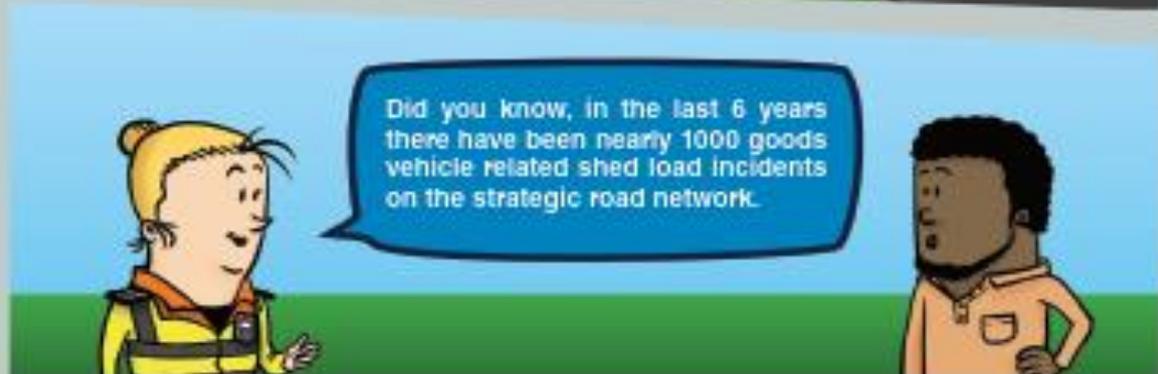
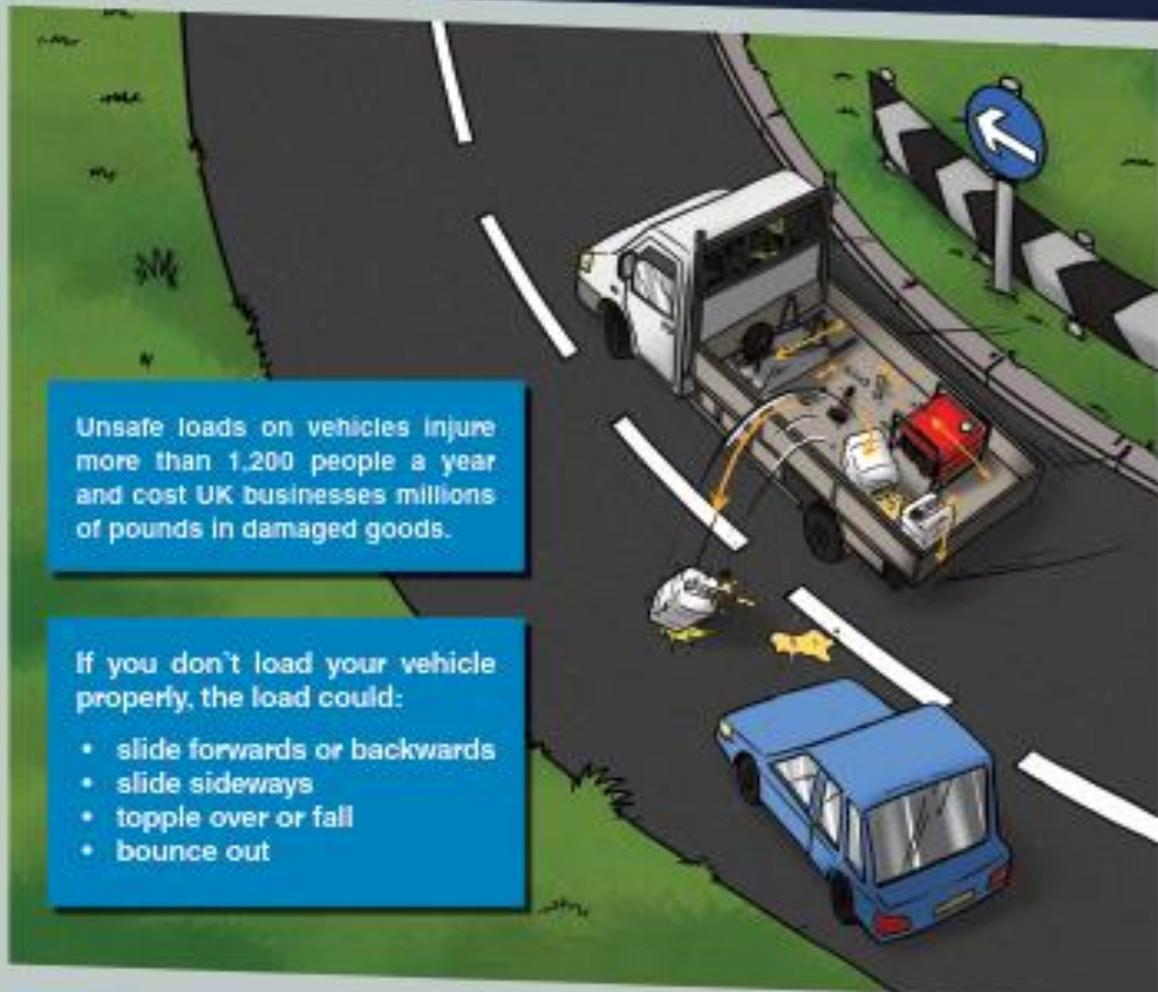




## Focus on Load Security



## Securing loads... on flat bed vehicles



## Some ways you could secure your loads...



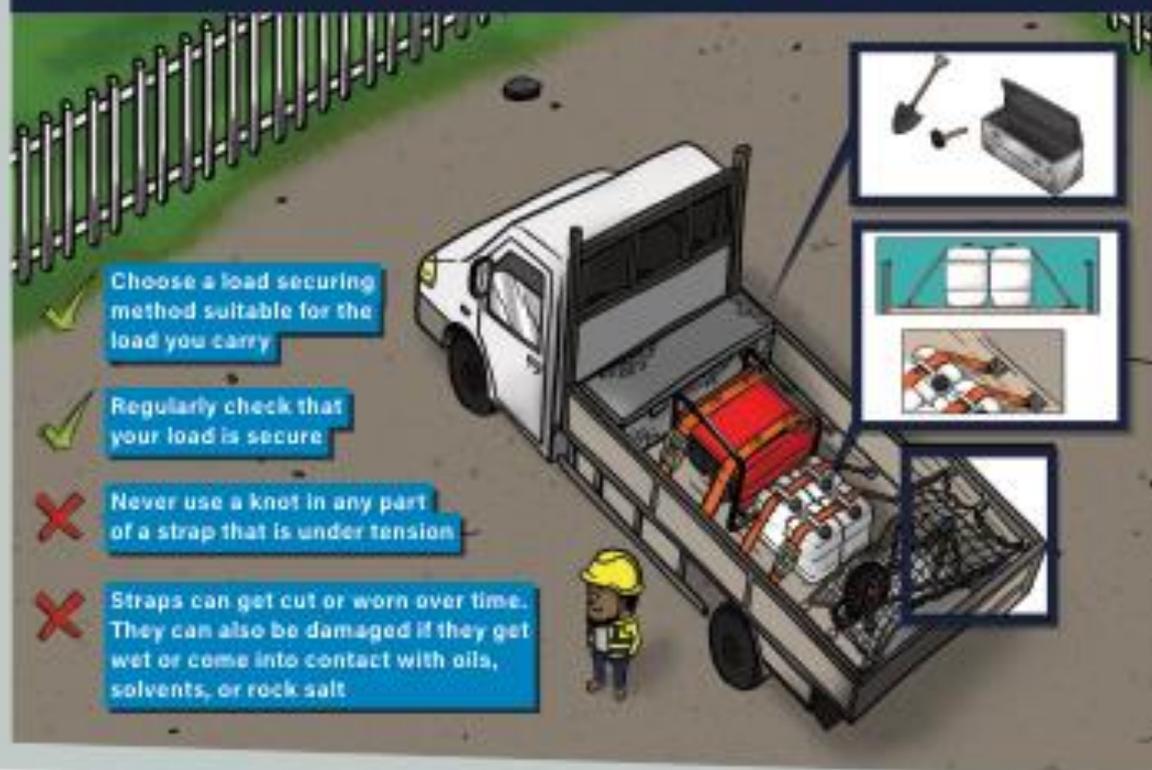
Ratchet straps



Netting or tarpaulin



Storage box



✓ Choose a load securing method suitable for the load you carry

✓ Regularly check that your load is secure

✗ Never use a knot in any part of a strap that is under tension

✗ Straps can get cut or worn over time. They can also be damaged if they get wet or come into contact with oils, solvents, or rock salt



It's a legal requirement in the Road Traffic Act for the driver and anyone who causes or permits the vehicle to be on the road to make sure that the load is secure.

For more information on load security please use this search term or scan the QR code.

'DVSA load security'



**TIRL** Working on behalf of Highways England

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# SOME DECISIONS REALLY ARE LIFE AND DEATH

Five reasons your workplace needs an AED

Sudden cardiac arrest (SCA) occurs when an electrical malfunction of the heart causes it to suddenly stop beating. There are no warning signs, and it can happen to anyone, anywhere. A victim's best chance of survival is immediate treatment with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED).



- 1** SCA can happen to anyone at any time. SCA doesn't discriminate. It can affect children and adults of all ages and isn't exclusive to those with a history of heart problems.
- 2** Symptoms of a SCA come on very suddenly. Victims collapse and lose consciousness, and without treatment, death can occur within minutes.
- 3** In Europe, more than 350,000 patients are affected by SCA every year.<sup>1</sup> Improved lay resuscitation — providing chest compressions immediately and prior to the arrival of emergency medical services (EMS) — could save 100,000 lives.<sup>1</sup>
- 4** When SCA strikes, time is of the essence. Waiting for emergency services to arrive gives cardiac arrest victims just a 5% chance of surviving. But if bystanders intervene and maintain CPR and AED use, those chances jump to 60%.<sup>2</sup> ZOLL® AEDs feature user-friendly, real-time audio and visual prompts to guide rescuers through AED use and proper, high-quality CPR. This allows rescuers to act quickly and confidently and even help save someone's life.

- 5** High-quality CPR is critical. The latest guidelines from resuscitation councils worldwide are clear: Successful defibrillation must be supported with high-quality CPR. The AED's first heart analysis is crucial. If it calls for no shock, only high-quality CPR can lead to a shockable rhythm on the next heart analysis. High-quality CPR provides a struggling heart with the oxygenated blood needed to help restore a normal rhythm.

SCA is unexpected and frightening, but it can be treated. Do your part to prepare your colleagues by offering CPR training and ZOLL AEDs in the workplace.

ZOLL AEDs with Real CPR Help® technology provide rescuers with real-time feedback to ensure the best possible CPR and will deliver a shock if necessary. In matters of life and death, be prepared to help save a life.

**Make ZOLL your AED rescue partner.**

Visit: [www.zoll.com](http://www.zoll.com) for more information.

European Resuscitation Council, European Registry of Cardiac Arrest - Study TWO (EURACO TWO)  
"Saving Sudden Cardiac Arrest Victims in the Workplace"  
Occupational Safety & Health Administration website  
[www.osha.gov/publications/3183.html](http://www.osha.gov/publications/3183.html) Accessed 19 June 2019.  
NCHRP 150b 0288

# ZOLL

# Performing CPR During COVID-19

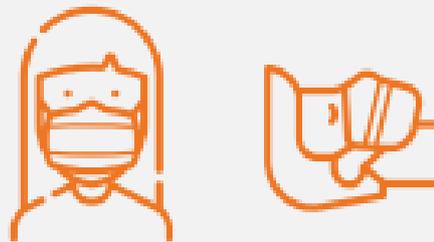
You can still help a victim of sudden cardiac arrest (SCA) during the COVID-19 pandemic. Keep yourself safe and help save a life by performing hands-only CPR.

## Step 1



Call emergency services.

## Step 2



Cover your own mouth and nose with a face mask or cloth and also cover the victim's mouth and nose, if possible.

## Step 3



**Perform hands-only CPR.**  
Push hard and fast on the center of the chest at the rate of 100 to 120 compressions per minute and to a depth of 5 to 6 centimeters.

## Step 4



Use an automated external defibrillator (AED) as soon as it is available.

## Step 5



Thoroughly wash your hands or disinfect with hand sanitizer after assisting with rescue.

## Bat breaches - £600,000 fine for house builder

A major house building company has been fined £600,000 for carrying out demolition work at a site known to be inhabited by bats - the largest such penalty a court has ever handed out for a wildlife crime, police have said.

The company was investigated by the Metropolitan Police for 'damaging or destroying' a breeding site and resting place for bats at a construction site in Greenwich, southeast London.



The bats were known to be present on its development in Greenwich, from a 2017 survey. The firm had been notified by the borough council that if they wished to carry out work, it needed to obtain a European protected species licence and submit appropriate measures in mitigation. Natural England confirmed that no licence had been sought and the planning officer for the site also said the company had tried to remove the provision in its planning permissions, which the council refused to do.

The firm pleaded guilty to damage or destruction of a breeding site or resting place of a European Protected Species, contrary to regulation 43(4) of the Conservation of Habitats and Species Regulations 2017.

There are a number of steps to take during a project that will ensure ecological risks are mitigated.

### Pre-contract

Review work/site information provided by the customer to assess any ecological information. Findings of pre-construction surveys must be recorded in the EMP and the environmental risk assessment

Surveys must be carried out by a competent individual at the appropriate time of year in line with the ecological survey calendar.

### Design and planning

Ecological constraints need to be fully reviewed, so that they are clearly understood by everyone involved in the project. Any changes to scope, design or programme, can have an impact on planned surveys, consents and mitigation and coordination between the two is key to prevent any impact on programme.

### Construction phase

If protected species are identified to be present on site, information on what to look out for, including pictures, must be briefed to all relevant individuals. An ecological method statement is routinely required where preparation and construction works could potentially affect sensitive species or habitats.

## Worker's Appeal for Damages After Horseplay Dismissed

A contractor who suffered hearing loss following a practical joke by a company employee has been unsuccessful in his claim.

The contractor a site fitter appealed against a decision to dismiss his claim for damages following an incident on site. He had been contracted out to work at a quarry site. The company had its own fitters but also contracted external workers.



It was reported that there were tensions between the employees and the external contractors as the employees believed their jobs were at risk. The contractor had raised the issue with the company and made them aware of the tensions.

A few weeks later, as a practical joke, an employee brought on-site some pellet targets that exploded when struck. The employee placed some pellets on the contractor's workbench and struck them with a hammer. As a result, the contractor suffered a perforated eardrum, hearing loss and tinnitus.

**THE JUDGE RULED IT WASN'T FORESEEABLE THAT THERE WAS A RISK OF INJURY TO THE CONTRACTOR OR ANY EXTERNAL WORKER FROM A DELIBERATE EMPLOYEE ACT OF HORSEPLAY OR MALICE**

In his claim for damages, the contractor argued that the employer was vicariously liable for the actions of its employee and that it had breached its duty of care by failing to provide a safe working environment.

In assessing for vicarious liability, the judge applied the test in *Lister v Hesley Hall Ltd* (2001). This case stated that employers could be vicariously liable for unauthorised, intentional wrongdoings committed by an employee providing there was a connection between the wrongdoings and the work for which they were employed, to deem it within the scope of employment. Applying that test, the judge ruled that the employee's actions were not within the field of activities assigned to them by their employer, and so there was no link for vicarious liability.

The judge accepted that the employer was aware of tensions between its employees and contractors, but this had not been serious enough to reasonably suggest that there was a risk of violent acts or physical confrontation. The contractor claimed he had asked to be taken off-site but this was rejected, with evidence cited that contradicted this.

The judge ruled that the employer had sufficient health and safety measures in place and it wasn't foreseeable that there was a risk of injury to any external worker from a deliberate employee act of horseplay or malice.

On appeal, the judge agreed with this ruling, stating that the vicarious liability test had been correctly applied and all relevant factors considered.

The appeal judge agreed that horseplay, ill-discipline and malice were not matters expected to be found in a risk assessment, and the existing health and safety measures were sufficient. They agreed it was expecting too much of an employer to implement a policy or site rules that covered the level of horseplay or the playing of practical jokes, and nothing more could have been reasonably expected.

The judge argued that the fact the contractor was found not to have requested to be moved beforehand showed the true level of his concern at the time, which was lower than retrospectively argued. The appeal for damages was dismissed.

*Source: IOSH Magazine Jan. 2021*

## Desk Yoga

With many of us spending long-periods of time working from home, desk yoga is a great way to reduce stress, stretch out your muscles and re-energise.

A small group of volunteers across our business put together a [short video](#) to show us how to practice this at home alongside a [step-by-step guide](#).

### Desk yoga



## Covid-19 Update – Rapid Testing Kits (Lateral Flow Tests)

Lateral flow tests give quick results and are one of the newer tools being used to help detect and fight COVID-19. 1 in 4 people who have coronavirus never show any symptoms but that does not mean they are not infectious. Lateral flow tests can help identify people who have high levels of virus who do not have symptoms, and would not know they have the virus and could pass it on.



People who are positive for Covid-19 but asymptomatic (show no symptoms) continue to be an issue for all businesses and society. Rapid testing kits are between 50-70% accurate when self-administered so there are some limitations, but these tests do provide another tool for use in the fight against potential transmission in the workplace.

Some construction projects, including Highways England projects, are already using rapid testing as part of their Site Induction processes. The learning to date has highlighted the need for Organisations to make sure they have a clear process in place agreed and communicated **BEFORE** deploying test kits. In particular there must be clear arrangements about what to do if someone tests positive for Covid-19. This must include immediately self-isolating as a minimum but can include further PCR testing to confirm the result through laboratory analysis.

It is vitally important that we all recognise that rapid testing does not replace the need for existing Covid-19 controls, regardless of test results. It is essential that everyone's behaviours remain vigilant especially with regards to:

- social distancing
- wearing of face coverings when in unavoidable close proximity
- well ventilated inside spaces
- and hand hygiene



There is a clear set of guidance available on the .gov website which should be followed:

[Annex B: a practical guide for employers who want to offer workplace testing for asymptomatic employees - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/annex-b-a-practical-guide-for-employers-who-want-to-offer-workplace-testing-for-asymptomatic-employees)

## Extinguisher Colour Changes Come into Effect

CHANGES TO the British standard governing class D powder extinguishers have seen the colour code changes from blue to signal violet, with a 'clearer differentiation' the reason for the change.

The Fire Industry Association (FIA) and BAFE both reported that amendments to BS 5306-10: 2019 *Fire extinguishing installations and equipment on premises. Colour coding to indicate the extinguishing medium contained in portable fire extinguishers. Code of practice* – which came into effect on 31 October 2019 – were published in October 2020, with the 'major change' being the colour code for class D powder extinguishers for metal fires.



This has changed from blue to signal violet, and 'reflects the characteristics' of such powders, 'which are often very different to other powders'. The FIA noted that the 'clearer differentiation was felt to be necessary for the safety of the operator', and as a result all newly manufactured class D extinguishers 'will exhibit the new colour', with colours used for all other media 'unchanged'.

BAFE noted that the standard now 'supersedes' BS 7863: 2009 *Recommendations for colour coding to indicate the extinguishing media contained in portable fire extinguishers*, which has now been withdrawn.

## 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.

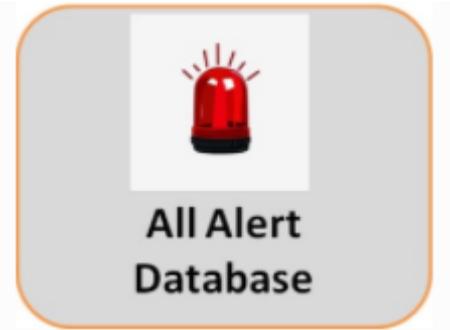
<https://www.gov.uk/government/collections/health-and-safety-for-major-road-schemes-raising-the-bar-initiative>

## Safety Alert Database - All Alerts

### Safety alerts etc. index listing – Issue 08 (31 Dec 2020) : Assassination of JFK

This database contains **1963no.** document entries, including SHEQ alerts, bulletins, learning, best practice, guidance and other docs, produced onto an Excel File, that provides links to each document.

Although containing messages that cover S, H, E and Q topics, for ease of reference the database is titled “**Safety alerts etc. index listing**”.



To use the database download the excel spreadsheet to your desktop, enable editing and then use sorting columns to find the information you need.

Please ensure your firewall allows access to Google Drive to view linked alert documents.

#### How to access

- The latest “Safety alerts etc. index listing”, has been posted on the Highways safety hub web site, nested in the alerts tab page; <http://www.highwaysafetyhub.com/all-alerts-database.html>
- It can be used by opening the Excel File copy held on the web site, or by opening after saving a copy onto your own PC.
- To access individual documents from the links in column “G”, users will need internet access – All documents have been uploaded onto the index listing from a Google Drive account

**Trivia note:** *Issue 08, containing 1,963 document entries, is referred to as the “Assassination of JFK”*

*On Fri 22 Nov 1963, John Fitzgerald Kennedy, 35th President of the United States of America, was assassinated at 12:30 p.m. CST in Dallas, Texas, while riding in a presidential motorcade through Dealey Plaza. He was fatally shot by former U.S. Marine Lee Harvey Oswald [?], firing in ambush from a nearby building [?], and pronounced dead about 30 minutes later.*