



Use Your Seat Restraint

A machine operator was knocked unconscious during a recent incident on site when he was thrown about in the cab after his machine overturned.

■ Properly fitted seat restraints reduce the likelihood of a person being seriously injured when used with rollover protective structures. (*HSE information sheet AIS No 37 Rev1*).

The Provision and Use of Work Equipment Regulations (PUWER), Reg 26 state that (2) *Where there is a risk of anyone being carried by mobile work equipment being crushed by its rolling over, the employer shall ensure that it has a suitable restraining system for him.*

The correct use of the seat restraint is an essential part of the ROPS protective system and is designed to hold the driver in position should the vehicle tip over. It is instinctive to try and jump

clear of the vehicle as it tips, but often this is only partially successful and serious injuries can occur from being trapped by the vehicle as it comes to rest or, as per this recent incident, getting thrown around in the cab.

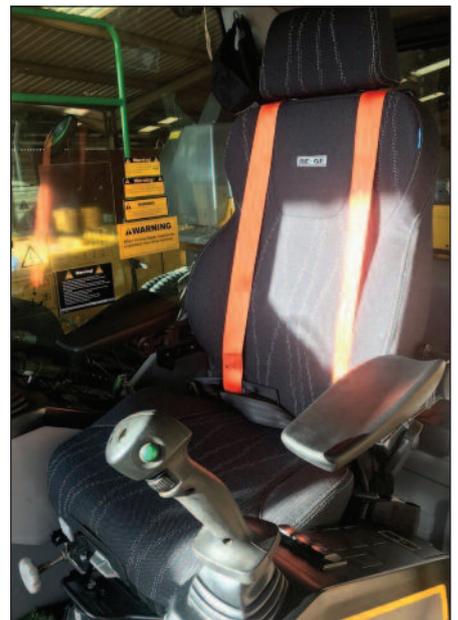
If a seat belt is fitted to your machine you **MUST** wear it. A suitably designed, full-harness seat belt is considered to be the best protection and recommended when working on steep ground.

One contractor who has chosen to go down the route of full harness is of the opinion that, in the event of the machine overturning, a lap belt will do very little to stop the upper body of the operator from being thrown through the cab windows due to the width of the cab itself.

A full harness like the one in the photo should at least help prevent any major or fatal injuries, provided the cab's ROPS structure is sufficient.

Remember:

- Seat restraints should be fitted to all plant having a seated operator.
- Always wear your seat restraint.



Above: An example of the full harness seat restraint.



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The Mighty Tick

We are starting to receive reports from managers that they are seeing ticks on clothing in numbers and some bites have already been reported.

■ Last year, FISA published their own information sheet on ticks and Lyme Disease which can be found in their Safety Library under 'Health and Welfare' on the FISA website (www.fisa.org.uk).

You need to check the following before you visit a site:

- You are carrying repellent spray for the coming season.
- You use gaiters or tuck your trousers in your socks.
- Your first aid kit has a suitable tick removal tool.

A website (www.fleatickrisk.com) provides a useful facility (including a user friendly app) which gives you an indicator of the risk of ticks based on location, time of year and current weather conditions and the need for awareness and taking precautionary measures.

Tilhill Forestry has produced guidance on ticks, preventing tick bites, safe removal of ticks and potential infections. Just ask your Tilhill Forestry manager for details or download from the following links.

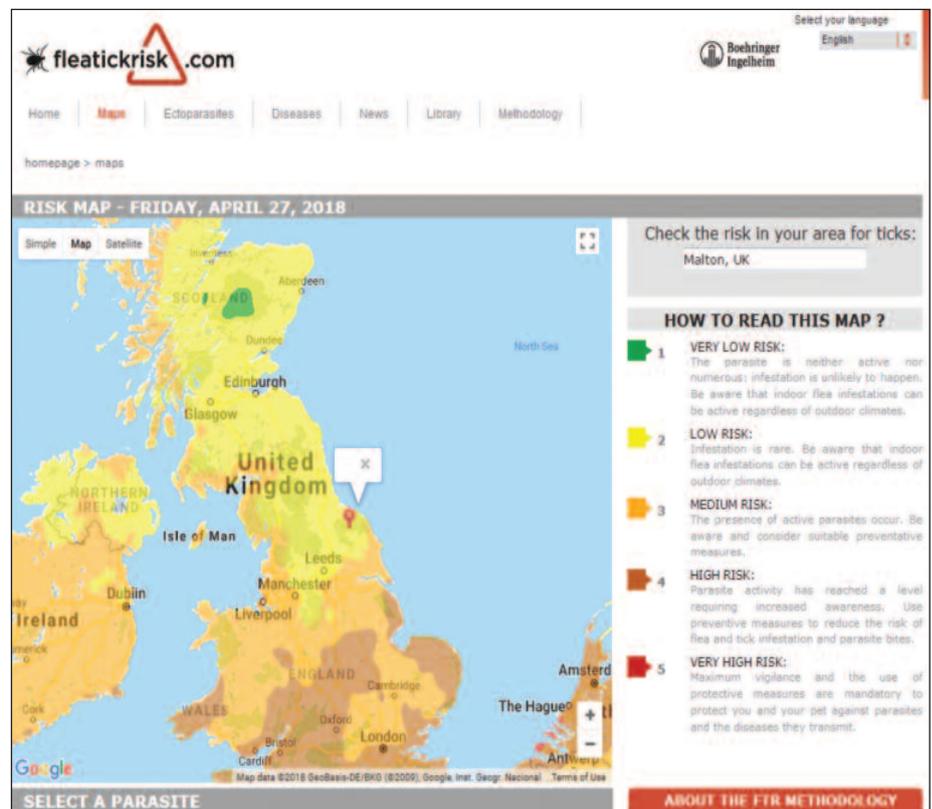
Related Documents

Guidance Note Ticks and Diseases ([GN/83](#))

Ticks and Diseases – Top Tips ([REF/33](#))

Ticks and Diseases – UK Tick Species ([REF/32](#))

Ticks and Diseases – Myth Busting ([REF/31](#))



Remember:

Do the tick check:

- Check the whole body. It may be helpful to use a mirror to inspect areas that are hard to see.
- Ticks prefer warm, moist, dark areas of the body.
- Ticks preferred areas include:
 - Hidden in: belly button, around or in the ear, hairline and scalp.
 - Parts that bend: back of knee, elbow, between fingers and toes, underarms.
 - Pressure points where clothing presses against skin such as underwear elastic, belts, collar.

Whatever measures you take to prevent tick bites the most important step is to thoroughly check for ticks at the end of the day and remove them safely and as quickly as possible.

The longer they are attached the greater the risk of them passing on infections.



For further information, tips and advice regarding ticks and Lymes Disease visit:

www.lymediseaseuk.com

You can also find details here about their 'Wake Up to Lyme Disease Campaign 2018'.

Invasive and harmful!

Last month we covered a Near Miss with Japanese Knotweed, a non-native invasive plant which had spread from adjacent land. This month we've had another invasive species creating additional challenges for site workers.

■ One of our contractors suffered a serious skin reaction to sap from the Tree of Heaven. The contractors were moving logs following the felling of this tree.

The Tree of Heaven, or as some prefer to call it, the Tree of Hell, is widely planted in parks and urban areas. In SE England, because of its invasive nature, it escapes and spreads.

It is harmful when the sap is in contact with the skin and then exposed to ultra-violet light. Affected areas of skin will redden and in most cases be followed by blisters that can be painful for a couple of days. In some cases the blisters will lead to a brownish pigmentation that can last for years. Blistering and burning in this way is inevitable if skin comes into contact with sap from broken or cut stems or leaves.

In this case, the site operative appears to have got sap on their skin from the bark of the large Tree of Heaven which had been felled.

Examples of other plants known to be harmful are given in our Toolbox Talk:

Harmful and Phyto-Photo-Dermatitis Causing Plants ([TT/06](#))

What are Invasive Non-Native Plants?

Invasive non-native plants are species which have been brought to the UK and spread causing damage to the environment, the economy, our health and the way we live.

(Tree of Heaven images courtesy of RPS Group plc.)



Above: Himalayan Balsam



Above: Giant Hogweed



Above: Tree of Heaven

All the above are non-native invasive plants and can be harmful.

Giant Hogweed and Tree of Heaven cause a blistering reaction following exposure to sap and UV light. Himalayan Balsam causes some people to suffer an allergic reaction to its pollen.

All sites should be assessed for significant health, safety and environmental hazards and constraints. If non-native invasive species and noxious or harmful plants are present they must be identified on the Site Map, cordoned off if appropriate to the work, and briefed to all on site.

Remember:

- Always be alert on site and take the following steps if you come across a previously unidentified plant which you think may be harmful:

DO

- ✓ **IMMEDIATELY STOP** all work near to the suspect plant and contact your line manager for instructions if you think you have identified Giant Hogweed on your site.
- ✓ Seek medical advice if you have been in contact with the sap
- ✓ Wear protective clothing before touching the plant.

DON'T

- ✗ Handle the plant until further advice is taken.
- ✗ Move soil that may contain plant material without specific instructions.
- ✗ Cut the plant.

THINK ENVIRONMENT – YEARS TO CREATE, SECONDS TO DESTROY.

What a Waste!

As we head towards the end of the planting season we have accumulated a significant quantity of plastic tree bags that need disposing of in a responsible manner. In other words, disposing in line with our legal duty of care waste requirements.

■ Tilhill Forestry will endeavour to ensure the bags are recycled wherever possible. To help this happen, can you please do the following:

- Make sure any waste on site is secure, weighted down to avoid blowing away and then remove from site at the end of the job.
- Keep plastic separated from other waste so we are able to send it for 'plastic only' recycling.
- Don't leave bags in storage in such a way that they will fill up with rain water before removal and disposal.



Companies offering plastic recycling services often have free drop-off points, so please check with the Tilhill Manager to see if you can drop the bags off enroute when the job has been completed.

Your vehicle must be roadworthy

As the driver you are responsible for maintaining the roadworthiness of your vehicle.

■ You must ensure your vehicle is safe to drive before setting off on a journey. You should carry out a walk around check of the vehicle and check the following items are in good working order and/or are compliant with the relevant requirement:

- | | |
|-----------------|----------------------------|
| • Tyres | • Bodywork |
| • Lights | • Trailer coupling |
| • Wheel fixings | • Load and other equipment |

In this edition of the Safety & Assurance Bulletin, we are focussing on tyres and safe towing:

TYRES

Did you know?

- UK drivers were handed 10,766 endorsements for defective tyres in 2016.
- The maximum fine is £2,500 and a chance of 3 penalty points per defective tyre.
- 8 people were killed and 120 people were seriously injured in road traffic accidents where illegal, defective or

under-inflated tyres were deemed to be a contributory factor to the accident in 2016.

- Tyres are the vehicles only point of contact with the road.
- Tyre treads are designed to disperse water from the road surface and provide maximum grip. By the time the tread is worn down to the legal limit they will be unable to perform this task efficiently and **MUST** be replaced.
- The current British legal limit for car tread depth is 1.6mm (across 75% of the tyre).

Checking the gauge of your tyres is very simple to do – There is a test you can perform to check the tread depth of your tyres and the best part is that the device fits snugly into your pocket – a 20 pence piece.



To test, take a 20p and place it in-between the main grooves of the tyre. If you can see the outer band of the coin, the tyre may have insufficient tread depth. At this point, it is advised that you have your tyres checked over by a qualified mechanic.

continued

Your vehicle must be roadworthy – continued

SAFE TOWING

Tilhill Forestry are supporting the 'Tow Safe 4 Freddie' campaign this spring. The aim of the campaign is to ask drivers to make sure their trailers are safe and securely attached before they tow them.

The campaign is a Driver and Vehicle Standards initiative in the memory of 3 year old Freddie Hussey who was killed by a runaway trailer in 2014.

If the driver involved in the incident with Freddie had performed basic safety checks to make sure his trailer was secure, the accident would not have happened.



Above: Freddie Hussey, pictured shortly before his death in 2014.

Learning Points:

1. Ensure you know how to connect the trailer, including the electrical connections.
2. Do not overload the trailer.
3. Evenly distribute the weight of the goods being carried.

For additional information ask your Tilhill Manager for a copy of the Towing Trailers Toolbox Talk or visit the following website:

www.gov.uk/guidance/tow-a-trailer-with-a-car-safety-checks

Towing Trailers (TT/46)



#TowSafe4Freddie

INSIST ON SAFETY EVENTS

4 June – Peak District, Derbyshire
(Harvesting)

7 June – Shere, near Surrey

12 June – West Highland (Location tbc)

14 June – Longridge Fell

15 June – Central Scotland
(Location tbc)

19 June – Cefn Llwyd, Nr Bala

HOLD A DATE IN YOUR DIARY!



May 2018 – Safety & Assurance Bulletin briefing

I have been personally briefed in the contents of this Safety & Assurance Bulletin.

Please add any questions relating to this briefing or any other health, safety and environmental matters you wish to raise:

Please add any suggestions on health, safety and environmental matters:

I have been briefed by: _____ My District is: _____

I understand that I am encouraged to submit comment and contribution from this bulletin.

Signed: _____ Name: _____ Date: _____

ORIGINAL sheet to be held at District.

Send a **COPY** to: Head of Safety, Tilhill Forestry, Kings Park House, Laurelhill, Stirling, FK7 9NS.
Fax: 01786 435001. Email: ios@tilhill.com

Contractors: If you would like your own copy of this Safety & Assurance Bulletin please contact your local office and ask to be included on the mailing list.