

The absolutely essential health and safety toolkit for the smaller construction contractor





Jersey Electricity



Introduction

Health and safety risks are just as likely to occur on small construction sites as they are on large construction projects. This booklet provides a straightforward method of recognising and managing the common health and safety risks found during the course of construction work, and is intended to contribute to an improvement in the health and safety performance of the construction industry in Jersey.

Although this toolkit can be applied to all types of construction work, it is specifically designed to help smaller contractors prepare a construction phase plan, as required by Regulation 18 of the 'Health and Safety (Management in Construction)(Jersey) Regulations 2016'.

This booklet is largely based on the UK Health and Safety Executive publication, 'The absolutely essential health and safety toolkit for the smaller construction contractor', and I would therefore like to acknowledge the permission provided by the Health and Safety Executive in allowing information and images contained in their publication to be reproduced.

Tammy Fage (Mrs)

Director of Health and Safety
Health and Safety at Work Inspectorate

This leaflet contains notes on good practice which are not compulsory but which you may find helpful in considering what you need to do.

Managing

When managing your business, do you:

- Give enough time to planning, organising and controlling your work?
- Check what actually happens and stop dangerous practices?
- Have someone to turn to if you need health and safety advice?
- Take pride in your standards?
- Think about health as well as safety risks - it may help you to think of them as 'slow-acting' accidents.
- Know and understand your own legal responsibilities.

For more information:

Health & Safety Inspectorate website: www.gov.je/hsi

JSC website: www.jsc.je

Reporting accidents

Although there is no legal requirement to report workplace accidents in Jersey, it is strongly recommended that you:

- Notify the Health and Safety at Work Inspectorate (see below) immediately if the accident is fatal or involves a major injury, such as a fracture, amputation or loss of sight.
- Report any work-related accident which results in more than three days off work.
- Report a case of occupational ill health when you receive a report of a diagnosed work-related illness.
- Notify the HSI if a member of the public is killed or sent to hospital as a result of an accident on your site.

You can notify the Health and Safety Inspectorate.

- By telephone on **01534 447300** or
- E-mail at **hsi@gov.je**

For more information:

Health & Safety Inspectorate website: www.gov.je/hsi

Employing

When you employ or control people doing work for you, do you make sure that:

- They are trained, competent and fit to do the job safely and without putting their own or others' health and safety at risk?
- They are properly supervised and given clear instructions?
- They have access to washing and toilet facilities?
- They have the right tools, equipment, plant and protective clothing?
- You talk about health and safety issues with them (or their representatives)?
- You have made arrangements for employees' health surveillance where required?

Note: *If a person working under your control and direction is treated as self-employed for tax and social security purposes, they may nevertheless be your employee for health and safety purposes. Whether they are employed or self-employed, you need to take action to protect people under your control.*

Subcontracting

When you subcontract work to others, do you:

- Check the health and safety performance of the people you plan to use?
- Give them the health and safety information they need for the work?
- Talk about the work with them before they start?
- Make sure that you have provided everything you agreed (eg safe scaffolds, the right plant, access to welfare, etc)?
- Check their performance and remedy shortcomings?



Site health and safety checklist

The following pages provide you with an essential checklist of some of the hazards most commonly found on construction sites. The questions will help you decide whether your site is a safe and healthy place to work.

This is not a full list.

More detailed guidance on managing health and safety in construction can be accessed via www.gov.je/hsi and www.hse.gov.uk



*'...are holes protected with clearly marked
and fixed covers to prevent falls?'*

Access on site

- Can everyone get to their place of work safely – and work there safely?
- Are access routes in good condition and clearly signposted?
- Are edges which people could fall from provided with double guard rails or other suitable edge protection?
- Are holes protected with clearly marked and fixed covers to prevent falls?

A steel fixer was killed when he fell through an unsupported decking sheet. A number of decking sheets had been used as temporary covering for the lift core of an existing building.

- Is the site tidy, and are materials stored safely?
- Is lighting good enough?



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'...are there wash basins, hot and cold (or warm) running water, soap and towels?'

Welfare

- Are toilets readily available and are they kept clean and properly lit?
- Are there washbasins, hot and cold (or warm) running water, soap and towels?
- Are the washbasins large enough to wash up to the elbow and are they kept clean?
- Is there somewhere to change, dry and store clothing?
- Are drinking water and cups provided?
- Is there a place where workers can sit, make hot drinks and prepare food?
- Can everyone who needs to use them get to the welfare facilities easily and safely?
- Are welfare facilities kept warm and well ventilated?

For more information, see free HSE leaflet:

Provision of welfare facilities during construction work CIS59



'...will the weather conditions threaten the health and safety of those carrying out the work?'

Working at height

- Have you planned the work properly and identified suitable precautions to make sure work can be carried out safely?
- You must try and avoid work at height where possible by, for example, using different equipment or a different work method
- If you can't avoid work at height can you use equipment that will prevent a fall from happening, eg scaffolding or a mobile elevating work platform?
- Where you can't avoid or prevent a fall, can you put in place measures to reduce the distance and consequences of a fall should one happen, such as nets, soft landing systems or safety decks?
- Will the weather conditions threaten the health and safety of those carrying out the work?
- Have you thought about all the options and are you certain that you are gaining access to height using the safest means possible?
- Look for and be aware of any overhead cables and lines. Contact JE Distribution Tel: 505460 for help and advice, see section on 'electricity and other services' for further information.



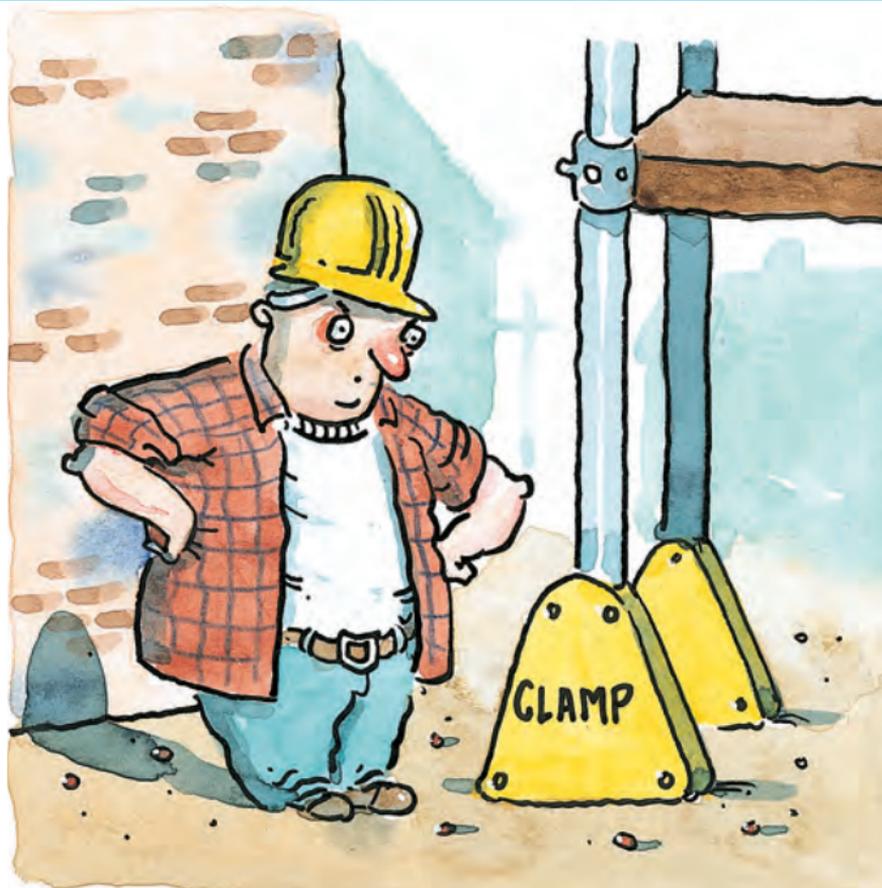
'...are there effective barriers or warning notices in place to stop people using an incomplete scaffold?'

Scaffolds

- Are scaffolds erected, altered and dismantled by competent people?
- Are all uprights provided with base plates (and, where necessary, timber sole plates)?
- Are all uprights, ledgers, braces and struts in position?
- Is the scaffold secured to the building or structure in enough places to prevent collapse?
- Are there double guard rails and toe boards, or other suitable protection, at every edge to prevent falling?

A self-employed painter was killed when he fell from the first lift of a scaffold as he was painting a bedroom window. There was no intermediate guard rail or toe board where he fell.

- Are additional brick guards provided to prevent materials falling from scaffolds?
- Are the working platforms fully boarded, and are the boards arranged to avoid tipping or tripping?
- Are there effective barriers or warning notices in place to stop people using an incomplete scaffold, eg where working platforms are not fully boarded?



'...have the wheels of tower scaffolds been locked when in use and are the platforms empty when they are moved?'

Scaffolds

- Is the scaffold strong enough to carry the weight of materials stored on it and are these evenly distributed?
- Are scaffolds being properly maintained?
- Does a competent person inspect the scaffold or proprietary tower scaffold regularly, eg at least once a week; and always after it has been altered, damaged and following bad weather?
- Are the results of inspections recorded?

A painter fell 6m when a domestic-type tower scaffold overturned. He was using a ladder on the tower platform to paint the upper storey of a two-storey house.

- Are tower scaffolds being erected using either the '3T' or advance guard rail method, and are they being used in accordance with suppliers' instructions?
- Have the wheels of tower scaffolds been locked when in use and are the platforms empty when they are moved?




Law At Work
The right advice

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'...are ladders secured at the top and bottom to prevent them slipping sideways and outwards?'

Ladders

- Ladders and stepladders are the last resort. Can you buy or hire some alternative equipment that would provide a safer means of access?
- Is the user competent? Those using ladders should be trained to use the equipment safely.
- Is the work of short duration and low risk? Short duration ladder work is generally considered to be work of less than 30 minutes at a time?
- Are the ladders of a suitable standard (eg British Standard Class 1 industrial) and in good condition?
- Are they well maintained and regularly checked for defects?
- Do the ladder rest against a solid surface and not on fragile or insecure materials such as plastic gutters or glazing?
- Are the ladders secured at the top and bottom to prevent them slipping sideways and outwards?
- Do they ladders extend at least a metre above the working place? If not, are there other handholds available?
- Are the ladders positioned so that users don't have to overstretch?



'...are the ladders positioned so that users don't have to overstretch?'

Ladders

- Are stepladders positioned to face the work activity, wherever possible?
- If you have to work side on, have suitable precautions been taken to prevent the stepladders tipping over?
- Do you have to use the top 3 rungs of a stepladder? If so, your stepladder is too short.

In the UK, over a 4 year period, 24% of all falls in construction were falls from ladders, with 36 people dying. One third of those who died were painters and decorators.

In Jersey, over the last 10 years, falls from ladders have resulted in very serious injuries including broken bones and life changing head injuries, as well as a fatal accident.

*For more information, see free HSE leaflet:
Safe use of ladders and stepladders INDG455*

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'...is there edge protection to stop people or materials falling?'

Roofwork

- Is there edge protection to stop people or materials falling?
- During industrial roofing, have nets been provided to stop people falling from the leading edge of the roof and from partially fixed sheets?
- Where nets are used, have they been hung safely?
- Have you identified fragile materials such as cement sheets and roof lights which could be fragile?
- Have you taken precautions to stop people falling through fragile materials when working on the roof, eg by providing barriers, covers or working platforms?
- Are people kept away from the area below the roof work?
- Are roofworkers trained and experienced to recognise the risks and are they competent to do the work?

In the UK' over 50% of fatal injuries to roofers are falls through fragile materials and over 30% are falls from edges and openings.

In Jersey a roofer was killed when he fell from an unprotected edge of a flat roof during maintenance work.



*'...is the excavation regularly inspected by
a competent person?'*

Excavations

- Is there enough support for the excavation, or has it been sloped or battered back to a safe angle?
- Is a safe method used for putting in the support, without people working in an unsupported trench?
- Is there safe access into the excavation, eg a sufficiently long, secured ladder?
- Are there barriers or other protection to stop people and vehicles falling in?
- Are properly secured stop blocks provided to prevent tipping vehicles falling in?
- Could the excavation affect the stability of neighbouring structures or services?
- Are materials, spoil and plant stored away from the edge of the excavation to reduce the chance of a collapse?
- Is the excavation regularly inspected by a competent person and a written record of the inspection made?

In Jersey a labourer sustained life changing injuries when he was crushed by a fall of earth while pipe laying in a trench. No measures had been taken to prevent the sides of the trench from collapsing.



'...can you order materials such as cement and aggregates in 25 kg bags?'

Manual handling

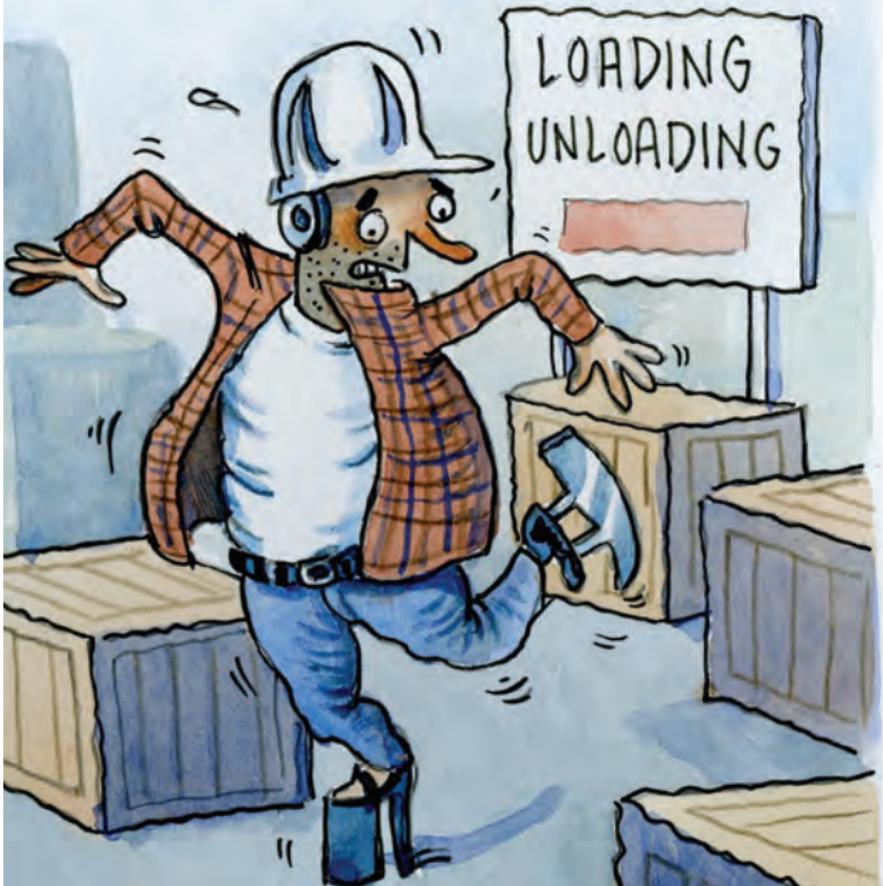
- Are there heavy materials such as roof trusses, concrete lintels, kerbstones or bagged products which could cause problems if they have to be moved by hand?

If so, can you:

- choose lighter materials?
 - use trolleys, hoists, telehandlers and other plant or equipment so that manual lifting of heavy objects is kept to a minimum?
 - order materials such as cement and aggregates in 25 kg bags?
 - avoid the repetitive laying of heavy building blocks or other masonry units weighing more than 20 kg?
- Have people been instructed and trained how to use lifting aids and other handling equipment safely?
 - Have people been trained how to lift safely

For more information, see free HSE leaflet:

Handling kerbs: Reducing the risks of musculoskeletal disorders (MSDs)
CIS57



'...are your employees provided with sensible safety footwear with a good grip?'

Loading and unloading goods

- Have you checked that the load has not moved or destabilised during the journey to site?
- Is there an exclusion zone around the loading/unloading area to keep people who are not involved away from the work?
- Have you planned your method of unloading?
- Does your lifting equipment have a current thorough examination certificate?
- Do you have to access the back of the lorry at all, or can the preparation work be done from ground level? If not:
 - do you have a safe way of getting up and down from the back of the vehicle?
 - what do you have in place to prevent workers from falling off the back of the vehicle?
 - are your employees provided with sensible safety footwear with a good grip?



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'...can reversing be avoided, eg by using a one-way system or a turning area. If not, are properly trained banksmen used?'

Traffic, vehicles and plant

- Are vehicles and pedestrians kept apart?
If not, do you:
 - provide barriers to separate them as much as you can?
 - tell people (eg your workers and anyone who lives or works in the property where you are working) about the problem, and what they need to do about it?
 - display warning signs?
- Are people kept away from slewing vehicles or, if not, can you use a zero tail-swing machine?
- Can reversing be avoided, eg by using a one-way system or a turning area? If not, are properly trained banksmen used?



'...are vehicles and plant properly maintained...?'

Traffic, vehicles and plant

- Are vehicles and plant properly maintained, eg do the steering, brakes, hydraulics, mirrors and any other vision aid work properly? Are tyres in good condition and at the correct pressure?
- Have drivers received proper training and are they competent and fit to use the vehicles or plant they are operating?
- Are loads properly secured?
- Have you made sure that passengers are only carried on vehicles designed to carry them?
- Have you made sure that plant and vehicles are not used on dangerous slopes?
- If you need to work on or drive across sloping ground, have you checked that the plant and vehicles are safe to use?

In Jersey, a groundworker was crushed and sustained serious injuries, including a fractured pelvis, when he was struck by the bucket of a slewing excavator which was being operated by an untrained driver.

For more information, see free HSE leaflet:
Construction site transport safety: Safe use of site dumpers CIS52



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'...are the right tools or machinery being used for the job?'

Tools and machinery

- Are all tools and equipment regularly tested and certified?
- Do you inspect and repair all tools before and after use?
- Are the right tools or machinery being used for the job?
- Are all dangerous parts guarded, eg gears, chain drives, projecting engine shafts?
- Are guards secured and in good repair?
- Are tools and machinery maintained in good repair and are all safety devices operating correctly?
- Are all operators trained and competent?

In Jersey, a worker amputated 3 fingers when using a circular saw without the appropriate guards fitted.



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'...are the operators trained and competent?'

Hoists

- Has the equipment been installed by a competent person?
- Is the hoist clearly marked to show its intended purpose, ie for equipment and materials only or for passengers?
- is the safe working load clearly marked?
- Is the rated capacity clearly marked?
- Does the hoist have a current report of thorough examination and a record of inspection?

In the UK a jobbing builder was killed when he was crushed between the cage and the fixed structure of a goods hoist. The hoist moved unexpectedly because the safety interlocks had been defeated. The hoist had been poorly maintained and did not have a current thorough examination report.

- are inter-locked gates provided to every landing?
- Are the landing gates kept shut except when the platform is at the landing?



*'...are there enough suitable escape routes
and are these kept clear?'*

Emergencies

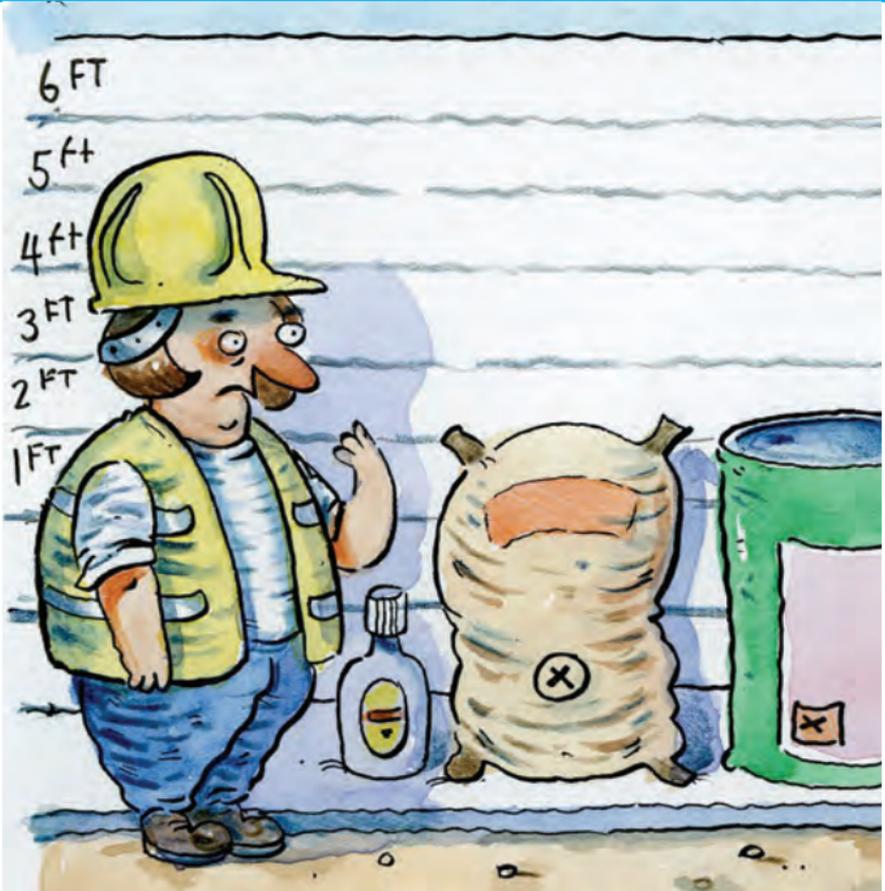
- Are there emergency procedures, eg for evacuating the site in case of fire?
- Do people on site know what the procedures are?
- Is there a means of raising the alarm, and does it work?
- Is there a way to contact the emergency services from site?
- Are there enough suitable escape routes and are these kept clear?
- Is the first-aid provision good enough?



'...are suitable fire extinguishers provided?'

Fire

- Is the quantity of flammable materials, liquids and gases kept to a minimum?
- Are they properly stored?
- Are flammable gas cylinders returned to a ventilated store at the end of the shift?
- Are smoking and other ignition sources banned in areas where gases or flammable liquids are stored or used?
- Are gas cylinders, associated hoses and equipment properly maintained and in good condition?
- When gas cylinders are not in use, are the valves fully closed?
- Is flammable and combustible waste removed regularly and stored in suitable bins or skips?
- Are suitable fire extinguishers provided?



'...have you identified all harmful substances and materials...?'

Hazardous substances

- Have you identified all harmful substances and materials such as asbestos, lead, solvents, paints, cement and silica dust (eg from kerb or paving cutting)?
- Have you identified and put into place precautions to prevent or control exposure to hazardous substances by, for example
 - doing the work in a different way, to remove the risk entirely?
 - using a less hazardous material?
 - using tools fitted with dust extraction?
 - using tools fitted with water suppression?
- Have workers had sufficient information and training to know what the risks are from the hazardous substances used and produced on site, and what they need to do to avoid those risks?
- Have you arranged health surveillance for people using certain hazardous substances, for example, lead, silica, cement and sensitisers such as two-pack adhesives or coatings?
- Have you got procedures to prevent contact with wet cement (as this can cause dermatitis and cement burns)?



'...have workers had information and training..?'

Hazardous substances – Asbestos

- Have all workers received adequate asbestos awareness training? ?
- Before planning any work have you asked to review the asbestos management plan, and asbestos survey in particular?
- Have you checked that an appropriate demolition/refurbishment asbestos survey has been carried out to identify all the asbestos-containing materials (including those which may be hidden) that may be disturbed before starting any work?
- Have you checked whether a licensed asbestos removal contractor is required to deal with any licensed asbestos-containing materials (ie asbestos insulation, asbestos insulation board and asbestos coatings) on site?
- If the work involves the removal of licensed asbestos materials, has the Client appointed an independent UKAS accredited analyst for the work?



'...have workers had information and training..?'

Hazardous substances – Asbestos

- If a licensed asbestos removal contractor is not required to remove the type of asbestos-containing materials found (eg asbestos cement, vinyl floor tiles, bitumen etc) have you checked that the person who will do the work has the specific training required for this work, which is in addition to the basic asbestos awareness training required by all construction workers
- Have you got an action plan in place in case of any suspected asbestos containing materials which are not included in the asbestos management plan or asbestos survey are found during the work?

Management of Exposure to Asbestos in Workplace Buildings and Structures: Asbestos (Licensing (Jersey) Regulations 2008 Approved Code of Practice.



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'...is suitable hearing protection provided and worn in noisy areas?'

Noise

- Have you identified and assessed workers' exposure to noise?
- Have workers had information and training so they know what the risks are from noise on site, and what they need to do to avoid those risks?
- Can the noise be reduced by using different working methods or selecting quieter plant, eg by fitting breakers and other plant or machinery with silencers?
- Are people not involved in the work kept away from the source of the noise?
- Is suitable hearing protection provided and worn in noisy areas?
- Have hearing protection zones been marked?
- Have you arranged health surveillance for people exposed to high levels of noise?

For more information, see free HSI guide 'Noise in Construction' and HSE leaflet 'Noise at work INDG362'



'...have you limited the time that each worker uses high-vibration tools?'

Hand-arm vibration

- Has exposure to HAV been avoided or reduced as much as possible by selecting suitable work methods and plant?
 - Have you chosen the lowest vibration tool that is suitable and can do the job efficiently?
 - Have you limited the time that each worker uses high-vibration tools such as concrete breakers, angle grinders or hammer drills as far as possible?
- Have workers had information and training so they know what the risks are from hand-arm vibration (HAV) on site, and what they need to do to avoid those risks?
- Have vibrating tools been properly maintained including keeping bits and drills sharp?
- Have you arranged health surveillance for people exposed to high levels of hand-arm vibration, especially when exposed for long periods?

For more information see HSE leaflets:

1. Hand-arm vibration at work: A brief guide INDG175
2. Hand-arm vibration: advice for employees INDG296



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'...are tools and equipment checked by users, visually examined on site and regularly inspected and tested by a competent person?'

Electricity and other services

- Have all necessary services been provided on site before work begins and have you also identified existing services present on site (eg electric cables or gas mains) and taken effective steps, if necessary, to prevent danger from them?
- Are you using low voltage for tools and equipment, eg battery-operated tools or low-voltage systems?
- Are cables and leads protected from damage?
- Are all connections to the system properly made and are suitable plugs used?
- Are tools and equipment checked by users, visually examined on site and regularly inspected and tested by a competent person?
- Have hidden electricity cables and other services been located (eg with a locator and plans) and marked, and have you taken precautions for safe working?
- Where there are overhead lines, has the electricity supply been turned off, or have other precautions been taken, such as providing 'goal posts' or taped markers?

For more information see HSI publications:

Guidance on the Electricity at Work (Jersey) Regulations 1983

'Working safely and avoiding danger from underground services and other utility apparatus'



'...is the work fenced off from the public?'

Protecting the public

- Is the work fenced off from the public?
- Are roadworks barriered off and lit?
- Are the public protected from falling material?
- When work has stopped for the day:
 - is the boundary secure?
 - are all ladders removed or their rungs boarded so that they cannot be used?
 - are excavations and openings securely covered or fenced off?
 - is all plant immobilised to prevent unauthorised use?
 - are bricks and materials safely stacked?
 - are flammable or dangerous substances locked away in secure storage places?

In Jersey a member of the public sustained serious injuries when she fell down an excavation which had not been adequately protected or fenced off overnight

Further guidance and information

Further guidance and advice can be obtained from the Health and Safety Inspectorate, telephone 447300 or email hsi@gov.je

Publications issued by the Inspectorate can be obtained free of charge from the Social Security Department or viewed online and downloaded from www.gov.je/hsi

The HSE also has specific information and guidance relating to construction. Priced and free publications are available through the HSE website www.hse.gov.uk/construction

The HSI has published specific guidance on the following Regulations:

Construction (Jersey) Regulations 2016

Construction (Personal Protective Equipment) Regulations 2002

Electricity at Work (Jersey) Regulations 1983

Cranes and Lifting Appliances (Jersey) Regulations 1978

Chains, Ropes & Lifting Gear (Jersey) Regulations 1980

Asbestos (Licensing)(Jersey) Regulations 2008

Please refer to the HSI & HSE websites for current information.



Jersey Electricity



Clear investment. Pure energy.

BEFORE YOU START CONSTRUCTION WORK

1. STOP 2. THINK 3. CALL

These three steps could
help to save your
life and prevent
serious injury

!
**Call
today
505460**

Before you start demolition or refurbishment work, stop and think about the dangers of electricity.

Guidance is provided in the Health & Safety Inspectorate's yellow booklet:

"Working safely and avoiding danger from underground services and other utility apparatus."

Do not risk your safety!

Call Jersey Electricity first and we will identify, free of charge, where the electricity mains supply cables are located, where you are working. Plan early - disconnection can take up to 30 working days.

www.jec.co.uk

working safely
avoiding danger
underground services
and other utility
apparatus

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main cut out fuse
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