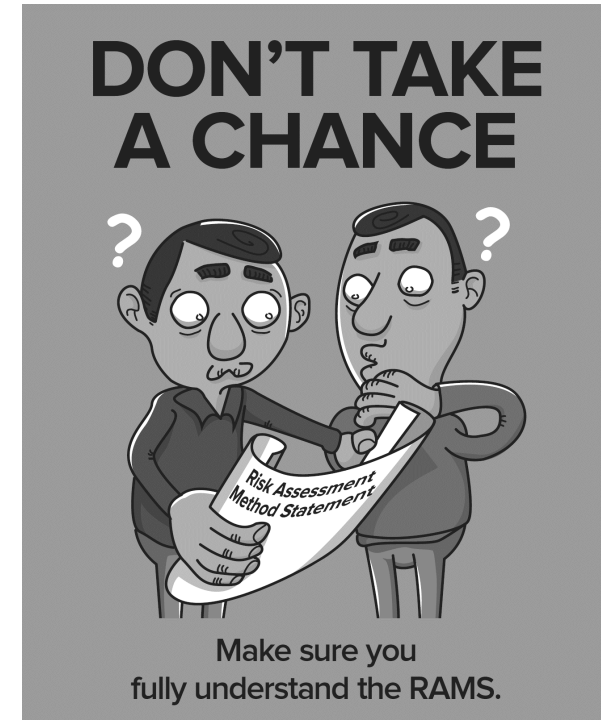


# REFOCUS REVIEW

---

Take the opportunity to review the safe systems of work – Risk Assessments and Method Statements (RAMS)

- Have the RAMS been reviewed recently? Are they still appropriate to the task?
- Has the environment changed?
- Are you still using the correct access equipment?
- Has the supervision or workforce changed?
- Are you now working adjacent or above co-trades?



**SAFETY AS  
STANDARD**



**LUCAS**

# REFOCUS SAFETY AS STANDARD



## Daily Safe Start Briefing

- Are you in a safe place of work?
- Do you have a safe system of work?
- Are the correct tools, plant and equipment being used?
- Are your colleagues safe?
- Have you been trained in your activity and do you have the right information to carry the task out?
- Have you noticed any changes to work since the method statement was drafted?

SAFETY AS STANDARD	
<b>Competency &amp; Training</b>	<ul style="list-style-type: none"> <li>• Right skills / experience</li> <li>• Minimum training in place</li> <li>• Specific Equipment / Machinery / Plant training</li> <li>• Team sheets &amp; matrixes in place, checked and reviewed</li> </ul>
<b>Safe Systems of Work</b>	<ul style="list-style-type: none"> <li>• Approved RAMS</li> <li>• COSHH control</li> <li>• Waste control</li> <li>• Lifting Plans, Noise &amp; Manual Handling</li> <li>• Permits to Work</li> <li>• Regular reviews / updates</li> <li>• RAMS Registers up to date and sent in monthly</li> </ul>
<b>Work wear</b>	<ul style="list-style-type: none"> <li>• Company branded PPE</li> <li>• Minimum 5 point PPE</li> <li>• Clean and presentable work wear</li> <li>• Clean whites for painters</li> </ul>
<b>Equipment, Plant &amp; Machinery</b>	<ul style="list-style-type: none"> <li>• Good working condition</li> <li>• PAT Testing</li> <li>• Step Ladder registers</li> <li>• Scaff Tags</li> <li>• Harness Registers</li> <li>• IPAF Operators Record Books</li> <li>• Daily MEWP Inspections</li> <li>• Plant Register</li> <li>• Abrasive Wheel Registers</li> </ul>
<b>Housekeeping &amp; Working Environment</b>	<ul style="list-style-type: none"> <li>• Tidy office / store</li> <li>• Clear and ready work areas</li> <li>• Daily clean-up of Lucas waste</li> <li>• Trailing leads</li> <li>• Good use of task lights &amp; ext leads</li> <li>• Materials &amp; plant stored neatly</li> <li>• Clear signage (SQE Posters, Warning Signs, Finished Works)</li> <li>• Exclusion zones barriered off with Lucas DO NOT CROSS tape and signage</li> </ul>
<b>If it's not safe, "STOP &amp; REPORT"</b>	<ul style="list-style-type: none"> <li>• If something doesn't seem right or safe, stop and report it to your supervisor / manager</li> <li>• All accidents / incidents to be reported immediately to the Directors 24/7</li> </ul>
<b>Safety Tours, Audits &amp; Reviews</b>	<ul style="list-style-type: none"> <li>• Regular safety tours by managers, SQE manager and directors</li> <li>• Recorded on relevant systems (ie: YellowJacket)</li> <li>• Site Audits &amp; Reviews carried out by SQE Manager and Project Support Manager</li> </ul>
<b>Engagement &amp; Feedback</b>	<ul style="list-style-type: none"> <li>• Workforce dialogue / engagement &amp; feedback</li> <li>• Health surveillance</li> </ul>
<b>Good Communications</b>	<ul style="list-style-type: none"> <li>• SQE / Project Support Meetings</li> <li>• Monthly Workshop Meetings</li> <li>• Monthly Leadership Meetings</li> <li>• DABs</li> <li>• Safety Alerts</li> <li>• Safety Website News and Customer Facing Bulletins</li> <li>• SQE Poster Campaign</li> <li>• Promoting Best Practice</li> </ul>
<b>Records &amp; Reviews</b>	<ul style="list-style-type: none"> <li>• Site files in good order</li> <li>• Signed RAMS</li> <li>• Project Attendance Registers</li> <li>• PPE/RPE Registers</li> <li>• Toolbox Talks</li> <li>• Accident Frequency Rates – Data Capture</li> </ul>

## DAILY SAFE START SHEET

Project Name & Number		Method Statement Number	
Manager/Supervisor		Date	

Before each team briefing... Ask yourself... Do I need?

Supervision	Risk Assessment	Method Statement	Training	COSHH Assessment	Plant/Equipment Certificate	Language	Barriers
TICK	TICK	TICK	TICK	TICK	TICK	TICK	TICK
Hot Works	Permit to work	Confined Space	Task Lights	M&E Isolation	Lift/Riser	Permit to load	Signage
TICK	TICK	TICK	TICK	TICK	TICK	TICK	TICK

During the briefing... ASK EVERYONE... Do we...?

Have you been trained in this activity and do you have the right information to carry it out?	Do you need a signed permit to work?	Impact onto others working around us? Who are they?	Segregated from others working around us?	Carried out warm up exercises and feel fit to carry out work?	Notice any changes to work since the method statement was drafted?
TICK	TICK	TICK	TICK	TICK	TICK

Ask which 'keys' WE need to complete the task safely...?

Work at height	Lifting Equipment Inspected	Electricity	Tools & Equipment	Hazardous Substances	PPE/RPE	Housekeeping
TICK	TICK	TICK	TICK	TICK	TICK	TICK
Manual Handling	Excavation	Slips, Trips & Falls	Confined Spaces	Permits to Work	Burns	Face Coverings
TICK	TICK	TICK	TICK	TICK	TICK	TICK

Are you in a safe place of work?	Y/N	Do you have a safe system of work?	Y/N	Are the correct safe tools, plant & equipment available for you to use?	Y/N	Are your colleagues safe?	Y/N
----------------------------------	-----	------------------------------------	-----	---	-----	---------------------------	-----



# REFOCUS THE SITE

---

Remember that the workplace includes the whole site, including the journey to the workface, the welfare and the transportation and storage of materials.

- Has the layout of the site changed?
- Are we focused and concentrating?
- What is the safest route to get materials to the working area?
- Will the floor take the load? Do we need a ramp?
- Do we have the correct tools?
- Have we considered the hazards?



CONCERNS/OPEN DISCUSSION

