



Hire Services Safety Information

Dust Regulations

Control of Substances Hazardous to Health (COSHH) Regulations 2002

These regulations are designed to help prevent exposure to crystalline silica and construction dust or, where unavoidable, to control airborne exposure limits to 0.1mg/m³ per 8 hour TWA. Under COSHH rules, a qualified person must carry out a risk assessment for any activity that might cause dust exposure.

Your risk assessment must include:

- Analysing your workplace to identify any hazardous substances or likelihood of extreme dust exposure.
- Dealing with any hazards and eliminating risks as far as possible.
- Ensuring you and your workforce are safely equipped to do the job by eliminating, reducing, isolating and controlling dust or using PPE and discipline.
- Giving your staff information and training on relevant hazards.
- For full details on the Control of Substances Hazardous to Health (COSHH) Regulations 2002, visit www.hse.gov.uk

Noise Regulations

The control of Noise at Work Regulations 2005

These regulations aim to make sure that workers are protected from excessive noise which could result in hearing loss.

The regulations mean you must:

- Assess the risk to workers' health if noise exceeds 80 decibels.
- Provide hearing protection if average daily or weekly noise exposure exceeds 85 decibels.
- Not expose employees to noise louder than 87 decibels, taking into consideration any reduction in exposure from hearing protection.

Hand-Arm Vibration

What is Hand-Arm Vibration and why is it an issue?

Hand-arm vibration is vibration transmitted into workers' hands and arms. This can come from use of hand-held power tools (such as grinders or road breakers), hand-guided equipment (such as powered lawnmowers or pedestrian controlled floor saws) or by holding materials being worked by hand-fed machines (such as pedestal grinders or forge hammers).

Regular and frequent exposure to hand-arm vibration can lead to two forms of permanent ill health known as:

- Hand-arm vibration syndrome (HAVS).
- Carpal tunnel syndrome (CTS)

Symptoms of both may come and go, but with continued exposure to vibration they may become prolonged or permanent and cause pain, distress and sleep disturbance. This can happen after only a few months of exposure, but in most cases, it will happen over a few years.

What the regulations say

The Vibration Regulations require you to:

- Make sure that risks from vibration are controlled.
- Provide information, instruction and training to employees on the risk and the actions being taken to control risk.
- Provide suitable health surveillance.

The Vibration Regulations include an exposure action value (EAV) and an exposure limit value (ELV) based on a combination of the vibration at the grip point(s) on the equipment or work-piece and the time spent gripping it. The exposure action and limit values are:

- A daily EAV of $2.5 \text{ m/s}^2 \text{ A(8)}$ that represents a clear risk requiring management.
- A daily ELV of $5 \text{ m/s}^2 \text{ A(8)}$ that represents a high risk above which employees should not be exposed.

Working at height

Working at Height Regulations 2005

The regulations aim to help you manage and select the most appropriate equipment for working at height. The regulations apply to anyone, anywhere, at any height and at all times – whether you're employed, self-employed, or a sub-contractor.

What you need to do:

The Working at Height Regulations require you to follow a simple three step process:

1. **Avoid** – Could you use other equipment, such as extendable tools or lifting equipment, instead of working at height?
2. **Prevent** – If you have decided that it is necessary to work at height, you must do everything you can to prevent a fall:
 - Thoroughly plan and organise the work before you start.
 - Make sure all employees/contractors involved in the job are competent.
 - Carry out a full risk assessment on the job, work environment and surfaces.
 - Use this to select the most appropriate safety equipment, or other measures.
3. **Minimise** – Minimise the consequences of a fall by using the appropriate safety equipment or other measure correctly, and ensure all equipment is properly maintained and inspected.

Manual Handling Operations

Manual Handling Regulations

The Manual Handling Operations Regulations 1992 are designed to reduce the risk of injury through a wide range of manual handling activities, including lifting, lowering, pushing, pulling and carrying.

Heavy manual labour and manual materials handling can increase the risk of musculoskeletal disorders including:

- Lower back pain.
- Joint injuries.
- Repetitive strain injuries.

These types of injuries affect around 1 million people in the UK every year. Workers tend to be at increased risk of manual handling injuries in environments such as building sites, factories and warehouses.

What the regulations mean for you and your business:

Employers must, as far as is practical:

- Avoid the need for hazardous manual handling.
- Assess the risk of injury from any unavoidable hazardous manual handling.
- Reduce the risk of injury from hazardous manual handling.
- Consider using mechanisation or handling aids such as conveyors, pallet trucks and hoists.

Employees must:

- Follow appropriate work systems laid down for their safety.
- Make proper use of safety equipment.
- Co-operate with their employer on health and safety matters.
- Notify their employer if they identify hazardous handling activities.