

White Ribbon Day – 25th November 2022

This year, White Ribbon Day, 25th November, falls on the same week as the start of the FIFA men's World Cup. There has never been a better time for us to come together and start playing as a team to end violence against women and girls.

All men can join the team to end violence against women and girls - that's #TheGoal. Whether you're a football fan or not, let's work together to achieve gender equality. White Ribbon Day 2022 highlights 11 traits men and boys can nurture to help create a world of equality and safety for women.

Support White Ribbon Day and make a difference towards ending violence against women and girls. Plan now to mark White Ribbon Day in your workplace, school, sports club, local pub and bars, and communities. There are ideas and resources free online. White Ribbons and lots more can be bought in the online shop [here](#).

Together we can unite on White Ribbon Day, 25th November, to work towards ending violence against women and girls and achieve #TheGoal.

WHITE RIBBON DAY 2022
#TheGoal

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RESILIENT RELIABLE HOPEFUL PRINCIPLED REFLECTIVE SUPPORTIVE

UNITE FOR WHITE RIBBON DAY 2022

All men can join the team to end violence against women and girls – that's #TheGoal
Whether you're a football fan or not, make the White Ribbon Promise today.

WHITE RIBBON
ORG.UK

White Ribbon UK is the working name of White Ribbon Campaign Ltd., a registered charity in England and Wales (No. 1023874) and a company limited by guarantee (No. 0560730).

Focus on “Slips, Trips and Falls”

Why the focus on Slips, Trips and Falls?

- Statistics released by the Health and Safety Executive (HSE) show that last year 26% of all non-fatal injuries in construction were caused by slips, trips and falls **on the same level** (RIDDOR's and Lost Time injuries)
- And that more than a quarter of these (27%) resulted in a more than seven-day absence
- So, slips, trips and falls are not a minor issue, it is big concern for the construction industry

Why is it a concern for National Highways?

- **Three of our last four RIDDORs** were attributed to Slips, Trips and Falls (STF's)
- **Four out of our last 8 Lost Time Injuries** have been attributed to slips, trips and falls.
- Looking at the last 2 years 65 reported STF incidents – 19 of these have resulted in injury (circa 30%)

Concept and Roll out of Videos

- At our community health, safety and wellbeing group we asked the supply chain to support
 - A professionally made series of videos filmed on site and one of our depot's
 - Paid for by the Community, for the Community
 - Contributions to the video from supply chain and participation from NH
 - Covers Scheme Delivery and Traffic Officer Service risks / issues
 - Jan 22 we rolled out **Video No. 1 Slips, Trips and Falls – Awareness**
 - June 22 we rolled out **Video No. 2 – Hazard Spotting**
 - October 22 release of **Video No. 3 – Have a word with yourself**

Roll out logistics

- Short PowerPoint presentation for the presenters with video links
- 'Heads of ' internal presentations all National Highways staff in NW Ops
- DSC General Manager
- Supply Chain on sites and their own internal cascade

Watching the video - MADE SIMPLE

Just 2 easy steps, no need to login

1. Scan the QR code
(using a standard mobile phone camera QR code reader)
2. Start watching the video



Video 1 – Slips, Trips & Falls, **Training**



Video 2 – Slips, Trips & Falls, **Hazard Spotting**



Video 3 – Slips, Trips & Falls, **Have a word with yourself**



Musculoskeletal disorders at Work. The Current State of Play in Britain

The latest statistics from the Health and Safety Executive (HSE) show that in Great Britain in 2020/21, approximately 470,000 workers reported suffering from new or longstanding work-related musculoskeletal disorders (MSDs).

MSD is a broad, collective term for injuries or pain in bones, cartilage, joints, muscles, tendons, ligaments and so on. Some examples of MSDs are tendonitis, carpal tunnel syndrome and neck and back problems. **MSDs accounted for 28 per cent of all work-related ill health in Britain in 2020/21** and, as explored further on, the total cost of work-related ill health to Britain is estimated to be in excess of £16 billion.

HSE reports that the main work activities that cause MSDs are manual handling, working in awkward or tiring positions and keyboard or repetitive work. Issues with the upper limbs/neck account for 45 per cent of the reported cases of MSDs.



The industries with the highest incidence of work-related MSD are construction and human health and social work, with an incidence rate of 1,830 and 1,500 per 100,000 workers respectively. This is due to the nature of the tasks that workers in these industries must carry out, often involving risks like heavy lifting, repeated movements or restricted body positions.

Impact of coronavirus

There was generally a downward trend in the incidence of MSDs in the workforce in Britain before the pandemic and since the pandemic the levels of ill-health reported in this category have remained

relatively stable. In 2020/21, the rate of MSDs (new and long-standing) was broadly similar to the 2018/19 pre-coronavirus levels.

However, COVID-19 has undoubtedly impacted the trends and has been a contributory factor to instances of musculoskeletal-related ill health in the British workforce. Approximately 18 per cent of people suffering with a work-related MSD in 2020/21 said that it was caused or made worse by the effects of the coronavirus pandemic.

Why does it matter?

The latest statistics confirm that work-related MSDs will continue to be a priority for HSE, which will in turn inform its targeted interventions in high-risk sectors and occupations, including construction and health and social care.

Employers in these sectors and beyond should therefore ensure they both understand and fully comply with their duties to protect the health, safety and welfare of their employees and other people who might be affected by their work activities.

New tools from HSE

HSE has recently released the MSD Assessment Tool, a digitalised version of its existing musculoskeletal assessment guide tools. These include the Manual Handling Assessment Charts (MAC), Risk Assessment of Pushing and Pulling (RAPP) and Assessment of Repetitive Tasks (ART) tools. The digital tool has been released to help employers secure better outcomes in this area and to assist them in fulfilling their health and safety duties.

The [MSD Assessment Tool](#) has not changed the content of the MAC, ART, and RAPP guides, but is an enhanced digital version designed to help remove the administrative burden on employers and make it easier for them to complete MSD risk assessments. Employers should consider using the digital tool when conducting their risk assessments to make the process more efficient and accessible.

Engagement with HSE

The release of the MSD Assessment Tool should be viewed in the context of HSE's increased focus on the health and wellbeing of workers in Britain.

In recent years HSE has reiterated that its role is not just to enforce health and safety legislation when there has been an accident. In May 2022 HSE published its strategy for 2022 to 2032, ***Protecting People and Places***.

One of the main strategic objectives as set out in this document is that HSE will 'continue to help businesses take often simple steps to design out risks to prevent work-related ill health, with a particular focus on supporting good mental health at work'.

The development of the MSD Assessment Tool falls squarely within HSE's strategy. The development of this easy-to-use tool will make it easier for employers to comply with their obligation to eliminate or reduce the risks from work-related MSDs and for workers to be confident that the MSD risks associated with their work are being considered and addressed.

This proactive approach by HSE will help to ensure a healthier and safer workforce, which will ultimately result in fewer instances of work-related ill health.

Clearly, reducing the level of work-related ill health is good for workers and employers. Workers who do not suffer damage to their mind or body as a result of exposure to occupational hazards can remain in work and continue to contribute to the economy. By protecting workers' health and safety, including from MSD risks, employers can continue to employ experienced and qualified staff to carry out their work.

However, the effective management of occupational health and safety risks is also good for Britain as a whole.

The most recent statistics from 2018/2019 show that work-related ill health **costs Britain £10.6 billion each year**, while work-related injury results in costs of £5.6 billion each year. These cost estimates are produced by HSE and take into account human costs (i.e., the impact on the individual's quality of life) and financial costs (i.e., loss of production and healthcare costs etc).

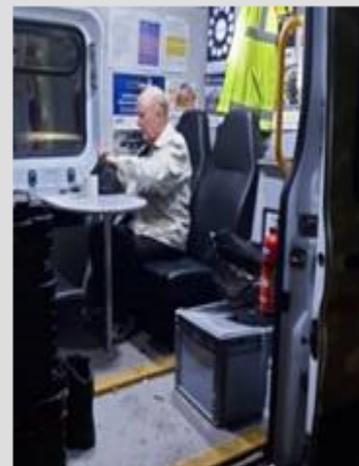
As a result, taking effective action to improve the health, safety and wellbeing of workers in Great Britain will help to minimise these costs going forward.

Source: British Safety Council, October 2022 safety management on-line magazine

A Positive Story – Going Above and Beyond

'Think Customer' culture goes viral on LinkedIn

Graham Cain and John Jenkins have been widely praised for going the extra mile for a customer that approached them at 3am, unable to find his way out of Birchanger services on to the motorway. Having driven from southern Spain and encountering several closures and diversions, the man became upset at learning the M11 was closed. Graham and John invited him into the welfare van, made a brew and kept him company until the motorway re-opened an hour later. After a call from the TSCO that the last cone had been picked up, they helped him get back on his way.



After receiving praise from Carnell management and National Highways for 'going above and beyond', Graham posted the story on LinkedIn [here](#), which has gained over 45,000 positive reactions in a week! Contact grace.owen@carnellgroup.co.uk if you'd like advice on posting positive stories on LinkedIn, and remember to tag @carnell

Fitness to Drive – Eyesight and Medical Conditions

There are medical conditions that could affect the ability to drive safely. Drivers are legally responsible for informing DVLA if they have a driving licence and develop a 'notifiable' medical condition or disability. Also, a condition or disability that has got worse since they got their licence.



Notifiable conditions are anything that could affect the ability to drive safely. Visit www.gov.uk and search for 'driving medical conditions'

Drivers must give up their licence if the doctor tells them to stop driving for 3 months or more, or if they do not meet the required standards for driving because of a medical condition.



Drivers can apply to get their licence back when they meet the medical standards for driving again.

Drivers must tell DVLA of any problem with their eyesight that affects both of their eyes, or the remaining eye if they only have one eye. This does not include being short or long sighted or colour blindness.

Did you know?

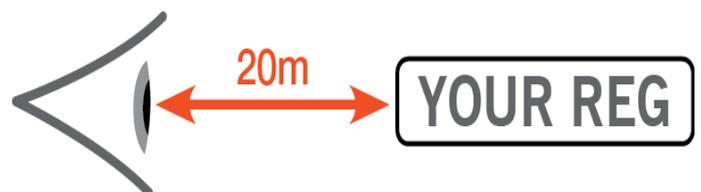
- Drivers can be fined up to £1,000 if they do not inform DVLA about a medical condition that affects their driving.
- It is an offence for drivers to refuse to submit to an eyesight test when requested to by the police.
- Drivers may be prosecuted if involved in a collision because of their known medical condition.

The Road Traffic Act 1988 creates the offence of driving with 'uncorrected defective eyesight' and drivers could be prosecuted if they drive without meeting the standards of vision for driving.

Drivers must wear glasses or contact lenses every time they drive if they need them to meet the 'standards of vision for driving'.



Before driving any vehicle, the driver is legally required to ensure they meet the minimum eyesight rules.



Drivers must be able to read a vehicle number plate made after 1st Sept 2001 from 20 metres (with glasses or contact lenses, if necessary).

National Highways Supporting Organisations with Driving Behaviour

Supporting your people to drive safely is an important part of workplace health, safety and wellbeing.

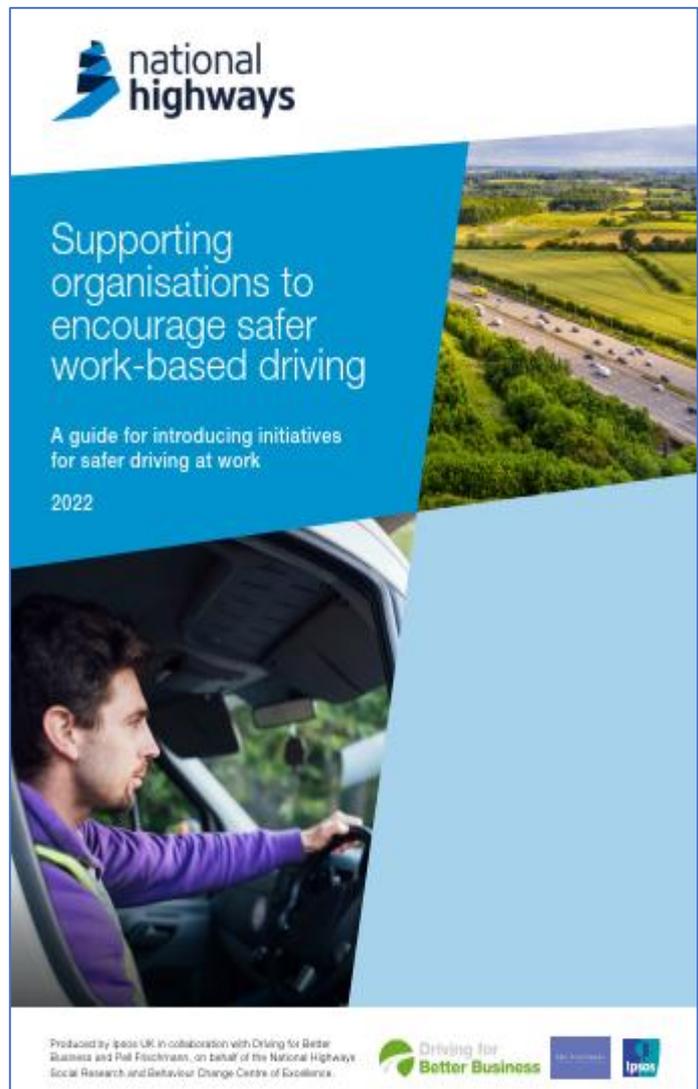
It is essential that people driving for work have the right information, resources and skills to be able to drive safely on the job and during their commute. Accidents and breakdowns can negatively impact wellbeing and morale, increase costs, cause reputational damage and mean organisations operate less efficiently if vehicles are taken out of the fleet to be repaired.

This guide gives practical steps to help you introduce new ways of improving road safety in your organisation.

It is for anyone who works with people who drive to and from work or 'on the job' in any type of organisation.

How do we use behaviour change initiatives to help people drive more safely?

Anything we do that is designed to help people do more of something when driving, or less of something, is a behaviour change initiative.



The guide which is also supported by a short video can be accessed from the link below.

[Changing Driver Behaviour - setting habits for safer driving - Driving for Better Business](#)

Source: National Highways

Protection of Plant & Materials on Site



Guidance Bulletin 19-2022



Is it Protected?

Protection of plant and materials on site

Excess plant, materials and barriers should always be contained within the confines of a barriered area if they are to be left on site. If the materials, plant or barriers are required for significant works, consideration should be given to the method of protection against vandalism, theft or other loss or damage. Herras fencing should be used to guard temporary storage areas.

Wherever possible, all materials should be removed from site if no longer required and if this is not possible to do immediately, then collection should be arranged within 24hrs. All materials placed in the Public Highway must be sufficiently signed and guarded to protect members of the public.



DO's & DON'Ts

- **DO** check you have a valid permit before you store equipment on site before works start.
- **DO** undertake a site risk assessment to check that the area is safe to leave plant, equipment and materials on site, and if not arrange for immediate removal and alternative storage.
- **DO** avoid leaving large quantities of barriers, plant and equipment on site wherever possible.
- **DO** ensure that all materials and equipment is within a barrier system that complies to "Safety at Street Works and Road Works COP (Red Book)".
- **DO** secure all plant & machinery against theft or interference and ensure that it is signed and guarded appropriately.
- **DO** arrange for long term sites to be checked outside of normal working hours to maintain any barriers, and check against vandalism and theft.

- **DO NOT** place any equipment on the highway or part **WITHOUT** checking you have a valid permit in place.
- **DO NOT** forget to display your permit board on any site used to store equipment on site prior to works commencing.
- **DO NOT** store signing, lighting and guarding equipment against walls, fences, buildings or trees, as this could cause damage and could result in a claim.
- **DO NOT** leave large stocks of surplus equipment in areas which can be perceived as being high risk.
- **DO NOT** store surplus equipment on private property without obtaining written consent from the owner.
- **DO NOT** forget to arrange the collection of surplus equipment and materials.
- **DO NOT** leave Road plates unguarded when not in use. They must be stacked safely within a barrier system or removed from site.

HAUC(UK) thanks Morrison Water Services in their help in the creation of this guidance.



This information is general guidance only and is not intended to replace specific legal advice. None of HAUC(UK) or its members, accept any liability for any action or omission taken based on this guidance.

Raising the Bar Checklist

This will help check compliance with the guidance by highlighting significant elements. A link is posted below that will direct you to the Highways Safety Hub website where there are also a lot of interesting items. Also consider joining the Twitter group which gives out lots of useful information regarding changes and uploads including the latest safety alerts.

<https://www.gov.uk/government/collections/health-and-safety-for-major-road-schemes-raising-the-bar-initiative>