



Watson & Watson Health and
Safety Consultants Ltd

NEWSLETTER - December 2024

Watson & Watson

Established specialists in
Health, Safety, Risk
Management Consultancy
and Safety Training.



**WISHING ALL OUR CLIENTS A HAPPY
CHRISTMAS AND A PROSPEROUS & SAFE NEW
YEAR**

Please note our Christmas Closure Dates are -

**We close on Monday the 21st (5pm) and re-open on Monday
the 6th of January 2025**

(during which time we are only contactable for emergencies)

New Employee Welcome & Introduction

At this time we would also like to welcome and introduce to you our new employee - **Ms Lauren Slater** who is undertaking the role of Health & Safety Administrator and on completing her training will be assisting our SSiP Clients - we wish her all the best.

Reminder -

IOSH Managing Safely Course in February

Please see the training section of this newsletter for details.



NEWSLETTER INDEX

(By Section)

- **Health & Safety News**
- **HSE Enforcement Notices & Prosecutions - in the News**

- **Health & Safety Focussed Topic - MEWPS**
- **Watson & Watson Training & Services -**
 - **Upcoming Training -**
 - **IOSH Managing Safely (3-day)**
 - **IOSH Managing Safely Refresher Course (1-day)**
 - **First Aid - both the 1-day Emergency First Aid & the 3-day First Aid at Work Courses.**
 - **Service -**
 - **SSIP Accreditation Assistance Service**

HEALTH & SAFETY NEWS:

HEALTH & SAFETY ANNUAL STATISTICS FOR 2023 TO 2024

HSE has published the latest statistics on work-related health and safety in Great Britain

The **annual work-related health and safety figures for 2023 to 2024** include:

- **1.7 million** working people suffering from a work-related illness, of which:
 - **776,000** workers are suffering work-related stress, depression or anxiety
 - **543,000** workers are suffering from a work-related musculoskeletal disorder
- **138** workers killed in work-related accidents
- **33.7 million** working days lost due to work-related illness and workplace injury
- **£21.6 billion** estimated cost of injuries and ill health from current working conditions (2022 to 2023)

[HSE's statistics webpages](#) have full information on this year's figures, including different types of work-related ill health and different industry sectors. You can also view our annual infographic-style [summary statistics booklet](#).

For more details, and quotes from HSE's Chief Executive Sarah Albon, read our press release: [HSE publishes annual work-related ill health and injury statistics for 2023 to 2024](#)

Source: HSE Weekly Digest eBulletin 21st November 2024



GUIDANCE ON WORKING IN COLD & WINTERY WEATHER

Make sure you protect workers during low temperatures and wintry conditions.

As winter starts to take hold, you can find helpful advice from HSE on keeping people as comfortable as possible when working in the cold.

Our website offers information and guidance including:

- Advice on [how to protect workers in low temperatures](#)
- Clarity on [what the law says about temperature in the workplace](#)
- How you can assess the risks and [put controls in place to protect workers](#)

In addition, our [workplace temperature checklist](#) will help you carry out a basic risk assessment.

Source: HSE Weekly Digest eBulletin 21 November 2024



HEALTH & SAFETY IS ESSENTIAL FOR ALL SEASONAL AND TEMPORARY WORKERS

With many seasonal jobs available at this time of year, employers must prioritise the health and safety of gig economy, agency and temporary workers.

Workers are as likely to experience an accident in the first 6 months at a workplace as they are over the rest of their working life. HSE's website has guidance on 6 ways to [protect those who are new to the job](#).

We also have advice to help users and suppliers of agency and temporary workers understand their [health and safety responsibilities](#).

If you are an agency or temporary worker, the law safeguards your health and safety and employment businesses (agencies) must ensure they follow [health and safety requirements for every agency or temporary worker](#).

Source: HSE Weekly Digest eBulletin 13th August 2024



PREVENTING SLIPS, TRIPS & FALLS

Darker evenings and colder weather can increase the risk of slips, trips and falls in the workplace.

Protect your workers by considering the risks and putting measures in place to reduce them. Visit our website to:

- take a look at our online guide to [avoiding slips and trips in winter weather](#)
- get guidance on the [steps you can take to prevent slips and trips](#)
- [access slips and trips resources](#), including HSE's downloadable leaflets and publications

Our [general guidance on slips and trips](#) also provides plenty of information and resources on how to avoid these accidents in and around the workplace.

Source: HSE Construction eBulletin 19th August 2024



LIGHTING AT WORK GUIDANCE

The quicker and easier it is to see a hazard, the more easily it is avoided. Lighting at work is very important to the health and safety of everyone using the workplace.

HSE's publication offers guidance on:

- assessment and management of risks attributable to poor lighting
- what constitutes good practice
- the minimum recommended levels of lighting

You can download a free copy of the guidance: [Lighting at work \(HSG38\)](#).

Source: HSE Weekly Digest eBulletin 21th November 2024



HSE LAUNCH NEW MSD BODY MAPPING TOOL

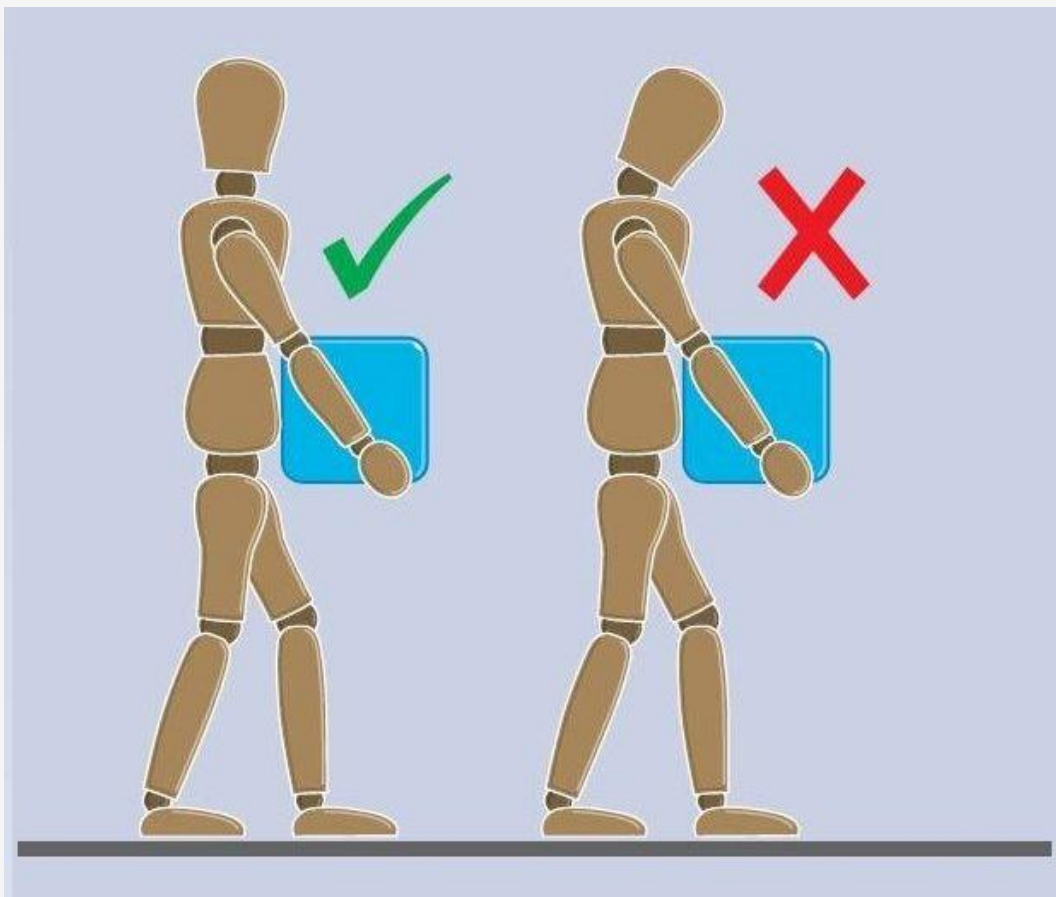
HSE have developed a body mapping tool which will help workers report and discuss any musculoskeletal aches or pains that may be caused or made worse by work activities.

It will also help businesses to proactively engage with their workers to identify workplace tasks or activities that may cause MSD discomfort and provide a forum to discuss practical solutions to reduce risk.

Musculoskeletal injuries and conditions can affect the back, joints and limbs. The aim of body mapping is to prevent any aches or pains from becoming worse or chronic, potentially leading to long-term discomfort or sickness absence.

[Visit this webpage](#) to access the body mapping tool, along with a guide and posters on how to run a successful body mapping workshop.

Source: HSE eBulletin 8th of November 2024



MINIMISE MANUAL HANDLING RISKS AS THE FESTIVE SEASON APPROACHES

We are approaching the busiest time of the year in the haulage and distribution industry and extra demand on workers may result in an increased risk of injury from hazardous manual handling.

You can find help with preventing these sort of risks in your workplace on our [manual handling webpages](#).

They have a range of useful information and guidance for employers, including sections on [assessing manual handling](#) and [training for workers](#).

There are also links to a variety of [useful resources](#), which include free versions of HSE's publications:

- Manual handling at work: a brief guide
- Manual handling: guidance on Regulations

Source: HSE eBulletin 18th November 2024



SAFE METHODS OF ISOLATION OF PLATFORM CONTROLS ON MOBILE ELEVATING WORK PLATFORMS

HSE has worked with the [International Powered Access Federation \(IPAF\)](#) to develop the following guidance on the safe methods of isolation of platform controls for mobile elevating work platforms (MEWPs).

Background

HSE is investigating an incident involving a MEWP and found that when at height, the method of isolating the controls on the MEWP can introduce a hazard to the occupants of the platform. The investigation is ongoing.

The emergency stop control on the MEWP platform has been used in the powered access industry for a number of years to achieve isolation of controls and/or power source when the MEWP has reached its place of work.

This practice was first introduced on older machines, not designed to current standards, to reduce the risk of entrapment and inadvertent operation of controls.

As the standards have evolved and designs have changed, this practice may no longer be appropriate to reduce the risk as other methods are now used in control designs.

Safe isolation of the platform controls

The operator of a MEWP may be required to isolate the controls and/or power source using platform controls.

Where the machine is equipped with an 'engine on/off' control at the platform control console, this should be used to switch the engine off

during normal operation rather than the emergency stop control, unless the manufacturer indicates that it would be unsafe to do so.

Where machines are not equipped with a dedicated 'on/off' control at the platform control console, the MEWP operator should follow the manufacturers' operating instructions as to how this should be achieved.

It is the user's responsibility to ensure the correct MEWP has been selected for the task, and that a suitable and sufficient risk assessment has been carried out and documented.

HSE endorses this jointly developed guidance and has encouraged IPAF to communicate it to MEWP users.

HSE's website has more information and advice on [working safely with MEWPs](#).

Source: HSE eBulletin 30th October 2024



HSE ENFORCEMENT NOTICES & PROSECUTION

- IN THE NEWS:

FOOD COMPANY FINED £1.28m AFTER WORKER CRUSHED TO DEATH

The worker, who had been moving strip curtains in a loading bay, was killed after being struck by a lorry as it reversed into the bay.

HSE's investigation found a host of failings by the company, which included:

- They had not assessed the risks associated with the temporarily installed curtains
- There was no safe system of work to move the curtains out of the way when lorries reversed into the loading bay
- The site staff had not been provided with training or instructions on how to move the curtains and had devised their own methods

FOR THE FULL STORY -

[Click Here or on the Picture Below](#)

Source: HSE Weekly Digest eBulletin 21st November 2024



CONSTRUCTION COMPANY FINED AFTER WORKER LEFT PARALYSED

A £40,000 fine was issued after a worker fell through a ceiling during a house renovation.

The worker had been installing first-floor joists alone when he slipped and fell from the first to the ground floor of the house.

He spent nearly 5 months in hospital, having sustained serious injuries to his spinal cord which left him paralysed from the chest down.

HSE's investigation found that:

- the company failed to ensure work at height had been properly planned, and
- no measures had been implemented to prevent falls during the construction of the first floor

FOR THE FULL STORY -

[Click Here or on the Picture Below](#)

Source: HSE Weekly Digest eBulletin 13th November 2024



£1.6m FINE ISSUED TO COMPANY AFTER WORKER FATALITY CRUSHED

**The worker was killed when a lifting sling carrying sections
of a work platform snapped.**

A company has been fined £1.6m after a 24-year-old man was crushed to death.

Jack Phillips lost his life on 8 August 2019 while working for Brand Energy and Infrastructure Services UK Ltd at South Cliff Tower in Eastbourne.

FOR THE FULL STORY -

[Click Here or on the Picture Below](#)

Source: HSE News Updates eBulletin 29th November 2024



WOOD PANELLING FIRM FINED £400,000 AFTER WORKER LOSES LEG

The worker was injured when a pack of waste MDF sheets fell from a trailer, landing on the worker's leg, which then had to be amputated below the knee.

A wood panel manufacturer has been fined £400,000 after a worker suffered life-changing injuries at its factory in Chirk, near Wrexham.

The incident happened at Kronospan Limited on 31 March 2021, when a pack of waste MDF sheets weighing around 350kg fell from a trailer and landed on the left leg of Mark Hughes from Johnstown.

FOR THE FULL STORY -

[Click Here or on the Picture Below](#)

Source: HSE News Updates eBulletin 29th November 2024



HEALTH & SAFETY FOCUSSED TOPICS:

MOBILE ELEVATED WORKING PLATFORMS (MEWPS)

The most significant MEWP dangers arise from the operation and use of the machine rather than from their movement as a site vehicle. The [law](#) says that these hazards must be properly controlled.

However, a safe workplace for all vehicle operations needs to be established by separating pedestrians and vehicles and providing hazard-free traffic routes.

[See Site Traffic Management](#)

Operators have died when trapped in the MEWP basket or when the machine has overturned. Great care must be taken to select the most appropriate MEWP and ensure that use of the machine is properly planned and managed. Operator instruction and training are very important requirements.

MEWP Hazards

Most fatal and serious injuries involving MEWPs arise from:

- **Entrapment:** operator trapped between part of the basket and a fixed structure, eg when manoeuvring in confined overhead areas of steelwork. Operators may become trapped against the platform controls, and if this happens they may not be able to stop the machine running.
- **Overturning:** the machine may overturn throwing the operator from the basket;
- **Falling:** an operator may fall from the basket during work activities; and
- **Collision:** the vehicle may collide with pedestrians, overhead cables or nearby vehicles.

These hazards should be identified within a risk assessment and suitable control measures put in place.

Controlling The Risk

It is important to select the right MEWP for the job and site.

Have a plan for rescuing someone from a MEWP and practise it – someone on the ground should know what to do in an emergency and how to operate the machine's ground controls.

There are a number of precautions that can reduce the risk from MEWP hazards.

These are -

- **Confined overhead working:** Brief operators on the dangers, and the safe system of work to be followed. If there are overhead

structures against which an operator could be trapped and then pushed onto the MEWP controls, consider selecting a MEWP that has been designed to prevent such accidental contact.

MEWPs with shrouded or otherwise protected controls are available.

Keeping the platform tidy will reduce the risk of the operator tripping or losing balance while in the basket

- **Ground conditions:** The platform should be used on firm and level ground. Any temporary covers should be strong enough to withstand the applied pressure. Localised ground features, eg trenches, manholes and uncompacted backfill, can all lead to overturning.
- **Outriggers:** Outriggers must be extended and chocked before raising the platform. Spreader plates may be necessary – check the equipment manual.
- **Guardrails:** Make sure the work platform is fitted with effective guard rails and toe boards.
- **Arresting falls:** if there is still a risk of people falling from the platform a harness with a short work restraint lanyard must be secured to a suitable manufacturer provided anchorage point within the basket to stop the wearer from getting into a position where they could fall from the carrier.
- **Falling objects:** barrier off the area around the platform so that falling tools or objects do not strike people below.
- **Weather:** high winds can tilt platforms and make them unstable. Set a maximum safe wind speed for operation. Storms and snowfalls can also damage platforms. Inspect the platform before use after severe weather.
- **Handling materials:** if used to install materials check the weight and dimensions of materials and consider any manual handling and load distribution issues. You may need additional lifting equipment to transport materials to the work position.

- **Nearby hazards:** do not operate a MEWP close to overhead cables or other dangerous machinery, or allow any part of the arm to protrude into a traffic route.

Training and Competence

MEWP operators should have attended a recognised operator training course and received a certificate, card or 'licence', listing the categories of MEWP the bearer is trained to operate.

The expiry date of the training licence or card should be checked.

In addition to formal training for the type of MEWP, operators should have familiarisation training on the controls and operation of the specific make and model of MEWP they are using.

Inspection, Maintenance and Examination

A programme of daily visual checks, regular inspections and servicing schedules (**ref [LOLER](#)**) should be established in accordance with the manufacturer's instructions and the risks associated with each MEWP.

Operators should be encouraged to report defects or problems. Reported problems should be put right quickly and the MEWP taken out of service if the item is safety critical.

The MEWP must be thoroughly examined at least every six months by a competent person or in accordance with an examination scheme drawn up by such a competent person. (**ref [LOLER](#)**)

HSE Guidance -

- [The selection, management and use of mobile elevating work platforms GEIS6 \(PDF\)](#)
- [Health and safety in construction HSG 150](#)

- [Step-by-step guide](#)
- [International Powered Access Federation \(IPAF\)](#)
- [Work at height Safety Association](#)
- [Work at Height Regulations 2005](#)

For additional assistance if you have any concerns, or require Toolbox Talks, Risk Assessments etc please feel free to contact Our Offices on -
01623 753 654.

Source: [HSE WEBSITE](#)



WATSON & WATSON TRAINING & SERVICE:

**THIS SECTION OF THE NEWSLETTER CONTAINS UPCOMING TRAINING
AS PROVIDED BY US AND A SNAPSHOT OF SERVICE WHICH MAY
INTEREST YOU -**

For further information of our training & services please go to our website

-
[**Click Here**](#)



IOSH MANAGING SAFELY COURSE - FEBRUARY 2025 £475 + vat

The IOSH Managing Safely is an extremely popular 3-day course which provides a good understanding of Health & Safety Management, Legislation and Risk Assessment.

The course is ideal for those with responsibilities for supervising and managing health and safety and risk assessments within the workplace.

The course is to run over three consecutive days -

6th of February 2025

13th of February 2025

20th of February 2025

The venue will be in the Mansfield area of Nottinghamshire.

A further course is to be run February 2025

If you would like to find out more about this course or other services Watson and Watson can offer please give us a call on 01623 753 654.

Or to Book Online visit -

<https://www.watsonandwatsonsafety.co.uk/health-and-safety-training/iosh/iosh-managing-safely/>



IOSH MANAGING SAFELY REFRESHER COURSE - 25th of March 2025

IOSH Managing Safely Refresher is an engaging one-day course that revisits the key elements of IOSH Managing Safely for those who have completed the full 3-day course in the last 3 to 5 years* and gained a good understanding of Health and Safety Legislation and Risk Assessment as well as specific skills and expertise in managing health and safety within your workplace.

**IOSH require you to provide a copy of your original certificate number to register on the Refresher course*

Why Complete the IOSH Managing Safely Refresher Course?

- Greater skill, knowledge and expertise in managing health and safety within your team
- Revisit and improve your understanding of health and safety
- Internationally recognised certification for both managers and supervisors
- Improve company-wide health and safety awareness culture and appreciation for safety measures

- Increased workplace productivity due to fewer hours lost to accidents and sickness

The course is to run on the -

25th of March 2025 at a cost of £175 + vat per delegate

The venue is yet to be confirmed but it will be in the Mansfield area of Nottinghamshire.

If you would like to find out more about this course or other services Watson and Watson can offer please give us a call on 01623 753 654.

Or to Book Online visit -

<https://www.watsonandwatsonsafety.co.uk/health-and-safety-training/iosh/iosh-managing-safely-refresher/>



WATSON & WATSON HEALTH & SAFETY CONSULTANTS LTD

- FIRST AID TRAINING

We are pleased to announce that we are now running First Aid Training -

**Emergency First Aid At Work (1-day course) - 4th of February 2025
and**

First Aid At Work (3-day course) - 4th of March 2025

The venue is yet to be confirmed but it will be in the Mansfield area of Nottinghamshire.

If you would like to find out more about these courses or other services Watson and Watson can offer please give us a call on 01623 753 654.

Or to Book Online visit -

[Emergency First Aid At Work \(1-day course\)](#)

[First Aid At Work \(3-day course\)](#)



SSIP ACCREDITATION ASSISTANCE SERVICE - (CHAS, SMAS, SafeContractor etc)

ARE YOU LOOKING TO GET A SSIP ACCREDITATION?

We can help, as we assist 100's of our Clients each year to become accredited. This covering the following SSIP's members -

- **CHAS**
- **SMAS**
- **SMAS**
- **SafeContractor**
- **CQMS**
- **ACCLAIM**

Main Highlights of Our Service -

- **Fixed Fee Service** - We pride ourselves on providing comprehensive, no nonsense services at an agreed fixed fee sensible price. **This with no hidden charges unlike some of our competitors.**
- **Has a Money Back Guarantee** - In the unlikely event you do not achieve your SSIP accreditation and you have fully complied with our guidance and advice we will give a full refund of the fees you have paid to us.
- **Nationwide Coverage** - We work with clients across the length and breadth of the UK and in a diverse spectrum of industry sectors.
- **Accreditation Specialists** - Our dedicated Consultants are fully insured professionally qualified Health and Safety Specialists and are registered with IOSH; and as such adhere to the Continuous Professional Development programme.

For more information on our SSIP Accreditation Assistance Service, please call us on **01623 753 654** for a no obligation chat, or visit our website by clicking on the following text -

[Health & Safety Accreditations](#)

EXISTING SSIP ASSISTANCE CLIENTS -

Please note, once Watson and Watson have assisted clients in achieving their SSIP certificate, it is then the clients responsibility to ensure that the portal remains up to date going forward (e.g. with company insurances if / as required.)

However, Watson and Watson can offer a SSIP Monitoring service to

ensure that going forward Client portals remain up to date after the initial compliance achievement.

If you would like to discuss the Watson and Watson SSIP monitoring service more please call the office on **01623 753 654**.



WATSON & WATSON HEALTH & SAFETY CONSULTANTS LTD

POLITE NOTICE -

Short Notice Work Requirements

DO YOU REQUIRE US TO DO ANY ADDITIONAL WORK?

We would be happy to do this for you, however, our consultants are really busy, which is great, but this is a reminder that if you need any work carrying out, then please give us at least **two weeks notice**. This enables us to complete work for you in a timely manner.

Note: Additional Work being defined as work which we have not previously contracted to undertake on your engagement of our service.

Please feel free call us to clarify -

01623 753 654.

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