



Hurst Setter & Associates Ltd

Health Safety & Environmental Newsletter July 2020

Hurst Setter aims to provide commercially sound health and safety advice, practical on-site assistance, and training services to help clients to improve their overall health, safety and environmental performance and business efficiency. Health & safety is no longer a business where you just find fault and try to 'stop the job', it is now a role where a common sense approach needs to be applied to ensure a job can be completed safely ensuring that everyone returns home from work to their families at the end of the working day.

At the same time as being an external consultancy who are used for expert advice, we also work really hard to ensure they are part of the team for all clients. Hurst Setter pride themselves in being able to use expert knowledge of the industry and legislation to be a cog in the wheel to help our clients achieve their health & safety goals.

The company was established in 1992, we have an experienced team of professional staff throughout the UK with our Head Office in Burton upon Trent, subsidiary offices in Yorkshire and Wiltshire, along with field staff working throughout the UK. In this way we can offer a national coverage to large national based clients.

Our mission is to provide competent health, safety & environmental advice to our clients. We focus primarily on construction, project management and property management sectors.

We provide an extensive range of training including CITB accredited training courses as well as inhouse courses.

Health & Safety Services

At Hurst Setter we provide a range of services that covers the entire spectrum of health and safety provision. Our services include:

- Audits & Inspections
- Retainer Service & Assistance with SSIP Accreditation
- Support with H&S Documentation, Risk Assessments & Policy
- H&S Management Systems
- Training Courses including CITB, First Aid, Mental Health, and In-House Training Courses, including remote courses during COVID 19.
- NEBOSH General (online) in association with another training provider.
- Environmental Services
- CDM 2015 Advice & Support

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The HSE website www.hse.gov.uk is gratefully acknowledged as a primary source for information

HSE Safety Alert A substantial number of face masks, claiming to be of KN95 standards, provide an inadequate level of protection and are likely to be poor quality products accompanied by fake or fraudulent paperwork. These face masks may also be known as filtering facepiece respirators.



KN95 is a performance rating under the Chinese standard GB2626:2006, the requirements of which are broadly the same as the European standard BSEN149:2001+A1:2009 for FFP2 facemasks. However, there is no independent certification or assurance of their quality and products manufactured to KN95 rating are declared as compliant by the manufacturer.

Personal protective equipment (PPE) cannot be sold or supplied as PPE unless it is CE marked. The only exception is for PPE that is organised by the UK Government for use by NHS or other healthcare workers where assessments have been undertaken by HSE as the Market Surveillance Authority.

Action Required KN95 must not be used as PPE at work as their effectiveness cannot be assured.

Masks that are not CE marked and cannot be shown to be compliant must be removed from supply immediately. If these masks have not been through the necessary safety assessments, their effectiveness in controlling risks to health cannot be assured for anyone buying or using them. They are unlikely to provide the protection expected or required.

If any are CE marked, suppliers must be able to demonstrate how they know the documentation and CE marking is genuine, supported by Notified Body documentation showing compliance with the essential health and safety requirements as required by the Personal Protective Equipment Regulations (EU) 2016/425.

Relevant Legal Documents

- Personal Protective Equipment Regulations (EU) 2016/425
- Personal Protective Equipment (Enforcement) Regulations 2018

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Fit testing Face Masks to Avoid Transmission During the Coronavirus Outbreak

Respiratory Protective Equipment

Tight-fitting respirators (such as disposable FFP3 masks and reusable half masks) rely on having a good seal with the wearer's face. A face fit test should be carried out to ensure the respiratory protective equipment (RPE) can protect the wearer.

To ensure you put on tight-fitting RPE correctly, use a mirror or ask a colleague. Fit testers should follow government advice on social distancing, as they can make observations from this distance and deliver any instructions verbally.

The user should then carry out a pre-use seal check or fit check. The following poster and video give guidance on how to put on disposable respirators and how to do a pre-use seal check or fit check.

Minimise the Risk of Transmission

People who have symptoms of COVID-19 or are isolating in accordance with government guidance should not attend a face fit test. To minimise the risk of transmission of COVID-19 during face-fit testing the following additional measures should be taken:

- Fit testers should follow government advice on social distancing, as they can make observations from this distance and deliver any instructions verbally.
- Those being fitted should keep their respirators on if closer observation is required to minimise risk to testers.
- Both the fit tester and those being fit tested should wash their hands before and after the test in accordance with NHS guidelines.
- Those being fit tested with non-disposable masks should clean the mask themselves before and immediately after the test using a suitable disinfectant cleaning wipe (check with manufacturer to avoid damaging the mask).
- Test facepieces that cannot be adequately disinfected (e.g. disposable half masks) should not be used by more than one individual.
- Fit testers should wear disposable gloves when undertaking cleaning of the tubes, hoods etc and ensure they remove gloves following the correct procedure.
- Immediately dispose of used gloves, disposable masks, cleaning wipes etc in a waste bin.

Further Advice on Fit Testing

A fit test should be carried out before people wear RPE for the first time. Inadequate fit can reduce the protection provided and lead to immediate or long-term ill-health or can even put the RPE wearer's life in danger. A fit test should be repeated whenever there is a change to the RPE type, size, model, or material or whenever there is a change to the circumstances of the wearer that could alter the fit of the RPE, for example:

- Weight loss or gain
- Substantial dental work
- Any facial changes (scars, moles, effects of ageing etc) around the face seal area
- Facial piercings
- Introduction or change in other head-worn personal protective equipment (PPE)
- There is no stipulated frequency for re-testing, and you do not need one if there are no changes in these circumstances.

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Fit testers should familiarise themselves with the following potential contact points and actions to minimise transmission:

Contact points	Action to minimise transmission
Inside and outside of respirator (mask)	The wearer should clean the inside and outside of the mask using a suitable disinfectant cleaning wipe under the fit tester's instruction and supervision.
Inside and outside (where held) of hood used for qualitative fit tests	The fit tester should clean the inside and outside (where held) of the hood between each test using a suitable disinfectant wipe that won't damage the visor and wearing disposable gloves.
Moisture from the wearer's breath collected inside the ambient particle counting device tubing (i.e. for quantitative testing)	Only touch used tubing when wearing gloves. Clean the mask end of the tube with a suitable disinfectant wipe after use. Have a stock of spare tubes (to allow used tubes to dry); or ensure the end of used tubing is placed in a wad of tissue if removing the condensate between tests by blowing out with compressed/canned air.
Fit testing adaptors and sampling probe	Clean at the same time as cleaning the mask following the fit test using a suitable disinfectant cleaning wipe, under the instruction and supervision of the fit tester.
Specific inner mask supplied by fit tester when fit testing powered RPE and the existing inner mask is replaced	This should be cleaned by the wearer at the same time as they clean the inside of the mask using a suitable disinfectant cleaning wipe following their fit test, under the instruction and supervision of the fit tester.
Filters	Although, the wearers exhaled air does not pass through the filters used when testing half and full facemasks, they may be re-used and handled between tests and so should be wiped using a suitable disinfectant cleaning wipe.



Skin at Work

Outdoor Workers and Sun Exposure

What is the problem?

Too much sunlight is harmful to your skin. A tan is a sign that the skin has been damaged. The damage is caused by ultraviolet (UV) rays in sunlight.

Who is at risk?

If work keeps you outdoors for a long time your skin could be exposed to more sun than is healthy for you. Outdoor workers that could be at risk include farm or construction workers, market gardeners, outdoor activity workers and some public service workers. You should take particular care if you have:

- Fair or freckled skin that does not tan or goes red or burns before it tans.
- Red or fair hair and light-coloured eyes.
- A large number of moles.
- People of all skin colours should take care to avoid damage to the eyes, overheating and dehydration.

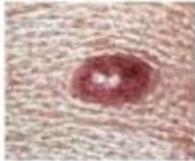
What are the harmful effects?

In the short term, even mild reddening of the skin from sun exposure is a sign of damage. Sunburn can blister the skin and make it peel. Longer term problems can arise. Too much sun speeds up ageing of the skin, making it leathery, mottled, and wrinkled. The most serious effect is an increased chance of developing skin cancer.

What can you do to protect yourself?

- Keep your top on.
- Wear a hat with a brim or a flap that covers the ears and the back of the neck.
- Stay in the shade whenever possible, during your breaks and especially at lunch time.
- Use a high factor sunscreen of at least SPF15 on any exposed skin.
- Drink plenty of water to avoid dehydration.
- Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size, or colour, itching or bleeding.

Identifying Skin Cancer

NORMAL MOLE	MELANOMA	SIGN	CHARACTERISTIC
		A Asymmetry	When half of the mole does not match the other half
		B Border	When the border (edges) of the mole are ragged or irregular
		C Colour	When the colour of the mole varies throughout
		D Diameter	If the mole's diameter is larger than a pencil's eraser

Dehydration & Sunstroke

Dehydration is a decrease in the body's water balance. Water is crucial for survival since approximately 75 percent of the human body is water, so dehydration can have severe health consequences. Proper hydration is particularly important in hot weather to help lower the risk of heat-related illnesses like heat exhaustion and sunstroke.

Sunstroke, or heat stroke, occurs when the body loses its ability to cool itself and body temperature rises above 38 degrees Celsius. Certain groups of people including infants, young children, and older adults, as well as those taking certain medications or with certain health conditions, are more prone to these conditions.

Signs of Dehydration

Signs and symptoms of dehydration vary depending on how severe the condition becomes. One of the top indicators of hydration levels is the colour of urine: pale or clear urine indicates good hydration levels while darker urine points to dehydration. In addition to darker urine, early symptoms of dehydration may include thirst and decreased urine production. Moderate dehydration may also include the following symptoms:

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- Lethargy
- Dry mouth
- Muscle weakness
- Dizziness
- Headache

- Sunken eyes
- Lack of sweating
- Dry, shrivelled skin
- Low blood pressure
- Fever
- Increased heart rate
- Delirium
- Unconsciousness

Severe dehydration may include the above symptoms plus the following:

Signs of Sunstroke

Sunstroke shares a number of symptoms in common with dehydration including a headache, sweat changes, increased heart rate, delirium, and unconsciousness. Sunstroke victims may also display the following symptoms:

- Elevated body temperature
- Nausea
- Red skin
- Rapid, shallow breathing
- Mental changes

Treatment

Treatment of dehydration and sunstroke focuses on reversing the condition that causes the problem. This means increasing fluid levels for dehydration and decreasing temperature for sunstroke. Treatment for dehydration may include the following:

- Drinking clear fluids including water or isotonic sports drinks.
- Avoiding caffeinated beverages.
- Treatment of underlying medical conditions that increase the risk of dehydration such as diarrhoea, vomiting, fever, and diabetes.
- Sit in the shade out of direct sunlight or heat.
- Move them to a cool place.
- Get them to lie down and raise their feet slightly.
- Get them to drink plenty of water. Sports or rehydration drinks are OK.
- Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.
- Stay with them until they are better.

If someone has heat exhaustion, follow these 5 steps:

Prevention of Dehydration and Sunstroke

Both dehydration and sunstroke are more common in hot weather. Take steps to help avoid them by following these prevention tips:

- Drink plenty of fluids
- Consume foods with a high-water content like fruits and vegetables
- Minimize activities in extreme heat
- Avoid being active during the hottest part of the day
- Replenish fluids after activity or sweating
- Wear lightweight, loose-fitting clothing
- Take frequent breaks from activity in hot conditions
- Avoid sunburn

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Call 999 if You or someone else have any signs of heatstroke:

- Feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water.
- Not sweating even though too hot.

- A temperature of 40C or above.
- Fast breathing or shortness of breath.
- Feeling confused.
- A fit (seizure).
- Loss of consciousness.
- Not responsive.

Heatstroke can be very serious if not treated quickly. Put the person in the recovery position if they lose consciousness while you are waiting for help.

HEAT STROKE

WHO AT RISK

SENIOR CHILDREN ATHLETES OUTDOOR WORKERS

SIGN & SYMPTOM

104 F

NO SWEATING

DRY, HOT RED SKIN

DIZZINESS & HEAD ACHE

PINPOINT PUPILS

VOMITING

UNCONCIOUSNESS

PREVENTION

DRINK ENOUGH

NO ALCOHOL & CAFFEINE

COOL SHOWERING

WEAR LIGHT PROTECTION

DO NOT STAY CLOSED CAR

LIMIT OUTDOOR TIME