No headaches: does your helmet need replacing?

There are many types of safety helmets. Which is a good thing, because if your work requires you to wear one often, you'll want it to fit well, protect you and be comfortable. The kind of helmet you need depends on the work you do.

Standard safety helmet:
For (work) situations where objects might fall on your head, objects might fall over or shoot away, or where you might bump your head.

Safety helmet with a gutter:
For working with chemicals, or working in places where chemicals can get on your head.

Safety helmet with an extended back:
For work where you have to bend down a lot, so your neck and the back of your head need to be protected well.

Safety helmet with a shortened peak:
For work where you have to look up a lot and therefore need better upward visibility.

Safety helmet combined with face protection:
For work where not only the head but also the entire face needs to be protected.

Safety helmet combined with ear protection:
For work where hearing needs to be protected in addition to the head.

How durable is your helmet?
Also note that your helmet may not always continue to provide sufficient protection. The durability of the helmet depends on the material and use. In any case, replace your helmet when:

- the expiry date (the date mark can be found on the inner rim of the helmet) has expired;
- it has had to absorb a fall or impact (even when there is no visible damage!)

What can you do yourself to increase your helmet's durability?

- Don't leave the helmet in the sun for too long
- Never put stickers on your helmet and don't write anything on it with a marker.

Caution: a bump cap does often not suffice!
Contrary to common belief, a bump cap is **not a suitable alternative** to a safety helmet! As the name suggests, a bump cap only protects against bumps. A safety helmet protects against many more dangers you may encounter at work.

'Safety awareness' paper

BouwendNederland · Techniek Nederland · ONDERHOUD NL · AFNL Aannemersfederatie Nederland Bouw & Infra

29 MARCH

Join the toolbox
'Dealing with Work Pressure'
On 29 March, you and your colleagues can attend this interesting, online toolbox **for free**.

Scan the QR code for more information.

Combat hazards at the source

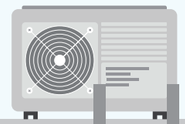
In this 'Safety awareness' paper, we increase awareness of the risks and hazards you may encounter while at work. You can tackle each hazard in its own way, but there are also some general rules.
Did you know that making a Risk Inventory and Evaluation (RI&E) is mandatory for each company and each employer (i.e. including self-employed persons who hire interns or employees, for example)?

An RI&E describes the potential safety risks on a project site. An RI&E also includes an Action Plan describing the measures to prevent dangerous situations. Not yet familiar with your RI&E? Ask your supervisor about it!

Each company is required to follow the occupational hygiene strategy. That means the order in which certain measures should be taken. Only if step 1 cannot or does not protect enough, you move on to step 2. And so on.

1 Risk management always starts at the source of the danger

Performing maintenance at heights? See if you can temporarily move the equipment to the ground to be serviced there.



2 If tackling the source isn't possible, you have to take collective measures.

Do you need to work at heights anyway? In that case, temporary scaffolding and/or edge protection may be a suitable collective measure.

3 Collective measures aren't an option? Only then do you take individual measures.

If collective measures are not an option, at least use a safety harness with certified anchoring point.

4 Don't fall back on personal protective equipment (PPE) too quickly, but do so only after all the previous steps have been completed.

Protective equipment depend on the hazard, e.g. helmets, cut-resistant gloves, ear protection.

29 MARCH

Join the toolbox

'Working with ladders & stairs'

On 29 March, you and your colleagues can attend this interesting, online toolbox **for free**.

Scan the QR code for more information.

Avoid collisions:
at a crawl through the roadmap

These numbers only show a summary of all work-related accidents caused by a collision. Fortunately, there are plenty of ways to get most of these numbers down. How? Read on quickly!

7%
consider collisions the biggest work hazard

147
work-related accidents involved a vehicle in 2021

1 in 5
accidents are caused by improper steering/control of the vehicle

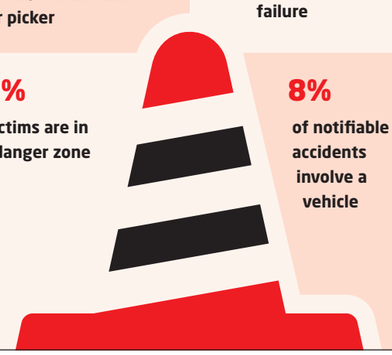
46%
of collisions are due to driving in reverse

Most involved in accidents: **(container) forklift, reach truck, lift truck, stacker and order picker**

2.1%
of accidents are due to technical failure

75%
of victims are in the danger zone

8%
of notifiable accidents involve a vehicle



Prevention is better than cure
We also use the occupational hygiene strategy for preventing collision hazards. Based on it, the roadmap 'Reducing Collision Hazards' was drawn up.
Only go to the next step if the step before it doesn't work.

! **Determine the risk**
Is a collision hazard present at the project site?

Yes?

1 **Eliminate the source**
Can you eliminate the source of the hazard so that vehicles or machinery cannot get near people?

No?

2 **Shield the source**
Can you shield the source of the hazard by, for example, a physical barrier or a seperate driving route?

No?

3 **Take organisational measures**
Can you reduce the risk by making clear agreements, setting up one-way traffic or lightning properly, among other things?

No?

4 **Take technical measures**
Can you reduce the risk with, for example, bystander warning devices or by ensuring the driver has 360° visibility?

No?

5 **Take personal measures**
Can you reduce the risk by wearing visibility clothing, for example?

No? Stop the work, report it and investigate other safe options!

29 MARCH

Join the toolbox

'Safe electrical work equipment at work'

On 29 March, you and your colleagues can attend this interesting, online toolbox **for free**.

Scan the QR code for more information.

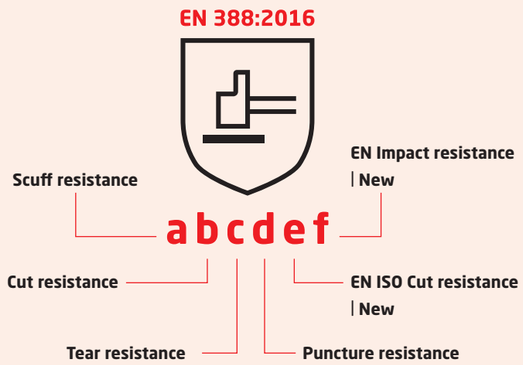
Don't cut your own fingers

Knives, paper, cardboard, glass, tiles, saws, sharp iron objects; once you think about it, you realise how many objects can injure you. In practice, particularly fingers, hands, arms and legs are at risk of cuts. In all cases, prevention is better than cure. Need tips? You can find them here!

Tips!

- Make sure there's adequate lighting;
- Cover sharp parts if possible;
- Don't get distracted;
- Work with approved tools;
- Wear long-sleeved clothes and long trousers;
- Wear cut-resistant gloves.

How to recognise cut-resistant gloves?
Safety gloves come in all shapes and sizes. Searching for gloves that prevent cuts? Look for the EN 388:2016 standard. This is a four digit and two letter code representing protection against various risks. For cut-resistance, look at the **second digit** (1 protects the least; 5 protects the best) and the **first letter** (A protects the least; F protects the best)!



Shocking misconceptions

Being careful with electricity and electrical installations seems so obvious. Yet it still goes wrong all too often. The cause may be faulty electrical equipment. However, most accidents are due to inadequate training, laziness or lack of supervision.

Who is responsible?
Do you know who at your project site is responsible for (the safety of) all the electrical installations and equipment? No light bulb moment yet? By law, a company must appoint one or more installation manager(s) for this purpose. Unfortunately, all too often, it is lacking in this area.

misconceptions

"All cables and building cabinets on the work site are probably safe."

No! This is not always the case. Therefore, always be alert! When in doubt, check this with your supervisor at the project site.

"All electrical work equipment in shops can be safely used on any project site."

No! Some electrical work equipment may be safe in other (home) situations but still pose a hazard on your project site, such as a household reel with vinyl cord.

"Unlike small electrical equipment, a construction crane does not need to be inspected periodically."

It does! Periodic inspection of large equipment such as a construction crane is often forgotten in practice, even though it poses a major risk.

"A temporary metal scaffold does not need to be equalised."

It does! All external conductive components in the workplace - including steel scaffolding - must be equalised (earthed in the vernacular). When in doubt, check with your supervisor.

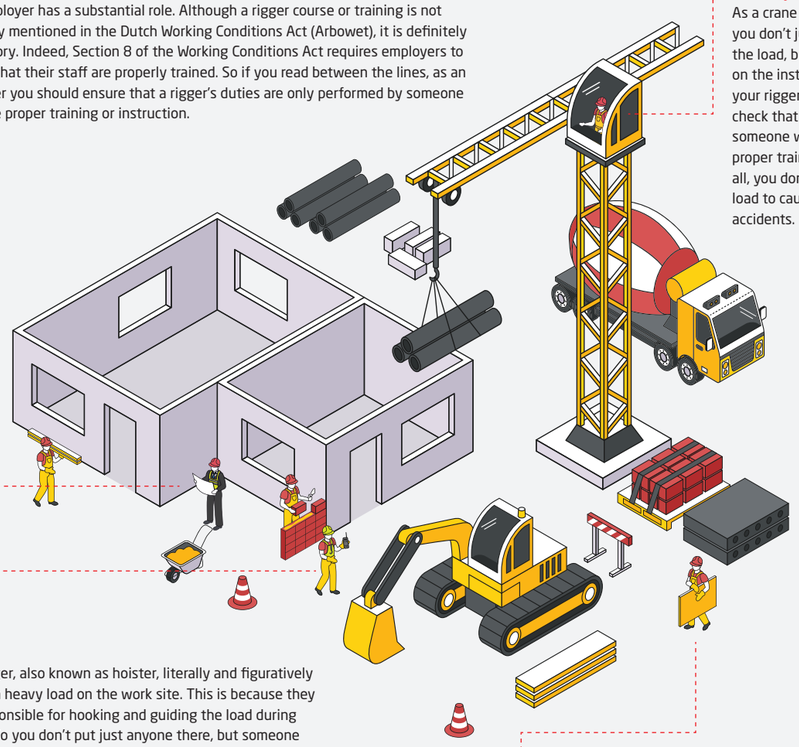
Need inspiration or promotional tools?

Refer to www.bewustveilig.com/webshop or visit www.bewustveilig.com/inspiratie.

Safe hoisting:
everyone is responsible

Safety in the workplace is something you achieve together. The same applies when lifting loads. The rigger is an important and often undervalued link in preventing accidents. But don't forget the crane operator, the client and other workers. After all, you get to work together, but you also want everyone to return home safe and sound.

Employer
The employer has a substantial role. Although a rigger course or training is not explicitly mentioned in the Dutch Working Conditions Act (Arbowet), it is definitely mandatory. Indeed, Section 8 of the Working Conditions Act requires employers to ensure that their staff are properly trained. So if you read between the lines, as an employer you should ensure that a rigger's duties are only performed by someone with the proper training or instruction.



Crane operator
As a crane operator, you don't just move the load, but you rely on the instructions of your rigger. So always check that the rigger is someone who has had proper training. After all, you don't want your load to cause serious accidents.

Rigger
The rigger, also known as hoister, literally and figuratively carries a heavy load on the work site. This is because they are responsible for hooking and guiding the load during lifting. So you don't put just anyone there, but someone who has had training or has taken courses for this purpose; they know what needs to be done.

Other employees in the workplace
When you are busy with your job, you sometimes forget about your surroundings and colleagues. But the other employees also have a responsibility in preventing accidents. So make sure everyone stays away from the load passing through the air at all times.

Loads
Did you know that accidents with small loads are more common than those with large loads? There are several reasons.

- Workers are less aware of the dangers of small loads and are therefore less careful
- Wind has more grip on small, light loads.

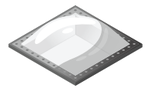
Therefore, always stay alert.

Stay (safe) and up to date

When working at heights, fall hazards are all too soon lurking. Unfortunately, falling is still one of the most common causes of work-related accidents. This can happen not just at the construction site, but at other work sites as well. Installing solar panels in private homes is a good example. Are you aware of all the risks?

Not just fall hazards
The first step to preventing accidents is to be aware of what may go wrong. If you need to work at heights, you run the risk of falling off or through something. But also consider, for example, the danger of falling objects. And if something else goes wrong on the project site - a fire breaks out, for example -, when working at heights, you have to take a potentially longer escape route into account.

Underestimated danger
Another danger that is unfortunately still underestimated often is that of light domes and skylights. In practice, it is common for workers to use them to lean on, sit on or even walk on. But this glass is definitely not made to support the weight of an adult.



To avoid fall hazards, light domes and skylights should be approached in the same way you approach cutouts, for example.

Working on a ladder or stairs? Better not!
Ladders and stairs are definitely not meant to be a workplace. Only if there really are no safer options available, you work on them, but not for too long and under strict conditions.

If you use the ladder as a means of access (and not as a workplace), you may use it to span more than 7.5 metres (i.e. 10 metres in height, for example). Always follow the schedule below.

Risk aspect	Ladder allowed		In consultation with employer	Ladder not allowed	
Standing height above floor level	Less than 5 meters	✓	Between 5 and 7.5 meters	7,5 meter of meer	✗
	or				
Effective standing time (total per project)	Less than 2 hours	✓	Between 2 and 4 hours	4 hours or more	✗
	or				
Force application (pulling or pushing from ladder)	Less than 50 N	✓	Between 50 and 100 N	100 N or more	✗
	or				
Reach (outside the ladder)	Maximum of 1 arm length	✓	n/a	More than 1 arm length	✗

Bron: *Risk aspects when working on a ladder (Confederation of Netherlands Industry and Employers).*
Note *that standing time means the effective standing time. This is the total per project of all time spent standing on the ladder.*