

QUARRY SAFETY WEEK 2024

TOOL BOX TALK SERIES



TOPIC: Personal Health & Safety Awareness

INTRODUCTION

We work in a hazardous industry with heavy mobile plant movements, mobile and static processing equipment, work at quarry faces, dust and noise to name a few. However, the hazards do not end when you clock out. Below are some tips to keep yourself, your colleagues and your family safe.

THE HAZARDS

- Personal difficulties
- Mental health difficulties
- Fatigue
- Driving & road safety
- Time pressure
- Distractions
- Drug or alcohol abuse

PERSONAL DIFFICULTIES

Most people experience difficulties at some point in their lives. This could be due to the death or illness of a family member or friend, personal relationship difficulties, or life just not going as you expected. Confide in a trusted colleague or friend who will listen or that you know has gone through difficulties in their life. This can often help to put things in perspective. If you feel the need to talk to a trained counsellor, talk to your manager about what options are available through your company.



**"It's alright to
ask for help"**

SAMARITANS



116 123

You can always call the Samaritans at any time on 116 123.

REMEMBER: IT'S GOOD TO TALK. NEVER BE AFRAID TO ASK FOR HELP

MENTAL HEALTH DIFFICULTIES



1 in 4 or 5 adults are currently experiencing a mental health condition like depression or anxiety, or maybe something even more severe like bi-polar disorder. In most cases and with proper treatment, these conditions can be managed and overcome with those experiencing them having full and productive lives. However, if these are ignored and not treated, as they are more than half the time, these conditions can lead to people being distracted, less productive than normal, and possibly unsafe and unable to perform their normal jobs. Because of this, mental health and suicide prevention need to be safety considerations.

It takes leadership to proactively talk about mental health issues on site, but it can really help people who are struggling silently. Asking for help is not something that comes naturally to us. Asking if

someone needs help is equally rare, especially among men. Never be afraid to ask for help. Reach out to a trusted friend or colleague if you are experiencing mental health difficulties.

REMEMBER: LOOK OUT FOR YOURSELVES. LOOK OUT FOR EACH OTHER

FATIGUE

Fatigue can be caused by a number of factors, including a lack of sleep, too many demands at work or home, medication or other health problems such as depression or anxiety. Fatigue can cause a lack of concentration that could cause injury to yourself or others.

Get plenty of rest. It is recommended to get a minimum of seven hours of sleep a night. Know the side effects of any medication you are taking. You must also inform your employer if you are prescribed any new medication. Take care of your health and your diet. Addressing other health issues can greatly improve how you feel both at home and at work.



REMEMBER: TRY TO MAKE TIME TO REST, RELAX AND TAKE REGULAR EXERCISE

DRIVING & ROAD SAFETY

A lack of concentration, weather conditions and fatigue are among the factors that can cause accidents or incidents when driving or operating plant or machinery. Always ensure you are alert and in a fit state to drive. Plan your journey, taking into account weather forecasts and driving conditions. Always follow good driving practices, whether driving for work or privately in your own time. Never use mobile phones while driving as they are a distraction and can cause serious accidents. Never drive or operate plant or machinery while under the influence of alcohol or drugs.

REMEMBER: FOLLOW GOOD DRIVING PRACTICES AND BE CONSIDERATE TO OTHER ROAD USERS

TIME PRESSURE

Busy schedules in work or private life can often lead to hasty actions and dangerous occurrences. For example, driving too fast, carrying out a job without taking the necessary precautions, or aggressive behaviour towards colleagues or family members. It is important to understand that no job, journey, meeting or appointment is worth doing, unless it can be carried out safely. Everyone has a duty to look after themselves and others. This means that no one should carry out acts that could cause injury or harm. If you are affected by time pressures in your work or private life, speak to your manager to see can any adjustments be made to your schedule to improve work / life balance.



REMEMBER: NO JOB IS WORTH DOING IF IT CANNOT BE DONE SAFELY - NO MATTER WHAT THE TIME PRESSURES ARE

DRUG & ALCOHOL ABUSE

Working under the influence of alcohol is strictly prohibited. This means more than not drinking whilst at work. Tests have shown that alcohol can still have an effect on your body up to 18 hours after you have stopped drinking. Drinking any quantity of alcohol impairs a person's judgment, thinking ability, and coordination to some degree. Never come to work under the influence of alcohol.

The most common side effect of over-the-counter or prescribed medicine is drowsiness, which reduces a person's level of alertness and decreases reaction time. Hundreds of vehicle accidents are attributed to sleepiness every year. If you are taking prescribed or over-the-counter medication let your supervisor know, follow the recommended dosages, do not mix medications and always read the label.

You are far more likely to have an accident on-site when under the influence of drugs. If you know somebody is taking drugs, tell your supervisor or line manager. Help to stamp it out. All drugs can affect your ability to work safely. Some effects of drugs: slow reaction times, clumsiness, poor decision making, and distorted vision. If you get offered drugs, say 'No, I'd rather work safely', and report it immediately to your supervisor or line manager.

REMEMBER: Look out for yourself. Look out for each other

Disclaimer: This Toolbox Talk has been prepared by Dynamic Safety Solutions Ltd. Clients are reminded of the requirement to have Safe Operating Procedures as per the relevant Health & Safety Regulations. Every care has been taken to ensure that the information contained herein is correct and accurate at the date of publication. However, Dynamic Safety Solutions cannot accept any responsibility or liability for any errors, inaccuracies or omissions which may have occurred inadvertently



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