

Be *Aware of Safety* paper



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**26
MARCH**

Join the toolboxes!

On 26 March, you and your colleagues can attend three different **free** online toolboxes.

Scan the QR-code
for more information.



From addressing to discussing!

What do you do if you see a colleague working unsafely? That can be quite tricky at times. Still, it is very important to talk about it. After all, it concerns the safety of your colleague, and even of everyone at the work location.

Discussing is better than addressing

First of all, it is good to make a distinction between addressing and discussing.

Addressing is pointing out to someone that he or she is working unsafely. That person may adjust his or her behaviour for a while, but will probably do the same thing next time.

“Hey, put on your helmet!”

Discussing is starting a conversation and try to understand why someone is working unsafely. By asking this question, you find out why someone does what they do and a valuable dialogue about safety arises.

“Why aren’t you wearing a helmet?”

Safe working atmosphere

It is good to consider why you are speaking out about unsafe behaviour. You don’t do this to lecture anyone, but because you want everyone at your work location to remain safe and healthy. A safe working atmosphere means that everyone dares to speak out.

How do you make something discussable?

- Create a safe atmosphere. Want to discuss an unsafe situation with someone? First introduce yourself (if you don’t know the person yet) and start with: ‘Can I ask you something?’
- Stick to the facts. Don’t say: ‘You’re doing it wrong’, but identify what you see and how you feel about it: ‘I’ve noticed that...’.
- Ask open-ended questions. Give the other person space to explain why he or she is doing something.
- Also look at your own behaviour. Ask yourself: do I treat my colleagues the way I would like them to treat me?



Also follow the toolbox **‘How do you address each other’** during the Be Aware of Safety Day 2025!

Start your day with brief meeting!

Creating a safe working atmosphere? Then start the working day with a brief meeting! Sit down with your team for a few minutes and ask each other the following questions:

- How’s everyone doing today?
- Is there anything we should take into account?
- Can we speak out when we see something going wrong?

This way, you will immediately know how everyone is feeling and what you can expect from each other. This lowers the threshold for discussing unsafe behaviour!

Everyone can contribute

Involve everyone, from your direct colleagues at your work location to your colleagues ‘indoors’. For a safe and healthy working environment, you need a safe atmosphere in which everyone dares to speak out.

Play the **Safety in Progress** card game

The Safety in Progress card game helps to make safety a topic of discussion. Through knowledge questions, practical situations and discussion cards, you and your colleagues will discover how you view various safety topics.



Scan the QR code to order the game!



A work location is constantly changing; so is the safety situation

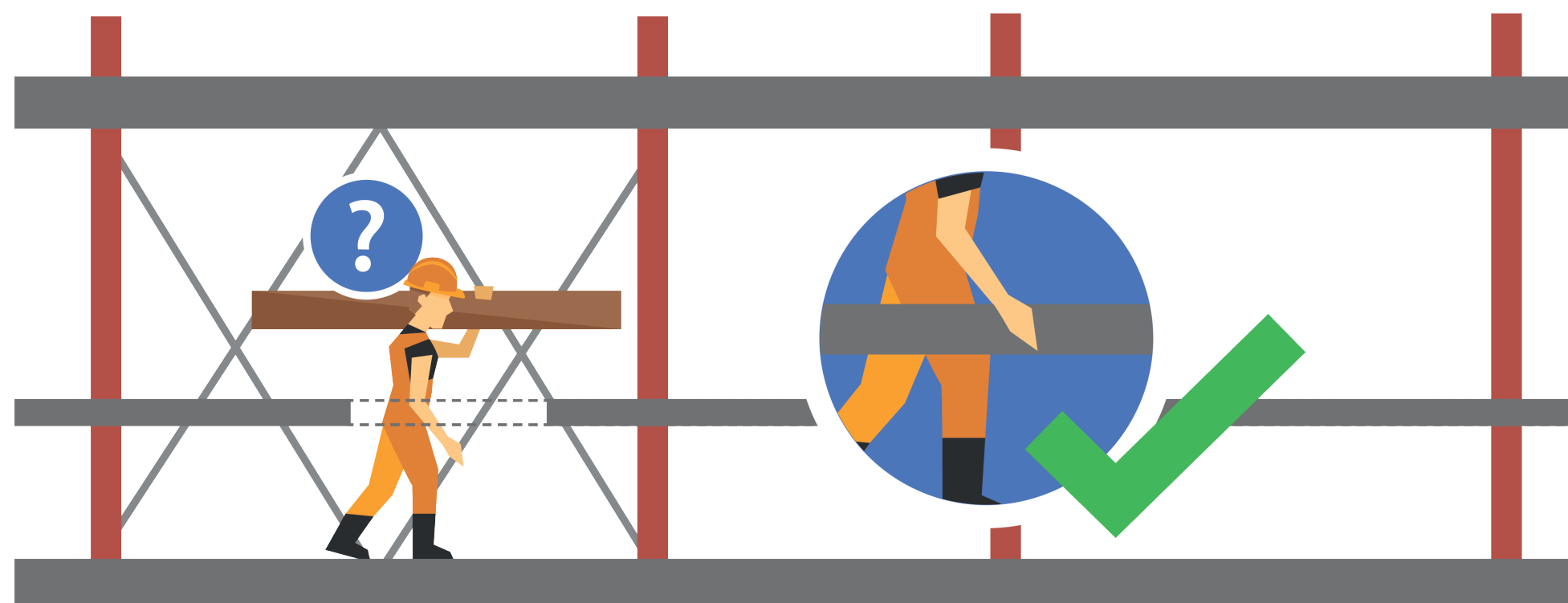
On a construction site, along the road, in the workshop or in someone's home. Wherever you work, safety provisions are always important. These ensure that you, your colleagues and bystanders are not in danger. It is therefore crucial that these remain intact. Especially when your work area changes!

The safety situation changes

A lot can happen in a work location. Various people are busy with various activities. The safety situation can change quickly in that case. For example, someone temporarily removes a barrier to better access his or her work. But he or she might forget to put it back afterwards.

Therefore, always follow these tips:

- Before you start work, check carefully that all safety equipment is still in order. What was there yesterday may not be there today! Always check this during the LMRA (Last-Minute Risk Analysis). Even after a break, it is important to recheck the safety provisions.
- This includes your work area itself, but also access to your work area (for example, ladders and scaffolding).
- If you want to remove a provision yourself, always check if there is another way to get to your work properly. If there isn't one, put the provision back as soon as you leave your work area.

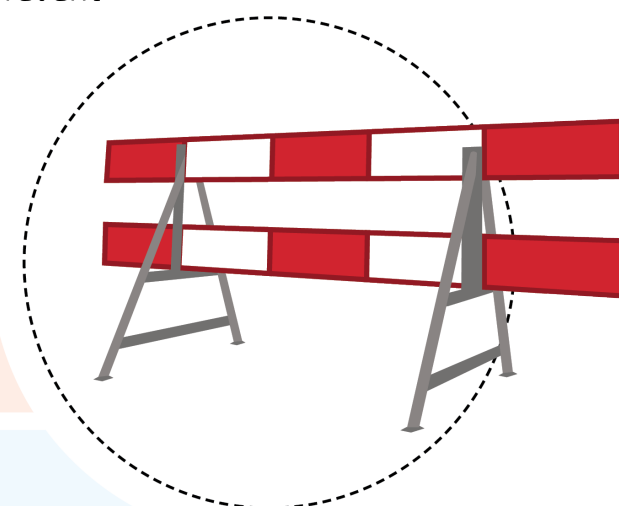


Keep safety provisions intact

Safety provisions are there for you and your colleagues but some also prevent passers-by from being put at risk.

Consider:

- Construction fences
- Road barriers
- Driving plates



So always check whether they are still intact. **This way, you not only protect yourself, but also outsiders!**

You're in danger when in the 'line of fire'

Collisions at work still occur. Sometimes even with fatal consequences. An employer must set up a workplace in such a way that machines and vehicles are positioned and driven near people as little as possible. But this is not always possible. As an employee, you also have a responsibility. **Therefore, always follow these tips!**

Stay out of the line of fire

Are you familiar with the term line of fire? By this, we mean the area in which forces can be released that can cause you to be injured. Consider, for example, moving parts, falling objects or objects that shoot away. But the area within which a vehicle moves is also a line of fire. So stay away from them as much as possible.

If there's really no other option and you have to get close to the vehicle, **follow these three tips:**

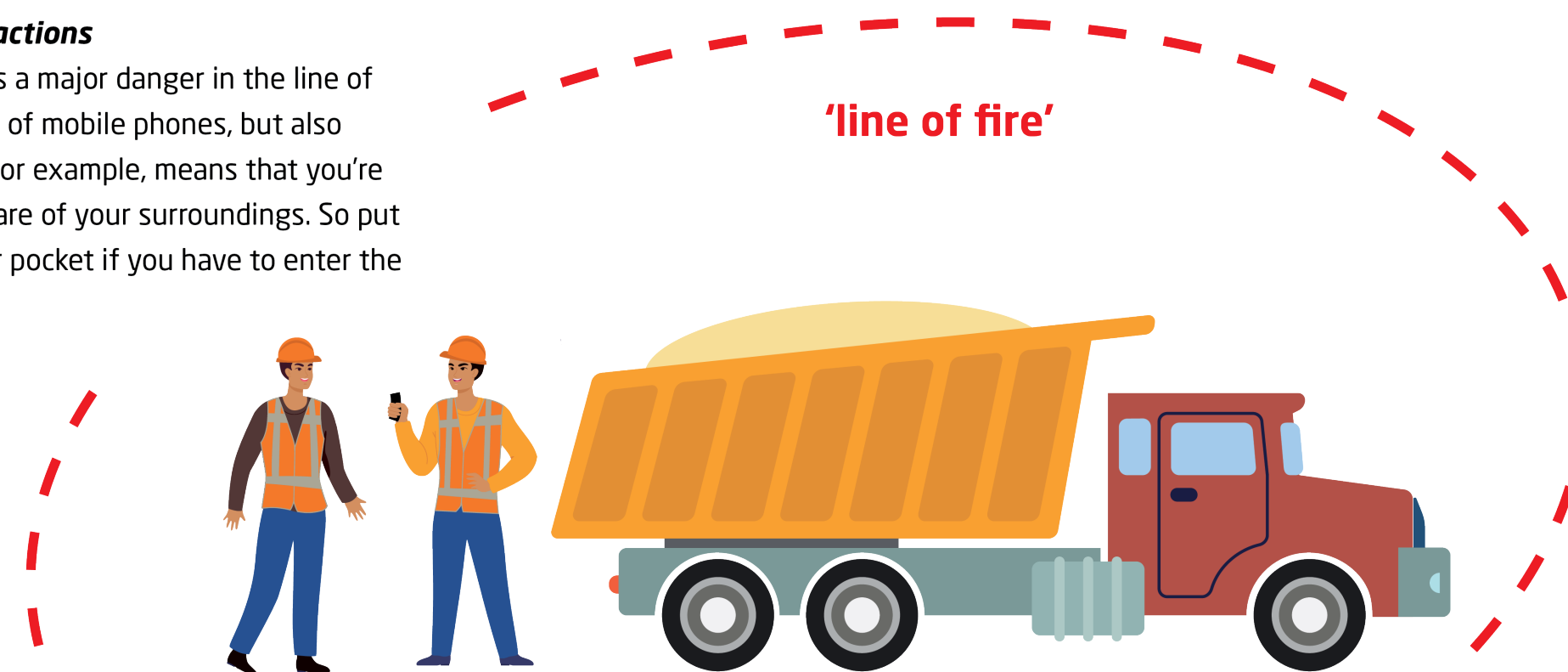
- 1 Seek contact with the driver or operator. Use the **'If you see me, I see you'** principle.

- 2 **Never** assume that the driver or operator sees you.

- 3 Always make sure you're **clearly visible**; wear your high-visibility clothing.

Avoid distractions

Distraction is a major danger in the line of fire. The use of mobile phones, but also earphones, for example, means that you're not fully aware of your surroundings. So put them in your pocket if you have to enter the line of fire.



Why are these tips so important?

Watch the video

'Hard lessons from practice'.



To reduce the risk of collisions, always follow the **Collision Risk Reduction Step-by-Step Plan**.



Asbestos: do you know when you're at risk?

Did you know that there are approximately 3,500 products and materials in the Netherlands that contain asbestos? We encounter this a lot, especially in our sectors. But because asbestos fibres are not visible to the naked eye, they're not always easy to recognise. How do you know if you are at risk from exposure to asbestos at work?

Knowing and recognising the danger of asbestos

Asbestos-containing materials do not pose an immediate risk. However, if you process these materials - for example, by drilling, milling or sawing - you will be exposed to harmful asbestos fibres. You only notice the negative consequences for your health years later. As a result, we often underestimate the danger. Still, it's very important to exclude risks as much as possible!

If you're not sure whether a situation is safe:

1



Stop what you're doing immediately. Don't feel guilty about this, because the health and safety of you and your colleagues always comes first!

2



Consult with your manager and ask whether an **asbestos inventory** has been carried out.

Asbestos Recognition Course

If your work means you may come into contact with asbestos, it's good to know which applications of asbestos are common in your field and how to recognise them. For this you can take an Asbestos Recognition Course. Ask your employer about the possibilities for such a course, focused on your field of expertise.

Do you also think about your surroundings?

This paper tells you a lot about keeping yourself and your colleagues safe and healthy. But when you're at work, you also have to deal with your surroundings. Are you aware of the health and safety risks that residents, neighbours and passers-by may face as a result of your work?

A few examples:

1

Access gates or other entrances that are open/unattended. Playing children may not realise that it's dangerous to enter construction sites.



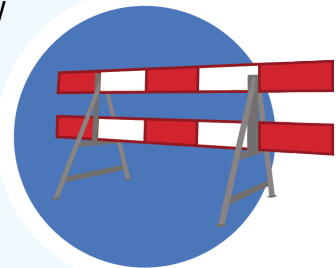
2

If you do not clean your work area properly, you pollute the surrounding area. The wind carries waste and materials, but also hazardous substances.



3

Construction sites are becoming increasingly compact, meaning that some activities - such as lifting - extend beyond the construction site fences. Without barriers or traffic controllers, bystanders are at risk.



Your insight makes the difference

- You are trained and instructed to do your job safely, but passers-by are not. Something that makes sense to you may not make sense to them.
- Put yourself in their shoes. People understand that your work causes noise and other nuisance, but try to limit this as much as possible.
- If you have colleagues who don't speak Dutch, make sure they also receive all instructions and think carefully about their surroundings.



Something falling from a roof or scaffolding can cause serious injuries to passers-by. Therefore, also ensure good barriers and screening at heights.

How do you deal with aggression at work?

Have you ever had to deal with aggression at work? Unfortunately, this sometimes happens in our sectors. This can be verbal aggression (swearing, shouting, threatening), but in extreme cases also physical violence. Do you know how to deal with a situation like that?

Examples of aggression at work:

- Aggression from a colleague. In our sectors, we're often very direct with each other. If you misunderstand each other, this can lead to aggression.
- Aggression from another party. Working on tight deadlines can be stressful at times. Especially if you're dependent on others for this. These tensions sometimes also lead to aggression.
- Aggression from a customer. A dissatisfied customer may sometimes react aggressively.
- Aggression from a resident, road user or passer-by. For example, someone reacts angrily because the road is closed or because a construction site in front of his/her house is causing a nuisance. People who are under the influence or confused may therefore react aggressively.

In these situations, it is important to **de-escalate**: try to make the situation calmer and safer.



How to de-escalate

- Recognise the signs**
Be aware of the behaviour, tone of voice, and body language of others. If you catch someone becoming aggressive in time, you can de-escalate more quickly and effectively.
- Pay attention to how you come across**
Always be aware of your own behaviour. How something comes across to others may be different than how you intended it.
- Don't allow yourself to be provoked**
When someone approaches you aggressively, you're sometimes inclined to respond in the same way. But to de-escalate, it's important not to go along with the other person's behaviour. Stay calm and offer to resolve the situation together.
- Get help in time**
If you notice you can't de-escalate the situation yourself, remove yourself from it and get help. In the event of a conflict between colleagues, for example, you should approach a manager. If in extreme cases, there's a threat of physical violence, you may have to call in the police.



What can you do in advance to prevent problems caused by aggression?

- Communication is important! Indicate clearly and in good time what work will be carried out and what inconvenience this may cause.
- Make a risk assessment. If a particular situation looks risky, never go alone!
- Follow a 'Dealing with aggression' course.

Still confronted with aggression?

Always report it to your manager or the confidential counsellor. Companies and industries often have protocols for this.



Also follow the toolbox '**How to deal with aggression**' during the Be Aware of Safety Day 2025!

Ladder, steps or scaffolding: how do you work safely at heights?

Ladders, steps and scaffolding; you come across them at every work location. When working safely at heights, we often think that regulations only apply above 2.5 metres. But you can also fall at lower heights and you must therefore take precautions. The risk of falling is always lurking and is even the **most common cause of occupational accidents!**

When working safely with ladders and steps, the first step is always to consider how you can work more safely without ladders and steps. By law, ladders and steps are a last resort. Of course, many people see it as the easiest way to get a job done. They use arguments such as “never had any issues using them” or “I’ll be okay”. You also often hear that a ladder or steps are the only available means at the work location.

But did you know that:

- Ladders and steps are not intended to work on. Certainly not if you can use other, safer work equipment..

Talk to each other!

Do you use ladders and steps a lot? Do you make decisions during the work preparation about how your colleagues can work safely? Talk to each other to discuss ways to replace or avoid ladders and steps.

Does that mean you can never use ladders or steps? Of course not. That’s why it’s a good idea to make agreements about this during a toolbox.



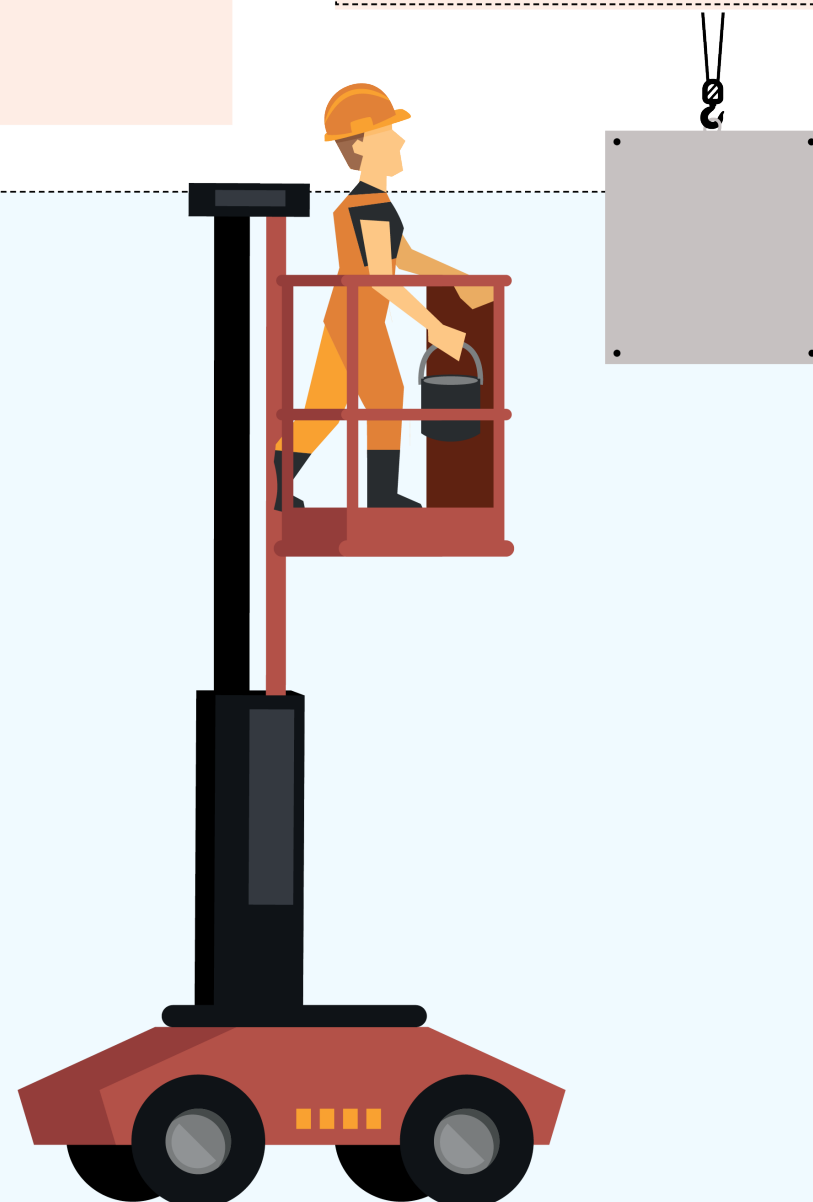
Also follow the toolbox ‘**Ladders, steps and mobile scaffolding**’ during the Be Aware of Safety Day 2025!

One or two-man aerial platform

Fortunately, practice is changing and we are increasingly exchanging ladders and steps for mobile scaffolding. But we still regularly see (unstable) room scaffolding at the work location, because mobile scaffolding is too big for that location. There’s a better alternative for these locations:

- The one- or two-man aerial platform

This is a lightweight, single-person version of the standard aerial platform.



Silent killers in the workplace

Did you know that...

- Quartz and DEE (diesel engine emissions) are the two biggest pathogens in the workplace?
- Can you still get sick from this decades later?

Quartz

Many of the materials you work with contain quartz. And so there are many processes that release this substance. Consider:

- Sawing or drilling in stone, concrete and cement
- Milling slots
- Working on kitchen and bathroom panels
- Sweeping or cleaning with compressed air afterwards (instead of immediately using a construction vacuum cleaner)

But you’re at risk even at a work location where others perform this type of work!



A visible dust cloud is caused by **coarse dust**. But more dust is released than you can see!



If you see a dust cloud, the invisible dust cloud surrounding it is **three times as large**. This is **fine dust**, which is much more harmful than visible dust.

Source measures work better than PPE

You may think that a dust mask gives you sufficient protection. But it’s always best to immediately extract the dust released with an (on-tool) vacuum cleaner. That way, you eliminate the danger at the source. This has several advantages:

- Dust masks alone do not provide sufficient protection. It’s much better if the dust doesn’t get into the air at all.
- You also protect other people at your work location from harmful substances. (Invisible) dust can remain in the air for a long time, especially in a building.
- Bonus: It’s also very practical! If as little dust as possible is released, you will have to clean less afterwards.

DEE (Diesel Engine Emissions)

Many vehicles and machines still have a diesel engine. Fortunately, today’s diesel engines are a lot cleaner than they used to be. But the health risks are still there! Perhaps your equipment is being replaced in phases. You may still be working with or next to older machines and vehicles that emit more hazardous substances. Working along the road also causes exposure to DEE.

Work as safely as possible

So you can’t always avoid being exposed to DEE. That’s why it’s important to limit this risk as much as possible.

- Always switch off a diesel engine when it is not or no longer needed.
- While working, keep as much distance as possible from diesel vehicles and machines.
- Ensure good ventilation when working indoors.
- Try to work in a place where hazardous substances will not blow in your direction.

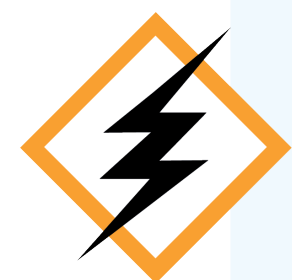
Also talk to your employer to keep the work situation as safe as possible:

- Ask about the options for cleaner equipment (electric or with a good particulate filter).
- Request a toolbox on how to reduce the risks of DEE.
- If you see an unsafe situation, always report it!



Do you know how to use **electricity** safely?

It will come as no surprise to anyone that working with electricity involves risks. Electricity-related accidents happen unexpectedly and can be serious. Companies and employees are not always aware of all the dangers. Electric shocks are common, but other serious accidents also happen.



Working safely on electrical installations

What should a company's security policy stipulate in this regard? And what do you as an employee need to know to be able to work safely? You can read a detailed answer to these questions in the occupational health and safety catalogue, 'Working safely on electrical installations'.

Where possible, don't work on live installations

To eliminate risks, don't work on live installations.

- Follow the safety procedures, see step-by-step plan.
- Block or switch off machines, technical installations and voltage sources during maintenance or repair work.
- Never repair cables, tools or other electrical installations yourself if you're not qualified.



Scan this QR code for a clear step-by-step plan.

~~"It has never been an issue"~~

Electricity-related hazards during construction and maintenance work

During construction or maintenance work, we are exposed to electrical hazards, sometimes unexpectedly. Consider excavation work and working near low and/or high-voltage cables. But you also run risks during new construction, renovations and maintenance, for example, due to drilling through pipes. So, consider carefully in advance what the risks are if you have to carry out such work. If necessary, involve qualified and expert persons.

~~"We have done it like this for years!"~~

What are the consequences?

Electrical hazards can lead to:

- Personal injury
- Electrocution (fatal)
- Electrification (non-fatal)
- Burns

But also other incidents:

- Fire and/or explosion
- Short circuit/arc
- Material damage
- Flashover

Working on the network of an energy company?

Additional rules apply for working safely with electricity. Please consult the special regulations for this sector. You can find them at www.beviag.nl.

A **tidy work area** prevents accidents

Fall hazard is a well-known risk in many work locations. But tripping is also very common. To prevent this hazard, you must keep your work area clean and tidy. Every day, risks lurk everywhere!



The tools, cables and pipes you need are lying next to you on the ground. Others may trip over them.



You're working on the roof. If you or someone else accidentally knocks or kicks something off the roof, the people below are in danger.



A box of screws sits on the floor next to you. If someone accidentally kicks this over, it immediately poses a tripping hazard.



You take your materials into the building. Anyone who is not paying attention could trip over them and even injure themselves on sharp parts.

- Of course, you can never completely avoid these risks. In a place with (many) people at work, they simply need these things. That is precisely why it's good to be aware of the risks. Our tips:
- Always think about where you put something. Place tools on the side as much as possible, not in the walking or work routes of yourself or others.
- Too many tools lying around you? Then stop your work immediately and tidy up your work area first.
- Need to move from your spot for a moment? First tidy up your work area. Even when you come back later.
- Dropped hazardous substances or a liquid? Then clean this immediately.

- Clear away packaging materials and other waste immediately before others trip over them.
- People should never be in a situation that they can't reach the (emergency) exit because you left things on the floor. So always keep (emergency) exits free of obstacles!