

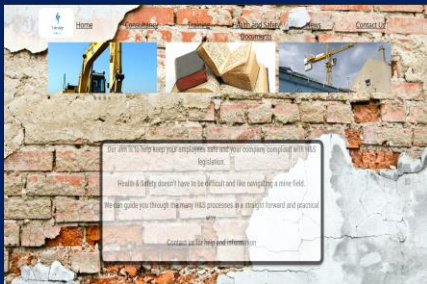


Autumn'16 / Issue TSL01

WEBSITE LAUNCHES!!!!

Great news for Trinity Safety as we have just launched our new website. Please take a look and share...

www.trinitysafety.co.uk



Here's a sneak peak of our website

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HELLO & WELCOME TO TRINITY SAFETY'S FIRST NEWSLETTER

Check out our hot topics as well as recent news articles about health and safety.

In this edition, we are happy to announce the launch of our website. Please check it out for latest HSE news, toolbox talks and FAQ's.

www.trinitysafety.co.uk

The website has been live for only a week and have already had over 200 views, thank you all very much. We will be regularly updating the website with new information, news items and documents so please keep visiting to check it out.

Consultancy

*We have extensive experience in the Construction, Civil Engineering, FM and Retail sectors, able to offer H&S policies, Risk Assessments, Site visits, Accident investigation and Training. **Contact us for more information!***

The HSE continue to focus on the following Occupational Health topics:

- Dust, FFP3 face masks, suppression.
- Silica
- HAV- Hand Arm Vibration
- Manual Handling
- Stress

Dust



liver.

Respiratory hazards are substances in the air (such as construction dust i.e silica and cement etc.) that can be inhaled and can lead to a range of illnesses and diseases. The damage is mainly to the lungs and airways, and includes lung cancer and silicosis. However, some respiratory hazards can also result in diseases in other parts of the body, such as the kidneys and

[Click here to see our Toolbox talk for more information.](#)

The HSE estimates that around 600 construction workers die each year from silica-related lung disease. Much of this exposure comes from activities such as cutting paving slabs, blocks or kerbs.

[Click here for more information on Dust.](#)

[Click here for more information on Respiratory Protective Equipment \(RPE\).](#)



silica dust

Silica

Respirable crystalline silica (RCS) are microscopic particles of silica found in many construction materials (such as paving slabs, blocks and kerbs). Prolonged exposure to silica dust can cause silicosis, lung cancer and other life-changing or life-shortening conditions. Fine silica dust is created when materials are sanded, cut or drilled.

[Click here to see our Toolbox talk for more information.](#)

[Click here for more information on Silica from HSE.](#)

Hand Arm Vibration (HAV)



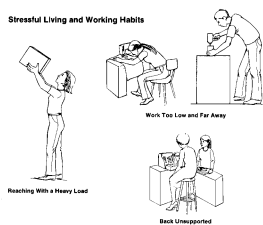
Exposure to vibration can have serious health effects. Vibration from hand-held tools can cause hand-arm vibration syndrome (HAVS), which affects many workers in the construction industry. Whole-Body Vibration (WBV) also occurs in the construction industry and may, for example, affect drivers of construction vehicles, often resulting in back injury.

HAVS is a range of conditions caused by excessive exposure to vibration through the hands. These conditions are permanent and disabling. They affect the nerves, blood vessels, muscles, bones and other tissues of the hands and arms. Symptoms within the hands often include the following: tingling, loss of sensation, painful throbbing, numbness and loss of manual dexterity.

[Click here to see our toolbox talk for more information.](#)

[Click here for information on HAV from HSE.](#)

Manual Handling



Manual handling is the moving of any load by hand, including lifting, putting down, pushing, pulling or carrying by hand or bodily force. It is the construction industry's biggest cause of ill health. Every year an estimated 900,000 working days are lost due to handling injuries. Your back is strong but repeated twisting, straining and incorrect lifting techniques can, over time, lead to an injury.

Manual handling injuries resulting from unsafe or incorrect manual handling can affect the following parts of the body: Whole body, arms, hands, back, feet and ankles. Back injuries are most common but hernias, ruptures, sprains and strains are all conditions that can result from manual handling. Poor posture (such as slouching on the settee, sleeping on a poor supporting mattress, and sitting in a driving position that twists or doesn't support your spine) can all add to the problem.

Your employer has a legal duty to avoid any manual handling activity that will harm you.

[Click here to see our toolbox talk for more information.](#)

[Click here for more information on Manual Handling from HSE.](#)



Stress

Stress is the adverse reaction people have to too much pressure or other demand placed upon them. It is not an illness in itself, but can lead to you not being able to perform at work and have an impact on your health and wellbeing. Stress can lead to common mental health problems (such as anxiety and depression) and also physical chronic health conditions (such as heart disease, back pain, headaches, gastrointestinal disturbances and alcohol and drug dependency).

[Click here for more information on Stress from HSE.](#)

Latest News

[Platform collapse kills carpenter in 16 metre fall](#)

Three construction companies have been fined more than £1m after a worker died and 2 others were badly injured at a site in Putney when a temporary platform collapsed...[Read more](#)

[Window fitter in court after worker suffered fatal head injuries](#)

A Southampton window installation company has been fined after a worker suffered fatal head injuries following a fall from a ladder...[Read more](#)

This is our first newsletter so any feedback will be appreciated. Thank you again for reading. If you are interested in any of our services please contact us for more information.