



Issue 10
June 2012

GHASP!!

GALLOWAY HEALTH AND SAFETY PERIODICAL
QUARTERLY



We spring into Issue 10 with more news of awards, achievements and continued efforts along with new initiatives.

The next few issues of the GHASP!! will be taking a closer look at the different aspects of the Group and the Health & Safety challenges facing them, starting with a *Focus on Dundee Factory*.

Director's Message

It is very pleasing to see the continued commitment of all employees having such a positive influence on the Company's occupational health and safety performance. This tenth issue of the GHASP includes much positive comment. There is successful training; participation in key customer events; and the ongoing progress of the committees. A key measure is our number of accidents and it is good to note a fifth month with no reportable accidents.

Please also note both the Skillcard changes and the tips on hydration as we hopefully enjoy a hot summer.

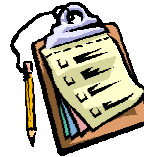
We are about to submit an application to RoSPA for the third year, and hope to match last year's achievement of a Gold Award.

Please continue this good progress with all matters relating to occupational health and safety – bring forward suggestions, use the Near Miss system and do not proceed to work if you consider it unsafe.

Jim Mathieson

IOSH-Managing-Safely

Congratulations to Gary Hall and Roy Stobbs who have successfully completed the IOSH Managing Safely qualification.



This now completes the KPI set by the Board to have all Directors fully qualified to the IOSH standard.

SkillCard Changes

The CITB-ConstructionSkills' **Health, Safety and Environment Test** has recently replaced the ConstructionSkills Health and Safety Test and introduced a host of new updates to help raise standards in an ever changing industry, while retaining traditional health and safety elements.

New features of the test include:

- A fully refreshed and updated question bank including the new universal hazard symbols
- Questions on respiratory risks and the hazards they can pose
- Knowledge questions on the environment
- Behavioural case studies which tests how a candidate would respond to health and safety situations to highlight safe working practices on site.

Revision materials are available for Galloway Group employees to borrow. Please speak to your Supervisor/Manager if your SkillCard is nearing its expiry date.

Safety-Committees

There is a clear appreciation from both the Company and the attendees of the Committees that, by closely working together, improvements are being made. Full support is being given by all of these groups with more employees participating and giving committee feedback

Harness Training

Five Dewsbury factory employees recently undertook harness training with regard to the safe storing of goods at mezzanine level above the Acoustics Department. Congratulations go to Mark Render, Steve Render, Steve Glue, Nigel Crowe and Dean Viney.



On 23rd May, Jim Mathieson attended a Kier Construction Safety, Environment and Quality seminar in Uttoxeter. The event was very well attended by the full range of Kier's supply chain. Many topics were covered including Occupational Health, Safety Leadership and Quality with the links between quality of work and safe practices going 'hand in hand' being emphasised. The attendees were asked for their feedback throughout the day and to suggest any areas where improvements could be made. In the afternoon there were presentations covering environmental issues and also an opportunity to visit the variety of exhibits and stands that were 'on show'.

Kier are a key customer to the company and one whose commitment to Safety, Environment and Quality is unquestionable.

***"Success is
no accident"***

Baskets – Deliveries to Glasgow



Specially designed and fabricated, 6m long baskets are being used in Dundee for the delivery of ductwork to the New Southern General Hospital in Glasgow.

The baskets offer a number of benefits with regard to health and safety, quality and transportation costs.

Baskets are loaded within the factory before being wheeled to the loading bay where they are forklifted onto the truck. On arrival in Glasgow, with assistance from Mercury, our client, the baskets are offloaded and forklifted to specific floor levels. This has significantly reduced the risk of injury through manual handling.

The design of the baskets also means they can be stacked offering protection for the ductwork in transit and ensuring a full load therefore reducing the number of deliveries required.

Occupational Health Update

The Company are now progressing into the third year of Occupational Health checks.



During this time it is pleasing to note that no health deterioration has been found in any aspect within the programme. Many employees have now had three lung function tests.

Also pleasing is the results of the HAVS tests and the strict control measures implemented to restrict our employees exposure to HAVS.

Audio tests have recently been carried out in Dewsbury whilst Dundee factory are looking to progress this over the summer. Annual respirator face fit tests are again underway and are expected to be concluded in June 2012.

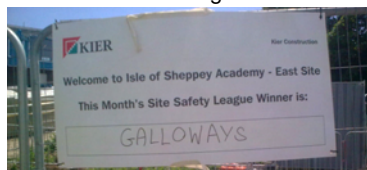
Supervisor Training Raising Standards

Congratulations to Mick Bloomfield and Anthony Stibbings who both attended a two-day course, gaining Construction Site Supervisors Safety Certificates.

League Results

Galloway Group are pleased to see the efforts of its site teams recognised and reflected in site League Tables.

On the Kier Isle of Sheppey League Table we were May's Contractors of the Month.



At Southmead, we are very pleased to say that the Galloway team were joint first on the Safety League table in April.

Any suggestions or comments for future issues, please send to
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Keep Drinking!

AM I HYDRATED?

Urine Color Chart

1	Lightest Yellow	
2	Light Yellow	If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3	Yellow	Continue to consume fluids at the recommended amounts.
4	Light Orange	
5	Orange	If your urine color is below the RED line, you are
6	Dark Orange	DEHYDRATED and at risk for cramping and/or a heat illness!
7	Dark Red	YOU NEED TO DRINK MORE WATER!
8	Dark Red/Brown	

It might seem obvious, but with the summer months approaching and the glimmer of hope for some warmer weather, the risk of dehydration is increasing but very often overlooked.

You can become dehydrated after sweating excessively from heavy work in hot conditions or exercise and sport. It is therefore important that you drink regularly to replace lost fluids. It doesn't necessarily need to be hot for you to lose a significant amount of fluid from sweating.

Mild dehydration can cause thirst, headache, weakness, dizziness and fatigue and generally makes people feel tired and lethargic.

Symptoms of moderate dehydration may include dry mouth, little or no urine, sluggishness, cramping, a rapid heartbeat and lack of skin elasticity.

Severe dehydration is a life-threatening medical emergency causing extreme thirst, no urine, rapid breathing, altered mental state and cold, clammy skin.

To avoid these symptoms and stay cool and comfortable during the warmer weather, remember to drink plenty of fluids.

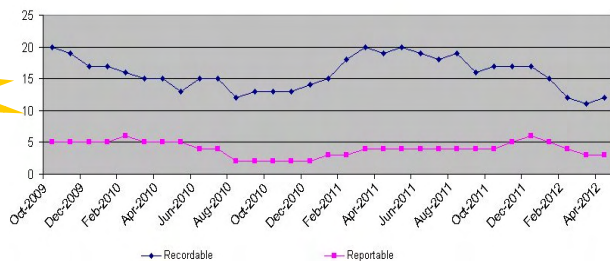
Stimulants, such as caffeine can cause your body to lose fluids. So a cup of coffee or a cola are not recommended drinks to replenish your body fluids. Any sugary drink for that matter is not a good way to quench your thirst and prevent dehydration. This is because for every molecule of sugar, it takes a molecule of water to break it down.

The best prevention or cure for dehydration is drinking water. However, if you have sports drinks and other fluids designed for re-hydrating the body, these can work even better since they also replace electrolytes.

Urine colour charts are displayed on a number of sites and are worth checking every now and again.

Statistics

Historic Analysis of Accidents



The latest quarterly Accident Statistics have seen:
0 Reportable and **3** Recordable Incidents.

These results do show an improvement, but there is no room for complacency and the continued full support from all Employees is needed to reach our ultimate aim.

OUR AIM IS FOR ZERO ACCIDENTS