

Safe Return to Work

Back to Work Accidents

Return to work briefing

- How are we feeling today?
- Wishing you were somewhere else?
- Bloated and full?
- Fed up already?



Back to work accidents

Historically the industry sees an increase in accidents immediately after returning to work after the Summer Holidays break (July-Sept)

After the break it is important to re-focus upon returning to work and on the task at hand, the hazards and any changes that may have occurred whilst you were away.

Back to work accidents



Traditionally over 50% of the injuries sustained are to the fingers, hand or arm. These are typically trapping or crushing injuries.



Please consider any task where there is a risk that your fingers, hands or arm could become trapped or crushed.



Can the task be done differently to eliminate a trapping or crushing risk?

You are back at work now

- The dangers that were around when you left are still here.
  - If you think for any reason, you are not fully fit to be on site – say so now and arrangements will be made to get you home.
- Your body may be lest agile and supple
- Ensure you ease your body back to work – warm up before you start
- Make sure walkways, traffic routes are still secure
- Check all plant and equipment before use – report any defects immediately
- Check all your PPE and other items you need are suitable and sufficient
- Carry out a physical site walkover – noting any points from above plus any other hazards.

Look out for each other this winter



Winter driving



Mental wellbeing



Drugs and alcohol



Slips, trips and falls

Back to work accidents

Upon return to work please ensure you have been **briefed prior to commencing your duties**

Make sure you have a **clear understanding** of the brief. **If in doubt ASK.**

Ensure you are given **sufficient time** (before and during) for the brief.

Check your area of work for hazards and **correct any issues first before starting.**

Key Points

- At any point consider holding a Time Out, Take Five.
- If you feel something is unsafe, please **speak up** and **challenge others.**
- If you need to **pause or stop a job** to make sure it is safe**, then do so.**
- **You will always have the support of the senior management to do this.**



Its not just about safety

We focus on health and wellbeing in equal focus.

Mental Health

Physical Health

Diabetes

Diet & Lifestyle

Cancer

The health & wellbeing vision

A working environment:

- Fit for the future
- Where people know they are valued and cared for
- Where focus on physical and mental wellbeing are equal.

