

ROCC

Newsline

EUROPEAN WEEK FOR SAFETY AND HEALTH AT
WORK SUPPLEMENT.

October 7-13 1996



During the **European Week for Safety and Health** the Health and Safety Executive (HSE) are continuing their campaign "Good Health is Good Business" emphasising the economic and social gains of having high health and safety standards.

ROCC Computers supports the HSE campaign and to mark the **Week** this leaflet highlights some of the work undertaken by ROCC to maintain and improve our good health and safety record and to raise awareness of the hazards in our workplace.

RISK ASSESSMENT

Risk assessment as a legal requirement for health and safety management was first introduced by the Control of Substances Hazardous to Health (COSHH) Regulations 1989. Since then much of the new legislation emanating from Europe, such as the Management of Health and Safety at Work Regulations 1992, requires formal risk assessment.

ROCC Computers has a large portfolio of risk assessments including manual handling, display screen equipment, substances hazardous to health and the less obvious risks such as low level glazing.

The results of these assessments have enabled the effectiveness of existing controls to be checked.

Where the risk was deemed unacceptably high alternatives avoiding the risk altogether have been selected or new systems of work or equipment introduced. An example being the installation of extraction equipment to remove the flux fumes from soldering irons in the Assembly department. Rosin contained in the flux can cause occupational asthma if inhaled.

HAZARDOUS SUBSTANCES



Very toxic
or toxic



Harmful or
irritant



Corrosive

To protect its employees and satisfy its duty under the Control of Substances Hazardous to Health Regulations 1994 (COSHH), ROCC has carried out risk (COSHH) assessments of 45 substances to determine the likelihood of harm to employees arising from the way they are used.

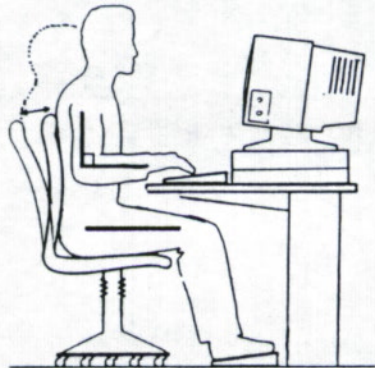
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Copies of the COSHH assessments sheets are kept in the departments where the substance is used. These contain advice on the safe use of the substance, including what controls are necessary, what protective equipment must be worn or used, first aid and disposal considerations.

DISPLAY SCREEN EQUIPMENT (VDU) USERS

Health problems experienced by users of VDU equipment in most cases do not arise directly from the VDUs themselves, but from the way in which they are used. To reduce the risk of problems arising, users are involved in ROCC workstation assessments so that adjustment of the equipment and workplace layout to achieve the best working posture can be explained.

The figure shows an advised posture based on HSE guidance for anybody working with display screen equipment. For further advice see Section 6.1 of the ROCC Health and Safety manual.



ACCIDENT REPORTING

Accident reports are completed at ROCC for all accidents involving injuries to employees, contractors, visitors and others. Reporting accidents allows us to identify accident trends and take action where necessary.

MUSCULOSKELETAL DISORDERS

"Musculoskeletal disorders" describes a variety of strain, sprain and overuse problems affecting muscles, tendons, nerves and joints. The Health and Safety Executive estimated that 600,000 employees suffered musculoskeletal injuries during 1990 with the loss of 5.4 million working days. Tasks undertaken by ROCC which could cause problems such as work with display screen equipment (VDUs), repetitive assembly and manual handling have all been assessed for these risks and preventative actions taken.

We all get involved in manual handling of some sort when at work even if its only moving small pieces of equipment or furniture and its always worth following good handling technique. As a reminder, **good handling technique** as depicted by the drawings in the HSE 'getting to grips with manual handling' guidance note are reproduced below.



Stop and think
Plan the lift.
Do you need help?



Position the feet
Feet apart.
Leading leg as far forward as is comfortable.



Adopt a good posture
Bend the knees.
Get a good grip. Shoulders level facing same direction as the hips.



Keep arms within boundary formed by the legs. Lift smoothly. Keep load close to the trunk.



Move the feet
Don't twist the trunk when turning to the side.



Put down and adjust