



Aberdeen Harbour

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Issue 1

Aberdeen Harbour Board



The Safety Post

Health and Safety Unit Ready For Action

On behalf of the Health and Safety Unit a very warm welcome to the first edition of the *Safety Post*. The Unit was formed earlier this year and is comprised of our full-time Health and Safety Assistant, Stephen Wilson, along with:

Jamie Christie (Engineering), Ray Shaw (Marine Operations) and Brian Andrew (Port Operations) who each provide the benefits of their wealth of experience in both safety and how we operate and maintain our port.

One of the first tasks that the Health and Safety Unit set itself was to take stock of our current Health and

Safety status and to re-energise the areas where it was considered that a cross-company strategy was required.

This has resulted in the Unit drawing up a robust 16 point strategic Health and Safety Plan for the remainder of 2003. The plan is ambitious and covers a broad spectrum of Health and Safety issues from risk assessment to 1st phase re-construction of the Harbours Health and Safety Management System.

The Harbour also plans to introduce a Port Safety Liaison Committee to be launched at the up-coming Safer Ports Initiative event in Aberdeen, which will be

hosted by Aberdeen Harbour Board in September. The event is seen as a way to broaden the scope of interest in improving Health and Safety within the port environment and will be open to all parties with an interest in the harbour and its activities.

The advent of the Health and Safety Unit is seen by all as a real window of opportunity to consolidate and add to the excellent work already achieved allowing the harbour to stride forward into the future safely.

Stephen Wilson

The Health and Safety Assistant



The Health and Safety Unit. (from left to right) Jamie Christie, Stephen Wilson, Brian Andrew and Ray Shaw

Seasonal Driving

With all the hot weather we have had during summer it's easy to forget that autumn and winter are just around the corner. They bring with them a great number of hazards from rain, snow and ice to low sunlight and salted roads.

Here's some points to remember for safe driving.

- * In rain and hail remember to dip your headlights, keep a safe stopping distance and reduce your speed.
- * In snow and ice reduce your speed, steer gently and avoid harsh braking. Beware of black ice 'hot spots' on your journey route.
- * Where there is glare and low sunlight reduce your speed and wear sunglasses even in winter!
- * When it's foggy always use your fog lights and reduce your speed.
- * If your planning any long journeys remember to pack some essential equipment: Some De-icer, warm clothes, a torch, and a shovel might be in order.



Mobile Safety

Almost everyone has one. Whether for business or personal use mobile phones and other mobile communications equipment such as VHF radios have become part and parcel of modern life.

Aberdeen Harbour Board has strict guidelines for the use of mobile communications equipment and it is therefore important to adhere to them, not only for your own safety but also for that of other port users.

The main points are as follows:-

Never use hand held mobile comms equipment whilst driving. This includes:

- at traffic lights
- In a traffic jam
- Answering to say "I'm just pulling over".
- Text Messaging

Pull over safely first or let the phone take a message.

Only call someone's mobile if it is absolutely necessary.

No phone call is more important than your licence....

Distance before braking response at 70 mph.

- Normal Driving 31m
- Drunk Driving 35m
- Hands-free 39m
- **Using a Mobile 45m**

What the public think?

A Direct Line / MORI survey recently revealed that 87 percent of the UK public felt that using hand-held phones whilst driving should be outlawed.

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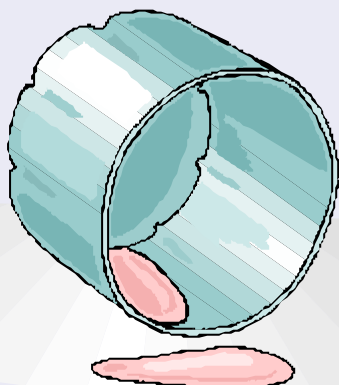


Slips, Trips and Falls

Housekeeping

Poor housekeeping is often the main cause of unsafe working conditions. These unsafe conditions inevitably lead to slips, trips and falls. A clean and tidy workplace will ultimately result in fewer accidents.

Bad work practices, spillage's, obstructed walkways or escape routes and untidy work areas all contribute to slip, trip and fall incidents.



Slips

Slips on flat surfaces are usually caused by water, oil or chemicals. Ideally these substances should be controlled by bunding and drainage.

If you see substances in areas where they shouldn't be, inform your supervisor immediately.

DO NOT leave it for someone else. Remember it may be you who slips!



Trips

Tripping hazards usually relate back to poor housekeeping. Be aware when going to and from your workplace. Keep your mind on the hazards. **STOP, LOOK and LISTEN.**

Falls

Falls can be a serious hazard. Each year more than 50 people die from falling and a further 4,000 receive disabling injuries in the UK alone.

Falls even happen on level ground, usually due to wet or worn surfaces. Ladders are also a major source of incidents.

Ladder Safety

Ladders Should Always:

- Be the correct height for the job
- Have firm unbroken rungs or steps
- Be thoroughly inspected before use

PPE

Within a busy port environment it is not always possible to find alternative ways to protect staff and visitors from the inherent risks, such as cargoes, traffic and immersion in the dock. This is when PPE is particularly necessary.

It should always be borne in mind that PPE is your last line of defence and therefore an essential safety tool.

Personal Protective Equipment

Aberdeen Harbour Board has a very strict policy for the correct use of PPE, which **MUST** be adhered to at all times and can be summarised as follows:

- ◆ Buoyancy Aids appropriate to the risk must be worn within 1 metre of the quay edge or during water working.
- ◆ Safety Shoes, Hard Hat and Hi-Visibility Vests or Jackets must be worn when in any designated PPE zone
- ◆ Within the Palmerston Fish Market area, Hi-Visibility Vests or Jackets and Safety Shoes must be worn
- ◆ Where a risk assessment or your supervisor identifies the need for other PPE this must be worn
- ◆ Employees must use the PPE as trained or Instructed
- ◆ Report any defects to your supervisor immediately

