

# AGA HAVE MOVED OFFICE!

Andrew Goddard Associates Ltd are really pleased to unveil our new office!

A lot of hard work and planning has gone into creating the perfect environment for our team.

With lots of collaborative space, feel free to pop in for a coffee and a chat about CDM or just to see our office dog, Jackson!

Our new address is Samuel House, Chinnor Road, Thame, Oxfordshire OX9 3NU

Our phone numbers and email addresses all remain the same.

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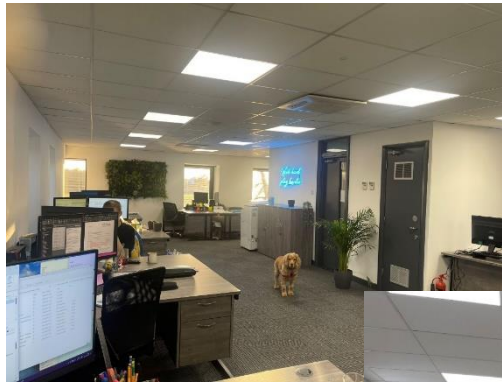
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# ARE YOU WORKING SAFELY WITH DSE?

All employers must protect workers from the health risks of working with display screen equipment (DSE).



Incorrect use of Display Screen Equipment or poorly designed workstations or work environments can lead to pain in necks, shoulders, backs, arms, wrists and hands, as well as fatigue and eye strain.

[Our guidance](#) covers a range of topics including:

- workstations and assessments
- work routine and breaks
- eyesight testing

There are also accessible resources including our [DSE workstation checklist](#) and practical tips on maintaining a [good posture](#).

In addition, the HSE have guidance on what employers and workers need to know about [working with DSE from home](#).

## COMPANY FINED £200,000 AFTER EMPLOYEE BADLY INJURED IN 8M FALL

The property management company was sentenced after an employee fell 8 metres through a rooflight.



A property management company has been fined £200,000 after an employee was left in a wheelchair after falling eight metres through a rooflight.

Robin Williamson, an asbestos surveyor employed by City Property (Glasgow) LLP, suffered severe injuries after he fell while carrying out a survey on the roof of Netherton Community Centre, Glasgow on 5 April 2018.

Mr Williamson suffered multiple skull fractures as well as a bleed to the brain and multiple spine and rib fractures. He now uses a wheelchair.

An investigation by the Health and Safety Executive (HSE) concluded that City Property (Glasgow) LLP did not provide a safe system for working at height on the external roof areas of the community centre in that it did not plan, organise and supervise the work, to ensure that the risks were identified and adequate precautions were in place.

City Property (Glasgow) LLP of Exchange House, George Street, Glasgow pleaded guilty to breaching Section 2(1), 2(2)(a) and (c) of the Health and Safety at Work etc. Act 1974 and were fined £200,000 at Glasgow Sheriff Court on 21 December 2022.

# SG4:22 PREVENTING FALLS IN SCAFFOLDING OPERATIONS

December 2022 saw the launch of the NASC (National Access and Scaffolding Confederation) SG4:22: Preventing falls in scaffolding operations guidance.

This long awaited, core NASC document replaces SG4:15, providing industry best practice for fall prevention when erecting tube and fitting and now also includes system scaffolding.

It features detailed scaffolding sector analysis and safety guidance, with key figures and illustrations, to bring it to life.

The key changes are:

- removal of obsolete technology and embracing of new updates to reflect changes brought in with TG20:21
- inclusion of modular system scaffolding as well as traditional tube and fitting
- additional safety guidance on working on beams
- hazards, risks and control measures required when working on fragile roofs
- improved Safe System of Work for temporary roofs and the prevention of falls



[Download SG4:22 for free](#) from the NASC shop.

Visit HSE's website for information and guidance on:

- [Work at height](#)
- [Scaffolds](#)
- [Fall arrest equipment](#)

## ARE YOU WORKING SAFELY AT HEIGHT



Falls from height were the cause of most work-related fatalities in Britain during 2021/22.

The most recent [annual figures](#) revealed that 29 workers were killed in falls from height last year.

Make sure you take the necessary precautions and see our [working at height website](#) for guidance on how you can protect employees.

The site also has a range of useful information and sources of advice for employers. They include [key messages](#) to follow before working from height and some [common work at height myths](#).

There are also [useful resources](#) available, including our relevant publications which are free to download.

# RISK-REDUCTION DESIGN AWARD: DEADLINE APPROACHING

It's not too late to enter our 'Risk-reduction through design' award – nominations close on 31 January 2023.

If your business has made a design change to reduce the risk of MSDs in the workplace, we want to hear about it - your business could be our 2023 award winner!

[Watch our video](#) about the design award and previous winners.

We're encouraging businesses to nominate a design change that has made a real impact in their own workplace. Employers can nominate any design solutions implemented in workplaces in the UK that have demonstrated how they have reduced musculoskeletal risks for their own workers.



The closing date for nominations is 31 January 2023.

[Submit your entry or find out more](#) about the award and past winners on our website.

## MANAGING HOME WORKERS' H&S

Employers have the same health and safety responsibilities for those working at home as any other worker.



Our [home working guidance](#) is for anyone who employs home workers, including those who split their time between their workplace and home (sometimes called hybrid working).

The guidance has been redesigned and expanded to provide more detail on straightforward actions to manage home workers' health and safety.

This includes the risks of [working with display screen equipment \(DSE\)](#) at home as well as [stress and poor mental health](#).

There is also advice for [home workers themselves](#), as well as a video and practical tips on [good posture](#) when working with DSE.

## TERMINAL CANCER CASES IN GRENFELL FIREFIGHTERS

National media reports have revealed that up to a dozen Grenfell firefighters have been diagnosed with terminal cancer.



A news story in the national media last week has said that up to 12 firefighters who helped to tackle the Grenfell Tower blaze in June 2017 have since developed terminal cancer.

The report in the Mirror said that around a dozen firefighters, some aged only in their 40s, are suffering with rare cancers. The majority of these are believed to be incurable digestive cancers and leukaemia, which are being linked to high levels of exposure to carcinogens during the Grenfell rescue effort.

Around 1,300 firefighters were in attendance at Grenfell on the day of the tragedy, many of whom sat in contaminated suits for more than 10 hours, while others were in the tower's smoke-logged basement for up to six hours.



With some cancers taking decades to appear, the Mirror reported it is feared these first 12 cases could be the early stages of even more Grenfell-linked cancers being diagnosed in firefighters.

## Worrying Findings

This news story comes on the back of recent press releases from the [Fire Brigades Union](#) FBU, that highlight two pieces of research the FBU commissioned from the University of Central Lancashire (UCLan).

[The first report](#) – based on a survey of more than 10,000 serving and retired firefighters across the UK, representing almost a quarter of the UK's total firefighter workforce – has found that toxic contaminants in fires can be directly linked to increased rates of cancer and mental health issues among firefighters.

The report supports last year's ruling from the International Agency for Research on Cancer, which said that exposure to such contaminants through working as a firefighter is carcinogenic. However, the new research has also gone a step further by highlighting the mental toll that firefighting can take.

The findings, published in the Scientific Reports journal, show that 4.1% of surveyed firefighters were found to have a cancer diagnosis, and instances of cancer among firefighters aged 35-39 is up to 323% higher than in the general population of the same age. UK firefighters who have served at least 15 years are found to be 1.7 times as likely to develop cancer than those who have served less time.

In addition, 20% of respondents reported having a mental health condition. The rate of anxiety among surveyed firefighters was twice that of the general population, while the rate of depression was nearly three times that of the general population.

## Further Concerns

[The second piece of research](#) commissioned by the FBU – where researchers at UCLan studied mortality records from the National Records of Scotland – has found that firefighters' mortality rates from all cancers is 1.6 times higher than that of the general population.

The research showed the mortality rates for certain types of cancer are significantly higher in firefighters, including:

Prostate – 3.8 times higher

Leukaemia – 3.17 times higher

Oesophageal – 2.42 times higher

In instances where cancer with an unknown origin has spread, the rate was 6.37 times higher than that of the general population.

The same study also revealed that firefighters are dying from heart attacks at five times the rate of the general public, and dying from strokes almost at three times the rate of the general public.

'Lives are being lost'

Riccardo la Torre, Fire Brigades Union national officer, said: 'This is about firefighters dying who did not need to. We know that there are clear ways we can make things better for firefighters. We need health surveillance. We need monitoring of exposures. We need legislation that will ensure that affected firefighters are given the compensation they deserve.'

'At the moment we are sorely lacking in all of these areas. It is high time that ends. We cannot lose any more firefighters unnecessarily. Lives are being lost amongst our friends and colleagues and it must stop. We need to catch problems early and mitigate problems early.'

'This is an occupational hazard and no one should get ill, or worse, just for going to work.'

Ruth Wilkinson, head of health and safety at IOSH, said: 'It is sad to hear that firefighters who risk their lives to save people can suffer such terrible consequences.'

'We know from our No Time to Lose campaign that exposure to carcinogens at work can have a severe life-limiting – and even life-ending – impact. The work of firefighters is incredibly high risk, not just from fires themselves but from many other health and safety hazards including but not limited to being exposed to various dangerous materials, so it is crucial that the necessary steps are taken to protect them.'

# £146K FINE FOR COMPANY AFTER JOINER CRUSHED TO DEATH BY 20-TONNE EXCAVATOR

A construction company has been fined £146k after a joiner was crushed and killed by a 20-tonne excavator.

Philip McDonald had been hired by Birch Brothers (Kidderminster) Ltd to assist with the construction of a concrete overflow weir structure at Monks Pond, near Ashbourne in Derbyshire.

The 48-year-old, from Alfreton, was with colleagues on a road above the work area waiting for the excavator to remove sand from trench boxes when it rotated clockwise and crushed him.

Kidderminster Magistrates Court heard that the Principal Contractor, Birch Brothers (Kidderminster) Ltd, had hired in steel fixers and joiners to undertake the work before tragedy struck on 5 September 2017.



An investigation by the Health and Safety Executive (HSE) found that the [work had not been adequately planned](#), and no instruction had been given to the digger operator, or to pedestrians who were working in the area. The risks associated with the work had not been adequately assessed either, and there was [no segregation of pedestrians and plant](#) in this area of the site.

The company had not appointed a banksman to ensure the [safety of pedestrians while the vehicle was in operation](#) and there was also nobody to oversee this element of the work to ensure it was carried out safely.

Following the incident, a Prohibition Notice was served stopping further work involving mobile plant/vehicles until the site had been organised in such a way in that pedestrians and vehicles could move without risks to safety.

Birch Brothers (Kidderminster) Ltd of Barracks Road, Sandy Lane Industrial Estate, Stourport-on-Severn, DY13 9QB, pleaded guilty to breaching Regulation 27(1) of the Construction (Design and Management) Regulations 2015 and were fined £146,000 and ordered to pay costs of £4,621.90

In September 2022, the company appointed liquidators.



HSE Inspector Katherine Cotton said, “This was a tragic incident that was easily preventable. Those in control of work have a responsibility to organise their sites and devise safe methods of working, in relation to vehicles and pedestrians, and ensure they are implemented.

“Construction site vehicle incidents can and should be prevented by the effective management of transport operations throughout the construction process.

“Companies should be aware that HSE will not hesitate to take appropriate enforcement action against those that fall below the required standards.”

# NEW FIRE REGULATIONS “A SIGNIFICANT STEP FORWARD”

New fire regulations which come into force in England on Monday 23 January are “a significant step forward” toward protecting people occupying high-rise buildings, says IOSH.

Under the regulations, people responsible for high-rise blocks of flats must provide fire and rescue services with information to assist them to plan and provide an effective operational response where needed. In all multi-occupied residential buildings, they will also be required to provide residents with fire safety instructions and information on the importance of fire doors.

## Grenfell Tower response

The Fire Safety (England) Regulations 2022 are being laid under article 24 of the Fire Safety Order 2005. They will implement many of the recommendations made to the Government in the first phase of the inquiry which followed the Grenfell Tower Fire in London. The regulations will only apply in England.



IOSH, [which has called for swift and decisive action on fire safety](#), is urging people responsible – normally building owners and others in control of premises – to take heed of the new regulations. While the regulations apply to residential buildings, IOSH is urging those in charge of high-rise and multi-occupied buildings and workplaces to take note.

“This isn’t just a matter of complying with regulations, people’s lives are at stake here,” said Ruth Wilkinson, IOSH Head of Policy. “We saw at Grenfell failures in the system, poor cultures and the terrible consequences of getting fire safety wrong and we need collective action to ensure such a tragedy never happens again.

“These regulations are another significant step forward in fire safety but there is still more to do, and we all must play our part. We urge people to take note – and we’d like to see compliance with fire safety and building regulations in all buildings including workplaces.”

The Grenfell Tower fire happened in June 2017, claiming the lives of 72 people. In the aftermath, Dame Judith Hackitt undertook an independent review of building regulations and fire safety, leading to many recommendations.

In a statement, the British Health and Safety Executive (HSE) said: “The Building Safety Regulator welcomes the new regulations that aim to improve fire safety outcomes for the public.”

## IOSH group responds to regulations

IOSH’s Fire Risk Management Group has produced a series of webinars around fire safety, including one on the new regulations, the impact they’ll have and what they mean for those with fire safety responsibilities.

You can view this webinar on IOSH’s YouTube channel [here](#).

## More information

The new regulations are available to view [here](#).

# WORLD CANCER DAY: A REMINDER OF THE RISKS TO LUNGS FROM WORK ACTIVITIES



Saturday 4 February marks World Cancer Day, the international awareness day to help educate and work together to reduce preventable cancer deaths.

Each year, it is estimated that 12,000 people die from work-related lung diseases linked to exposure during their working lives, including lung cancer.

If you work with certain dusts, gases, fumes and vapours in the workplace, it's important that you understand the risks and protect workers' health by using effective control measures. Employers have a legal responsibility to protect their workers from ill health.

Our website has guidance for a range of workplaces to [prevent work-related lung diseases](#).

## FACE FIT TESTING LEGAL REQUIREMENT



AGA have 6 fully qualified Face Fit Testers ready to come to your sites

Where respiratory protective equipment (RPE) is used as a control measure under Health and Safety Legislation, it is vital that the selected RPE is adequate and suitable. RPE must reduce exposure to as low as reasonably practicable, and in any case to an acceptable level (e.g., below any applicable Workplace Exposure Limits or Control Limits).

To ensure that the selected RPE has the potential to provide adequate protection for individual wearers, the ACoPs supporting COSHH, CAR and CLAW stipulate that tight-fitting RPE must be fit tested as part of the selection process. This will help to ensure that inadequately fitting facepieces are not selected for use. Ill-fitting facepieces can create inward leakages of airborne contaminants.

AGA can advise you on:

- The different types of RPE available
- The different grades of RPE and how to understand what the right RPE for the task is
- The different exposure hazards and ill health from working with wood, silica and construction dust
- The law and requirements for RPE use
- How to correctly fit RPE

We can then test the face fit of RPE on your operatives using our testing kit and provide certification for each operative.



# FREE CDM ADVICE

Continued Professional Development for all



Do you need help understanding the CDM Regulations 2015? Not sure if you are complying with your duties correctly?

We offer a free CPD consultation to keep you up to date. One of our experienced CDM Consultants will host a virtual session and provide up to the minute, competent advice. We cover everything from Duty Holders to Design Risk Management and welcome any questions or scenarios you need help with.

Please get in touch if this would be of interest to you [info@aga-ltd.co.uk](mailto:info@aga-ltd.co.uk)

## AGA E-LEARNING COURSES

Whether you are looking to improve your own knowledge or provide training to employees, our E-Learning courses will guide you through the regulations, your legal duties, identifying hazards in your workplace and suitable control measures. Each course is followed by a short test to clarify your understanding regarding that topic, upon which after completion, you will be issued a certificate.

Each course costs £15+vat unless otherwise stated. The courses we currently offer training in are:

- Asbestos Awareness \*Course cost is £25+vat\*
- Abrasive Wheels
- Basic First Aid
- COSHH
- Display Screen Equipment (DSE)
- Falls Prevention – Working at height
- Fire Safety
- Fire Warden \*Course cost is £20+vat\*
- Health and Safety Level 2 \*Course cost is £20+vat\*
- Legionella Awareness
- Local Exhaust Ventilation (LEV)
- Lone and Remote Workers (Personal Security)
- Manual Handling
- Office Safety
- Risk Assessment
- Slips and Trips
- The Construction (Design and Management) Regulations (Overview)

Risk Assessments - What is a Hazard and What is Risk?



Basic Ladder Awareness - Directive Key Requirements.

| Classification | Duty Rating | Maximum Static Vertical Load | Application | Symbol |
|----------------|-------------|------------------------------|-------------|--------|
| Class I        | 130kg       | 175kg                        | Industrial  |        |
| Class EN131    | 115kg       | 150kg                        | Commercial  |        |
| Class III      | 95kg        | 125kg                        | Domestic    |        |

The value of the safe working load is intended to cover the weight of a single person and their equipment and is also referred to as the 'Maximum Static Vertical Load'.



For more information or to book our courses visit [www.aga-ltd.co.uk/e-learning-courses](http://www.aga-ltd.co.uk/e-learning-courses).



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