

# E-OSH Newsletter



Welcome to our E-OSH Newsletter. We hope that you find the articles informative and interesting. Where possible we have detailed the relevant links to websites to further your knowledge on a topic or issue. Feedback as ever is important to us to enable us to improve our service.

This document is primarily sent out by e-mail to NISO Members and to interested parties. If you wish to unsubscribe please e-mail us at: [info@niso.ie](mailto:info@niso.ie) and put "unsubscribe" in subject line.

## In This issue

Page 1  
**NISO News**  
2009 and Beyond

Page 2  
**Workplace Fatalities**

**National News**  
Safety Tips - Christmas Tree  
Accident Awards Analysis 2007  
Guide for Portable Equipment  
Jobs in Construction slides -CSO

Page 3  
**U.K. News**  
HSE Requests Risk Assessment  
Roof Accident - Company Fined  
Man Loses Finger - £10,000 fine  
Farm Asphyxiated by Animal Feed

**European News**  
EU Project develops smart fabric  
Healthy Workplaces Campaign

Page 4  
**U.S. News**  
Obama reveals support for OSH  
Sales Stampede crushes worker  
Doctors too tired for Safety

**International News**  
Australia - Long Hours: Transport  
YouTube Stunt costs worker job

Page 4 / 5  
**NISO Update:**  
**Events Diary**



## 2009 and Beyond

Our current economic woes are causing headaches for many Irish and multi-national organisations and it seems that the Irish economy could be in for a rough ride for the foreseeable future.

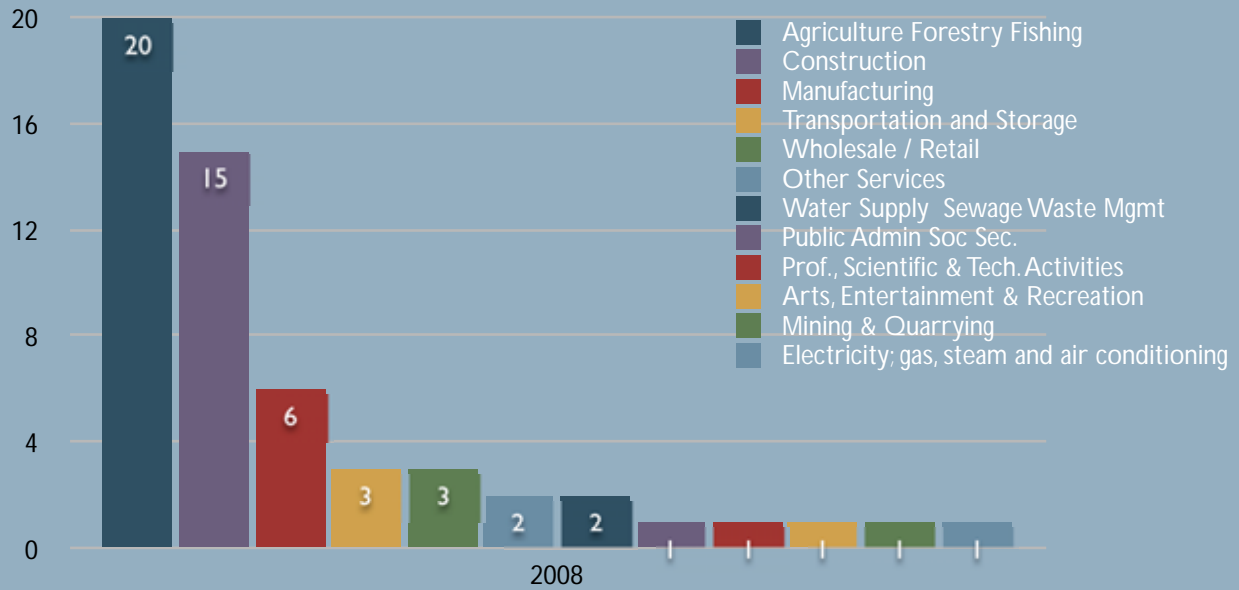
In an era when business confidence is faltering, it is likely that 2009 will see budgets squeezed and organisations may be tempted to cut back on health and safety budgets especially in the area of training. The National Irish Safety Organisation sees this as false economy. Investment in health and safety must be seen as an investment rather than an expense. Organisations which adopt the investment approach are likely to see short, medium and long term gains. The cost of accidents to employees is always more than the obvious costs that are incurred after an accident.

Our accident figures currently stand at 55 fatalities for the year to 8 December 2008. Our analysis shows the breakdown by sector on the next page. Add this to persons involved in the 22 per cent of road accident collisions involve a work related vehicles being used in connection with work fatalities

recently highlighted by Health and Safety Review, and we have an average of a further 60 persons making hugh number of persons who won't be joining their families this Christmas. Let's not forget persons who have died as a result of ill health due to long term exposure to carcinogenic substances in the past decades.

A brief look at UK fatality figures show that 228 persons died as a result of workplace accidents in 2007/2008. Given that the UK population is approximately 15 times greater than the Republic of Ireland's and their fatality rate is approximately 4 times greater shows that there plenty of room for improvement going forward.

Looking forward to 2009, all of us, employers and employees, should be looking at what we can do to make 2009 a better and safer year for all at work.



## Workplace Fatalities 2008

*(55 fatalities to 8 December 2008)*

### National News

#### Safety Tips for your Christmas Tree

##### Cutting your own tree

If you decide to cut down your own tree you need to be careful using an axe, saw or chain saw. Do it in good light rather than in the afternoon or evening so you can see what you are doing. You should have had training in the safe use of any powered tool and should wear eye, ear and body protection. Be particularly careful of small children nearby as the tree may fall on them or small bits of wood can fly out and hit them in the face and eyes.

##### Taking the artificial tree from the Attic / Putting it Back

Ensure that your access to the attic is by an attic stairs, a stable stepladder or if all else fails a sturdy chair. Fit a light in your attic which you can switch on from outside so you can see what you are doing once you enter. If you store a fair amount of family items in your attic strongly consider flooring it so you can walk around it safely - having to step between rafters is highly dangerous and you may fall through the ceiling on to family members below and suffer serious injury as well.

##### Dressing the tree

Check the electric lights on the floor before putting them up on the tree. Check the plug to ensure that it is fused and that the wires are correctly captured within the casing. Replace blown bulbs on the floor, having allowed them to cool before putting on the tree. Ensure that the cable to the socket does not represent a tripping hazard. Switch off the tree if there is no one in the room or the house and before going to bed at night.

When putting decorations on the tree be careful of branches sticking out that you may not totally see - many eye injuries each year happen when people approach the tree and don't notice a branch that then hits them in the eye. Use a stepladder, a small steps or sturdy chair to dress the top section of the tree and to put the star on the top.

If it is a real tree keep it moist by sitting it in shallow water - ensure that the electric lights and cable do not come into contact with the water. Declare the tree area as a no smoking zone and keep it well away from heaters, radiators and other heat sources. Never leave small children alone with the tree as they may pull it down, eat the decorations or touch hot bulbs. Written by Mary Darlington, NISO Associate.

#### InjuriesBoard.ie – Provides some Analysis of Accident Awards made in 2007

- Injuries from machinery and defective equipment generate highest awards
- One in three accidents at work result from falls
- Smart employers know that it pays to invest in health and safety

The most serious injuries at work arise from accidents involving machinery and defective equipment, according to a new analysis of almost 1,000 personal injury awards made in 2007 by InjuriesBoard.ie. Total compensation of €25million was awarded for accidents in the workplace in 2007. The highest average awards of €31,472 and €31,034 respectively were made for injuries arising from defective equipment and

machinery. The average compensation award for a workplace accident was €26,038. Half of all awards were for less than €20,000 and over 90% were for less than €50,000.

For more information: [http://www.injuriesboard.ie/eng/News\\_Press\\_Releases/](http://www.injuriesboard.ie/eng/News_Press_Releases/)

### **ETCI Launches New Guide to Maintenance, Inspection etc. of Portable Equipment**

Electro-Technical Council of Ireland (ETCI) launched its new publication ET215:2008 'Guide to the Maintenance, Inspection and Testing of Portable Equipment (Electrical Appliances and Tools) in the Workplace. This Guide is intended to help employers meet their statutory duties in this regard. The Guide is available as a free download.

For more information: [http://www.hsa.ie/eng/News\\_and\\_Events/Other\\_News\\_Items/ETCI\\_News.html](http://www.hsa.ie/eng/News_and_Events/Other_News_Items/ETCI_News.html)

### **Central Statistics Office confirms decreasing Construction numbers**

Employment in private firms (employing 5 or more) decreased by 18.1% in October 2008 compared to October 2007.

For more information: <http://www.cso.ie/releasespublications/documents/construction/current/indexemp.pdf>

## **U.K. News**

### **HSE wants Risk Assessments after Death of a 90-yr old Lady**

The Health and Safety Executive (HSE) has warned health and social care employers to ensure that risk assessments are carried out to determine the suitability of equipment used in everyday tasks. This follows an incident in March 2006 in a UK Hospital when two staff were transferring a 90-yr old patient from a commode to a bed, using a large sling and a battery-operated lifting hoist, when she fell from the sling to the floor and died at the scene. HSE's investigation found that neither the hoist nor sling was defective but that the patient had slipped from the sling as it was too large.

For more information: <http://www.hse.gov.uk/press/2008/coiwm33408.htm>

### **Man fell 5/6 metres through Fragile Rooflight – Company fined £15,000**

The elderly man fell during roof work where equipment and building materials were being carried across fragile roofs - he died later from his injuries. Work had already been undertaken to replace plastic rooflights following a burglary at the site and further work was being undertaken by company to repair recurring roof leaks. HSE warned of the importance of carrying out risk assessments and implementing safe systems for working at height following the incident – the Company was fined £15,000.

For more information: <http://www.hse.gov.uk/press/2008/coiwm502a08.htm>

### **Chip Factory fined £10,000 after Man Loses Finger**

A potato manufacturer has been fined after a worker had part of his finger amputated after machinery crushed his hands at a factory in Lincolnshire. The employee was trying to mend a faulty tray-making machine on January 31 when his hands got trapped. The motor on the machine started with his hands still inside resulting in severe injuries. He had to have a finger amputated and his other fingers required surgery.

For more information: <http://www.iosh.co.uk/index.cfm?go=news.viewfeed&id=504>

### **Young Farmer Asphyxiated by Animal Feed**

A young farmer died when he was crushed by a trailer and buried under tonnes of feed. A load of animal feed had been delivered to the farm. The feed was blown through a pipe into a trailer parked in the yard that had been tipped up in order to act as a hopper to store the feed. The farmer had been standing at the rear of the trailer, emptying feed through a chute into a wheelbarrow. The axles at the back of the trailer were supported by railway sleepers that were rotten inside. "The load shifted, and the whole thing collapsed, tipping the feed on top of the farmer, both crushing and suffocating him."

For more information: [http://www.shponline.co.uk/article.asp?pagename=incourt&article\\_id=8237](http://www.shponline.co.uk/article.asp?pagename=incourt&article_id=8237)

## **European News**

### **EU Project Develops Smart Fabric to Ease Worker Pain**

Do your muscles ache after clicking your mouse and staring at your computer screen for hours on end? Experts tell us that we must take short breaks throughout the day, but many of us often ignore the advice, at the risk of causing repetitive strain injury (RSI). This is about to change. Thanks to a group of European researchers, a smart fabric that can monitor muscular overload and help thwart RSI has been developed.

For more information: [http://ec.europa.eu/research/infocentre/article\\_en.cfm?id=/research/headlines/news/article\\_08\\_11\\_26\\_en.html&item=Infocentre&artid=9094](http://ec.europa.eu/research/infocentre/article_en.cfm?id=/research/headlines/news/article_08_11_26_en.html&item=Infocentre&artid=9094)

### **More pan-European and Multinational Organisations Sign up to Healthy Workplaces Campaign**

Baxter, Eli Lilly, General Electric and other large companies have joined the Healthy Workplaces campaign. The campaign aims at reducing work-related accidents and illnesses by focusing on the assessment of health and safety risks, as it is the first essential step for effective workplace safety and health management. By signing up these organisations commit themselves to organise events on risk assessment and to disseminate the campaign messages and material. Other activities include the production of workplace safety and health videos, photo competitions or training sessions with clients, partners and contractors.

For more information:

<http://osha.europa.eu/en/campaigns/press/press-releases/support-grows-for-european-risk-assessment-campaign>

## U.S. News

### President-Elect Barak Obama Reveals his Support for Health and Safety

President-Elect Obama has been writing to a range of Trade Union leaders in US in advance of his taking power in January 2009 outlining his approach to funding and enforcing health and safety.

See letter at:

[http://www.afge.org/Documents/11\\_20\\_08\\_AFG%20DOL%2010-20-08.pdf](http://www.afge.org/Documents/11_20_08_AFG%20DOL%2010-20-08.pdf)

### Wal-Mart Worker Crushed to Death in Early Morning Stampede of Shoppers

A Wal-Mart employee in Long Island, New York died after being trampled to death by a mob of shoppers in November 2008, on the traditional first day of the holiday shopping season. The 34-year-old temporary worker was killed after a crowd of 2,000 broke down store doors and ran over him shortly before the store's scheduled 5 a.m. opening. Four shoppers were injured in the stampede.

For more information: [http://www.democracynow.org/2008/12/1/wal\\_mart\\_worker\\_crushed\\_to\\_death](http://www.democracynow.org/2008/12/1/wal_mart_worker_crushed_to_death)

### Young Doctors still too Tired for Safety

Doctors-in-training are still too exhausted, says a new report that calls on hospitals to let them have a nap. Regulations that capped the working hours of bleary-eyed young doctors came just five years ago, limiting them to about 80 hours a week. Doctors-in-training should work no more than 16 straight hours without time to sleep. Anyone working the maximum 30-hour shift should get an uninterrupted five-hour break for sleep after 16 hours. At issue is how to balance patient safety with the education of roughly 100,000 medical residents. Sleep deprivation fogs the brain, a problem that can lead to serious medical mistakes.

For more information:

<http://www.newsweek.com/id/171695>

## International

### Australia - Long Hours and Unachievable Deadlines affecting Transport Employees

A workplace health and safety survey within transport and storage sector has found:

- 14 per cent of workers felt pressured to work long hours
- 21 per cent of workers reported working 51 hours or more per week
- 10 per cent of workers work to unachievable deadline

- 13 per cent reported not being able to take sufficient rest breaks.

A total of 4500 workers were surveyed from industry sectors including transport and storage, mining, manufacturing, construction, agriculture, finance and insurance, health and community services and education.

For more information:

[www.ascc.gov.au](http://www.ascc.gov.au)

### Young Forklift Driver Loses Job, Licence, etc. after YouTube Incident

Dangerous forklift driving has cost a young worker his job, his forklift licence and earned him 50 hours of community work and an order to do a 5-day health and safety course.

WorkSafe Australia prosecuted 20-year-old after posting on YouTube a video of him doing stunts on a forklift where it showed him deliberately crashing into concrete pipes, doing burnouts and overloading the machine so he could do wheelies.

For more information:

<http://www.worksafe.vic.gov.au/wps/wcm/connect/WorkSafe/SiteTools/News/Forklift+fun+comes+at+a+cost>

*On behalf of all at NISO may we take this opportunity to wish you all a Safe and Happy Christmas.*

## NISO Update - Events Diary

*All courses are held at NISO's Training Centre, Ballymount, Dublin 12 unless otherwise stated. To book any of these course, please phone 01 465 9760 or book online at [www.niso.ie](http://www.niso.ie)*

### NISO OCCUPATIONAL HEALTH AND SAFETY CERTIFICATE 2009

#### *Institute of Technology, Tralee*

Commencing 21st January 2009; Contact: [south@niso.ie](mailto:south@niso.ie)

#### *Cork Institute of Technnology*

Commencing 22nd January 2009; Contact: [south@niso.ie](mailto:south@niso.ie)

#### *Limerick Institute of Technology*

Commencing 27th January 2009; Contact: [midwest@niso.ie](mailto:midwest@niso.ie)

#### *Athlone Institute of Technology*

Commencing 2nd February 2009; Contact: [midland@niso.ie](mailto:midland@niso.ie)

#### *Tullamore*

Commencing 3rd February 2009; Contact: [midland@niso.ie](mailto:midland@niso.ie)

#### *Longford*

Commencing 4th February 2009; Contact: [midland@niso.ie](mailto:midland@niso.ie)

#### *Dundalk Institute of Technology*

Commencing 10 February 2009, Registration 20 January 2009  
Contact: [northeast@niso.ie](mailto:northeast@niso.ie)

#### *Galway Mayo Institute of Technology, Galway Campus*

Commencing 10<sup>th</sup> February 2009; Contact: [west@niso.ie](mailto:west@niso.ie)

#### *NISO Training Centre, Ballymount, Dublin 12*

Commencing 10th February 2009 – daytime for 8 weeks  
Contact: [info@niso.ie](mailto:info@niso.ie)

#### *Galway Mayo Institute of Technology, Castlebar Campus*

Commencing 11<sup>th</sup> February 2009; Contact: [west@niso.ie](mailto:west@niso.ie)

**NISO Ballymount, Dublin 12**

Commencing 24th February 2009 – evening time for 14 weeks  
Contact: [info@niso.ie](mailto:info@niso.ie)

**Waterford Crystal Leisure & Sports Centre**  
TBC

**Letterkenny**

Commencing October 2009  
Contact: [northwest@niso.ie](mailto:northwest@niso.ie)

**Other Venues**

Some venues and dates to be confirmed

**PUBLIC COURSES**

*Seminars*

**Safety Representative Course**

Course Length: 3 days; 2 - 4 February 2009

**Risk Assessment & Safety Statement Course**

Course Length: 2 days; 11<sup>th</sup> and 18<sup>th</sup> February 2009

**Manual Handling Instructor & Assessor Course**

Course Length: 5 days (3 days on week 1 and 2 days on week 2)  
Date: 19 - 21, 26 - 27 January 2009

**Manual Handling Instructor & Assessor Refresher Course**

Course Length: 2 days; 20 - 21 January 2009

**Basic Manual Handling Course**

Course Length: Half day  
Date: 28<sup>th</sup> January 2009

**Safe Pass Course**

Course Length: 1 day; 23 January, 6 February 2009

**Occupational First Aid Course FETAC Level 5**

Course Length: 3 days; 28 - 30 January 2009

**Occupational First Aid Refresher/Re-Certification Course FETAC Level 5**

Course Length: 1 day; 30 January 2009

**VDU/DSE Assessors Course**

Course Length: 2 days; 16 - 17 February 2009

**Noise Assessment Course**

Course Length: 4 days; 18, 19, 25, 26 February 2009

**Health and Safety for the Non Safety Specialist**

Course Length: 2 days  
30 - 31 March 2009

**AGMs****NISO North West Region AGM**

19 January 2009; Mill Park House Hotel, Donegal

**NISO South East Region AGM**

January 2009; Date to be announced.

**NISO National AGM**

Date: 25<sup>th</sup> April 2009  
Venue: Brandon Hotel, Tralee

**SAFETY AND GENERAL KNOWLEDGE QUIZ**

*Seminars*

**Western Region**

26<sup>th</sup> February; 8.00pm, Oranmore Lodge Hotel, Oranmore, Co Galway. Email: [west@niso.ie](mailto:west@niso.ie)

**Northern Ireland**

27<sup>th</sup> February; 7.30pm, Wellington Park Hotel, Belfast  
Email: [info@niscg.org.uk](mailto:info@niscg.org.uk)

**North West Region**

5<sup>th</sup> March ; 8.00pm, Bush Hotel, Carrick-on-Shannon, Co Leitrim. Email: [northwest@niso.ie](mailto:northwest@niso.ie)

**Midland Region**

5 March; 8.00pm, Bridge House Hotel, Tullamore, 8pm. Email: [midland@niso.ie](mailto:midland@niso.ie)

**North East Region**

25 March 2009; 7.30 pm, Fairways Hotel, Dundalk, Co Louth . Email: [northeast@niso.ie](mailto:northeast@niso.ie)

**Eastern Region**

26 March; 7.30pm Green Isle Hotel, Newland's Cross, Dublin 22. Email: [east@niso.ie](mailto:east@niso.ie)

**Mid West Region**

27 March; 8.00pm, Greenhills Hotel, Limerick  
Email: [Midwest@niso.ie](mailto:Midwest@niso.ie)

**Southern Region**

3 April ; 7.30pm, Oriel House Hotel, Ballincollig, Co Cork. Email: [south@niso.ie](mailto:south@niso.ie)

**South East Region**

TBC. Email: [southeast@niso.ie](mailto:southeast@niso.ie)

**SEMINARS****Signing, Guarding and Lighting Requirements**

29 January 2009, 14.00 hrs – 16.45 hrs ; Green Isle Hotel, Newland's Cross, Dublin 22  
Speakers: Martin O'Dea, Health and Safety Authority and Robert Butler, Safety and Environment Services, Construction Industry Federation  
Email: [east@niso.ie](mailto:east@niso.ie)

**Low Level Access**

26 February 2009; 14.00 hrs – 16.45 hrs  
Green Isle Hotel, Newland's Cross, Dublin 22  
Speaker: Dave Dagger, Access Consultancy and Training  
Email: [east@niso.ie](mailto:east@niso.ie)

Editor: Mary Darlington - BSc OSHM, CFIOSH, MIES, FCIPD

NISO has taken all reasonable efforts to ensure the accuracy, sources and links of material contained in this newsletter, however, NISO does not assume any responsibility or liability for any loss or damage which may result from any inaccuracy or omission in such material. Unless specifically stated, the opinions expressed are not to be regarded as representing the official opinion of NISO. It is not intended that this publication or any downloads be comprehensive or to render advice and readers should rely on their own advice. The newsletter may be reproduced for non-profit purposes only and the source should be acknowledged.

This newsletter was sent to members, customers and persons who have enquired about our services / products and those who subscribe to our newsletter.

Should you wish to unsubscribe, please send an email to [info@niso.ie](mailto:info@niso.ie) with the subject header: Unsubscribe EOSH

NATIONAL IRISH SAFETY ORGANISATION,  
A11 CALMOUNT PARK, BALLYMOUNT, DUBLIN 12.

T 01 465 9760 F 01 465 9765 E [info@niso.ie](mailto:info@niso.ie) W [www.niso.ie](http://www.niso.ie)

E-OSH Copyright 2008 NISO Ltd.