

# Healthy Skin - Happy Hands!

Raising awareness of occupational dermatitis.

DERMATITIS INVOLVES RASHES, itching, skin cracking and peeling and can be very painful. The two groups of UK workers with the highest incidence of occupational contact dermatitis are hairdressers/beauticians, and cleaners. Yet, many other workers can also be affected.



How does dermatitis occur?

There are three basic reasons;

- through frequent contact with water,
- often more than two hours a day through frequent contact with cleaning products through frequent contact with colouring / perming products and shampoos.

## What can you, as an employer, do to reduce the risk to your staff?

- reduce contact time with water and reduce the contact time with chemical substances.
- look at product labels and hazard data sheets, substitute products for those that are less hazardous, assess the risk to yourself/your employees, obtain and use the right gloves and protective clothing. (However, be aware that some people can develop an allergy to latex. If you must use latex then only use 'low protein, powder free' gloves).

## What can you do as an employee?

- wear gloves whilst shampooing/colouring and using cleaning products
- regularly moisturise your hands
- have regular breaks from wearing gloves
- check your skin regularly for dryness or soreness and tell your supervisor if these symptoms appear. If dermatitis appears, seek medical advice and remember to tell the doctor that work could be the cause.

If occupational dermatitis is spotted early and adequate precautions are taken, most people will make a full recovery. But some people can be affected for life.

## Look after your Hands, and they will look after you!

More information is available from:-

Preventing Dermatitis at Work  
INDG 223, HSE Books  
Skin at Work website:  
[www.hse.gov.uk/skin](http://www.hse.gov.uk/skin)

Health and Safety advice:  
HSE Infoline 08701 545500  
e-mail: [hseinformationservices@natbrit.com](mailto:hseinformationservices@natbrit.com)

Workplace Health Connect  
0845 609 6006

Food and Safety Team,  
Babergh District Council  
01473 825890  
email: [safetyadvice@babergh.gov.uk](mailto:safetyadvice@babergh.gov.uk)

## Workplace Health Connect

WORKPLACE HEALTH CONNECT was launched in Spring 2006, and offers free and impartial advice on health at work. It aims to help with current ill-health in the workplace, as well as both preventing incidence of illness and injury and securing an early return to work if / when they occur. Workplace Health Connect is:

- A confidential service designed to give free, practical advice on workplace health, safety and return to work issues, to smaller businesses (with 5 to 250 workers) in England and Wales.
- An Adviceline - 0845 609 6006 - for free and impartial advice on health at work and a supporting website: <http://www.workplacehealthconnect.co.uk> giving tailored practical advice to callers - both managers and workers - on workplace health, safety and return to work issues.
- A service that aims to transfer knowledge and skills direct to managers and workers, enabling them to tackle and solve any future workplace health issues themselves.



## Legislation Update



## The Control of Noise at Work Regulations 2005

DID YOU KNOW that the Health & Safety Executive estimates that around 170,000 workers suffer deafness, tinnitus (ringing in the ears) or other ear conditions as a result of excessive noise at work? Workers in the manufacturing and construction industries are particularly at risk.

The Control of Noise at Work Regulations 2005 came into force on 6 April 2006 and aims to address this issue. These Regulations will have an important impact in reducing noise-induced hearing loss caused by exposure at work. The regulations require that employers:

- Assess the risks to employees from noise at work
- Take action to reduce the noise exposure that produces those risks
- Provide employees with hearing protection if they cannot reduce noise exposure sufficiently by other means
- Make sure the legal limits on noise exposure are not exceeded
- Provide employees with information instruction and training
- And carry out health surveillance where there is a risk to health.

Employers in the music and entertainment sectors have until 6 April 2008 to comply with the Noise Regulations 2005. Meanwhile, employers in this sector must continue to comply with the Noise at Work Regulations 1989.

Further information on the regulations is provided in the free leaflet "Noise at Work" INDG362(REV1). <http://www.hse.gov.uk/pubns/>

# WorkSafe

BABERGH'S HEALTH & SAFETY NEWSLETTER ISSUE 3

## Firth's Focus



Malcolm Firth  
Head of  
Natural Built  
Environment

WELCOME TO THE third issue of WorkSafe, the Babergh District Council newsletter designed to keep local businesses up-to-date with Health and Safety issues and good practice.

In this issue we look at the three key topics being targeted by both the Government and the Health and Safety Commission as part of the move away from general inspections.

Linked to this, is an effort to reduce the total inspection burden on low risk premises. This is actually nothing new, as for a long time now a business' inspection interval would have been dictated by both its previous inspection records and history of accidents.

In short, good premises get inspected less often and vice versa, and nowadays you may simply get a questionnaire to confirm your previous status.

That said, we are always here to help and we welcome constructive feedback as to how we work with you.

Please contact us by telephone on (01473) 825888 or by email on [worksafe@babergh.gov.uk](mailto:worksafe@babergh.gov.uk)

Keep and Work safe!  
**Malcolm Firth**

# Are You 'Height Aware'?



FALLS FROM HEIGHTS are a major cause of injuries at work. In many cases, staff working at height is a 'one off' or incidental to the main job being done.

This means neither staff nor employers often don't recognise the risks and so don't take the precautions they need to work safely.

## What is 'work at height'?

Any work that involves people being in a position from which they could fall and injure themselves.

## What is the problem?

- Falling from height is the most common cause of workplace deaths.
- In 2004/05, 53 people died and nearly 3800 were seriously injured as a result of falling from height while at work.
- 60% of these injuries resulted from people falling from below head height.
- Falls from ladders and step-ladders account for about a quarter of all injuries and it is estimated they cost the UK economy £60 million each year.

(continued over page)

# Are You 'Height Aware'?

## What do you need to do?

### Plan properly

■ Think about the work you do and identify all the activities that involve work at height. Don't forget one-off jobs and tasks which only take a few minutes.

■ Don't underestimate the risks, assess them - simply 'taking care' is not enough.

### Avoid 'work at height' where possible

■ Use different equipment or methods of work - check what new equipment is available to buy or hire.

■ Think about how fixtures and fittings, plant and services could be designed or installed to avoid the need to work at height.

### Select the right equipment and people

■ Where possible, use equipment which prevents a fall, eg podium steps, cherry pickers or tower scaffolds, which have a working platform and guard rails - don't make do to save money or time.

■ Check contractors are competent and have the experience to carry out the type of work you need to have done.

### Train those doing the work

■ Make sure they know how to use the equipment properly, including erecting and dismantling it safely.

■ Check contractors have suitable training, ask to see certificates.

### Inspect and maintain

■ Make sure all equipment is regularly inspected - damaged equipment must either be repaired or taken out of use.

### Supervise and monitor

■ Check work is being carried out as planned and that the right equipment is being used.



### Safe use of ladders and stepladders

An employers' guide



When is a ladder the most suitable access equipment?

Figure 7 Stepping of the base

Figure 8 Access ladders should be used and secured at level 1 m above the working point to provide a secure handhold

Figure 9 Stepping of the base and working platform ledge on a ladder

Figure 10 Ladder opening control 1 in 4 angle prevents slipping

Figure 11 Correct use of ladders. Don't work any higher up than the safe working level

Figure 12 Correct use of ladders. Don't work any higher up than the safe working level

Figure 13 Correct use of ladders. Don't work any higher up than the safe working level

Figure 14 Correct use of ladders. Don't work any higher up than the safe working level

Figure 15 Correct use of ladders. Don't work any higher up than the safe working level

Figure 16 Correct use of ladders. Don't work any higher up than the safe working level

Figure 17 Correct use of ladders. Don't work any higher up than the safe working level

Figure 18 Correct use of ladders. Don't work any higher up than the safe working level

Figure 19 Correct use of ladders. Don't work any higher up than the safe working level

Figure 20 Correct use of ladders. Don't work any higher up than the safe working level

Figure 21 Correct use of ladders. Don't work any higher up than the safe working level

Figure 22 Correct use of ladders. Don't work any higher up than the safe working level

Figure 23 Correct use of ladders. Don't work any higher up than the safe working level

Figure 24 Correct use of ladders. Don't work any higher up than the safe working level

Figure 25 Correct use of ladders. Don't work any higher up than the safe working level

Figure 26 Correct use of ladders. Don't work any higher up than the safe working level

Figure 27 Correct use of ladders. Don't work any higher up than the safe working level

Figure 28 Correct use of ladders. Don't work any higher up than the safe working level

Figure 29 Correct use of ladders. Don't work any higher up than the safe working level

Figure 30 Correct use of ladders. Don't work any higher up than the safe working level

Figure 31 Correct use of ladders. Don't work any higher up than the safe working level

Figure 32 Correct use of ladders. Don't work any higher up than the safe working level

Figure 33 Correct use of ladders. Don't work any higher up than the safe working level

Figure 34 Correct use of ladders. Don't work any higher up than the safe working level

Figure 35 Correct use of ladders. Don't work any higher up than the safe working level

Figure 36 Correct use of ladders. Don't work any higher up than the safe working level

Figure 37 Correct use of ladders. Don't work any higher up than the safe working level

Figure 38 Correct use of ladders. Don't work any higher up than the safe working level

Figure 39 Correct use of ladders. Don't work any higher up than the safe working level

Figure 40 Correct use of ladders. Don't work any higher up than the safe working level

Figure 41 Correct use of ladders. Don't work any higher up than the safe working level

Figure 42 Correct use of ladders. Don't work any higher up than the safe working level

Figure 43 Correct use of ladders. Don't work any higher up than the safe working level

Figure 44 Correct use of ladders. Don't work any higher up than the safe working level

Figure 45 Correct use of ladders. Don't work any higher up than the safe working level

Figure 46 Correct use of ladders. Don't work any higher up than the safe working level

Figure 47 Correct use of ladders. Don't work any higher up than the safe working level

Figure 48 Correct use of ladders. Don't work any higher up than the safe working level

Figure 49 Correct use of ladders. Don't work any higher up than the safe working level

Figure 50 Correct use of ladders. Don't work any higher up than the safe working level

Figure 51 Correct use of ladders. Don't work any higher up than the safe working level

Figure 52 Correct use of ladders. Don't work any higher up than the safe working level

Figure 53 Correct use of ladders. Don't work any higher up than the safe working level

Figure 54 Correct use of ladders. Don't work any higher up than the safe working level

Figure 55 Correct use of ladders. Don't work any higher up than the safe working level

Figure 56 Correct use of ladders. Don't work any higher up than the safe working level

Figure 57 Correct use of ladders. Don't work any higher up than the safe working level

Figure 58 Correct use of ladders. Don't work any higher up than the safe working level

Figure 59 Correct use of ladders. Don't work any higher up than the safe working level

Figure 60 Correct use of ladders. Don't work any higher up than the safe working level

Figure 61 Correct use of ladders. Don't work any higher up than the safe working level

Figure 62 Correct use of ladders. Don't work any higher up than the safe working level

Figure 63 Correct use of ladders. Don't work any higher up than the safe working level

Figure 64 Correct use of ladders. Don't work any higher up than the safe working level

Figure 65 Correct use of ladders. Don't work any higher up than the safe working level

Figure 66 Correct use of ladders. Don't work any higher up than the safe working level

Figure 67 Correct use of ladders. Don't work any higher up than the safe working level

Figure 68 Correct use of ladders. Don't work any higher up than the safe working level

Figure 69 Correct use of ladders. Don't work any higher up than the safe working level

Figure 70 Correct use of ladders. Don't work any higher up than the safe working level

Figure 71 Correct use of ladders. Don't work any higher up than the safe working level

Figure 72 Correct use of ladders. Don't work any higher up than the safe working level

Figure 73 Correct use of ladders. Don't work any higher up than the safe working level

Figure 74 Correct use of ladders. Don't work any higher up than the safe working level

Figure 75 Correct use of ladders. Don't work any higher up than the safe working level

Figure 76 Correct use of ladders. Don't work any higher up than the safe working level

Figure 77 Correct use of ladders. Don't work any higher up than the safe working level

Figure 78 Correct use of ladders. Don't work any higher up than the safe working level

Figure 79 Correct use of ladders. Don't work any higher up than the safe working level

Figure 80 Correct use of ladders. Don't work any higher up than the safe working level

Figure 81 Correct use of ladders. Don't work any higher up than the safe working level

Figure 82 Correct use of ladders. Don't work any higher up than the safe working level

Figure 83 Correct use of ladders. Don't work any higher up than the safe working level

Figure 84 Correct use of ladders. Don't work any higher up than the safe working level

Figure 85 Correct use of ladders. Don't work any higher up than the safe working level

Figure 86 Correct use of ladders. Don't work any higher up than the safe working level

Figure 87 Correct use of ladders. Don't work any higher up than the safe working level

Figure 88 Correct use of ladders. Don't work any higher up than the safe working level

Figure 89 Correct use of ladders. Don't work any higher up than the safe working level

Figure 90 Correct use of ladders. Don't work any higher up than the safe working level

Figure 91 Correct use of ladders. Don't work any higher up than the safe working level

Figure 92 Correct use of ladders. Don't work any higher up than the safe working level

Figure 93 Correct use of ladders. Don't work any higher up than the safe working level

Figure 94 Correct use of ladders. Don't work any higher up than the safe working level

Figure 95 Correct use of ladders. Don't work any higher up than the safe working level

Figure 96 Correct use of ladders. Don't work any higher up than the safe working level

Figure 97 Correct use of ladders. Don't work any higher up than the safe working level

Figure 98 Correct use of ladders. Don't work any higher up than the safe working level

Figure 99 Correct use of ladders. Don't work any higher up than the safe working level

Figure 100 Correct use of ladders. Don't work any higher up than the safe working level

## Further information

### The 'Height Aware' Campaign Pack includes:

- Information Sheet 1: **Work at height: The basics**
- Information Sheet 2: **Selecting equipment for work at height**
- Information Sheet 3: **Selecting competent contractors for work at height**
- Information Sheet 4: **Selecting, using and maintaining personal fall protection equipment**
- Information Sheet 5: **Minor roof maintenance work: Protecting against falls**

A 'Height Aware' CD-Rom containing all these information sheets, other current HSE guidance, a toolbox talk on ladder and stepladder safety and a short video, *Safer Access For Maintenance Work*.

Printed copies of the campaign pack and a CD-Rom containing the campaign pack materials can be obtained free of charge from [hsebooks@prolog.uk.com](mailto:hsebooks@prolog.uk.com), or call HSE books on 01787 881165.

- Please quote the following reference numbers:
- Printed Campaign Pack, including CD ROM - MISC 729
  - CD ROM - MISC 729j

For other information check out the HSE website on [www.hse.gov.uk/falls/index2.htm](http://www.hse.gov.uk/falls/index2.htm)  
To download the information sheets go to [www.hse.gov.uk/falls/campaign/materials.htm](http://www.hse.gov.uk/falls/campaign/materials.htm)

