

DON'T GAMBLE WITH YOUR HEALTH

Choosing a healthy lifestyle will improve your quality of life

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WIN a Nintendo Wii + Wii Fit
in our Prize Competition
- see back page





In this issue...

Welcome to the 'new look' **staysafe** – the health, safety, environmental and quality newsletter of the Lagan companies.



In this, issue number 10, we have redesigned **staysafe** to bring you even more up-to-date news and views on the key issues that affect you, your work colleagues and your families. We have doubled the number of pages and included some new regular features to interest readers.

Our cover story on pages 2 to 5 looks at how we can improve our quality of life by choosing a healthy lifestyle – eating a balanced diet, getting regular exercise, drinking less alcohol, reducing our stress levels and stopping smoking. Try it.

On page 6 we introduce the first of our new Recipes for Health which in this issue features Winter Warming Soup. Continuing our series 'Safety is an investment' on page 7, we report on how Lagan Construction is using a traffic light system to improve compliance with safety procedures and reduce the number of site accidents.

Pages 8 through to 11 highlight two more key issues: minimising waste through reducing, recycling and re-using materials and the prevention of slips, trips and falls, one of the most common causes of injury in the workplace.

We continue our First Aid at Work series on pages 12 and 13 with a look at how to treat victims of electric shock, whilst on page 14 we highlight recent safety incidents from within our business and across the industry.

Finally, page 15 has some useful 'Inside Back Bites' whilst our back page features a new 'Spot the Hazard' competition with a fantastic Nintendo Wii console and Wii Fit as the prize. Good luck to you all!

staysafe is brought to you by the HSEQ communications team which works to improve our performance in health, safety, environmental and quality issues across every Lagan business. We welcome your views and feedback. Please contact your local safety representative whose details are listed on the inside back page.

Health Safety &

Continuing our series highlighting key health, safety and environmental issues to help us remain vigilant.

Get fit and healthy for life, work

Research shows that eating a healthy diet, getting enough exercise and finding the time to get to know yourself can improve your health, confidence and quality of life. Learning to live a healthier lifestyle is easy when you change one small thing at a time.

As life expectancy in the UK and Ireland continues to rise, it makes sense to choose a healthy lifestyle now in order to reap the rewards in later years. If we eat healthy food, drink only moderate amounts of alcohol, keep our weight down, take regular exercise and don't smoke, we can significantly reduce the risk of a stroke, heart attack, cancer and other serious illnesses.

But choosing a healthy lifestyle is not just about diet and exercise. People with healthy lifestyles have a good balance of work and play, a healthy diet and appropriate amounts of physical activity and rest. A healthy lifestyle is about both physical and mental wellbeing.

You are what you eat

Eating a balanced diet is one of the best ways to healthy living. But which are the best foods to include in your meals, and which ones are best avoided?

A healthy diet should include the following:

- At least 5 portions (ideally 7-9 portions) of a variety of fruit and vegetables daily
- The bulk of most meals should be starch-based foods (cereals, wholegrain bread, potatoes, rice, pasta), plus fruit and vegetables
- Limited fatty food such as meats, cheese, full cream milk, fried food, butter, etc - use low fat, mono, or polyunsaturated spreads
- Include 2-3 portions of fish per week - at least one of which should be 'oily' (herring, mackerel, sardines, kippers, pilchards, salmon or fresh tuna)
- If you eat meat it's best to eat lean meat, or poultry such as chicken
- If you do fry, choose a vegetable oil such as sunflower, rape seed or olive oil
- Try not to add salt to food and limit foods which are naturally salty

FACT: Women burn about 300 fewer calories a day at 35 than at 25.



Environment - the issues



Eating five or more portions of fruit and vegetables each day helps reduce the cholesterol in our blood and protects us against heart disease and cancer. The fruit and vegetables don't necessarily have to be fresh - dried, tinned, frozen or juiced fruit and veg all count.

Eating your five portions is easier than you think:

Breakfast - Add some fruit to your breakfast cereal or have a glass of juice

Mid-morning snack - Have a piece of fruit as your second portion

Lunch - Beans on toast will count as one of your portions

Mid-afternoon snack - Dried fruit or a banana

Dinner - Have vegetables with your meal and some tinned peaches to finish



What's in your food?

All food packing identifies the calorie, sugar, fat, saturates and sodium (salt) content of food per serving or per 100gm. These figures can be used to help with a healthy eating plan.

Use a Food Shopping Card to work out your Guideline Daily Amounts (GDAs) of fat, sugar and salt intake and to help make shopping easier to find healthier options. GDAs for the average adult:

Food Shopping Card				
Check how much fat, sugar and salt is in your food				
	Sugar	Fat	Saturates	Salt
What is HIGH per 100g	15g	20g	5g	1.5g
What is MEDIUM per 100g	5g	10g	1.5g	0.5g
What is LOW per 100g	5g	3g	1.5g	0.3g

Remember that the amount you eat of a particular food affects how much sugar, fat, saturates and salt you will get from it.

Guideline Daily Amount	
Calories (Energy)	2000 calories per day
Fat	70g per day
Saturated fat	20g per day
Sugar	90g per day
Salt	No more than 6g per day

Time to get fit

The pressures of family life leave little time for exercise – and it's tough to get started. Regular exercise is not only key to a healthy lifestyle, it's also a great stress buster, helping to reduce weight and the risk of major diseases.

Maintaining a 'keep fit' lifestyle doesn't have to mean slogging it out in the gym. Boosting your general daily activity will improve your health and energy. Anything that gets you mildly out of breath and a little sweaty is fine - jogging, heavy gardening, swimming, cycling or a brisk daily walk are all good sources of exercise. However, the more vigorous the activity - the better. To gain most benefit you should do at least 30 minutes of physical activity on most days. Two shorter bursts of 15 minutes are just as good.

Children and young people need to be active for at least an hour every day - through active play, sport or walking to and from school. Even a activity can lower the risk of developing coronary heart disease, stroke, some cancers and type two diabetes by up to 50%. It can also cut the risk of premature death by 20% to 30%.

The benefits of physical activity include:

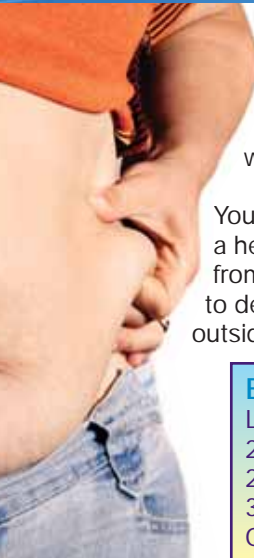
- Better health
- More energy
- Reduced stress
- Stronger bones and muscles
- Better balance, strength, suppleness and mobility
- Improved sleep
- Improved body shape
- Reaching and maintaining a healthy weight
- More social opportunities
- A sense of achievement.
- More independence in later life

Part of the reason why people are less active nowadays is because technology has made our lives easier. We move around less and burn off less energy than we used to and we drive cars or take buses. Each of us needs to think about how exercise can easily be built into our day. For some, it may be a brisk walk on the school run or cycling to work. Others may choose a dance class or gym session a few times a week.





Health Safety & Environment



Lose weight

Try to reduce your weight if you are overweight or obese. You don't need to be a perfect weight, but losing 5-10% of your weight can produce great health benefits.

Your Body Mass Index (BMI) is a good guide to a healthy weight. BMI is a number calculated from an individual's weight and height and used to determine whether a person is within, or outside a normal weight range.

BMI readings:

Less than 20:	Under weight
20 to 25:	Normal weight
25 to 30:	Over weight
30 to 40:	Obese
Over 40:	Severely obese

A normal BMI is between 20 and 25 but this can cover quite a big range of heights and weights among men and women of different shapes and body composition. A man would normally have a higher BMI than a woman of the same height, as men tend to have more muscle than women (women naturally have more fat) and muscle weighs more per square inch than fat.

To work out your own BMI:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m}^2\text{)}}$$

Don't smoke

If you smoke, stopping smoking is the single most effective thing that you can do to reduce your risk of future illness. The risk to health falls rapidly as soon as you stop smoking (but takes a few years before the increased risk reduces completely). If you find it hard to stop smoking, see your practice nurse for help. Medication may be advised to help you to stop.



Limit what you drink

A small amount of alcohol is usually fine, but too much can be harmful. Men should drink no more than 21 units per week (and no more than 4 units in any one day). Women should drink no more than 14 units per week (and no more than 3 units in any one day). One unit is in about half a pint of normal strength beer, or two thirds of a small glass of wine, or one small pub measure of spirits.



For more information:

www.healthpromotionagency.org.uk
www.nhsdirect.nhs.uk
www.hse.ie

10 top tips for a healthier lifestyle

1 Let it beet

Beetroot could be a secret weapon against high blood pressure. Drinking 500ml of beetroot juice could dramatically reduce blood pressure after just one hour.

2 Think outside the box

We spend seven years of our lives watching TV – so switch off the box and do something healthy instead.

3 Don't take the biscuit

Avoid the biscuit tin before you go shopping. Apparently the smell of biscuits activates part of the brain that wants instant gratification – a poor excuse for getting out your credit cards!

4 Embracing good health

Hugging your other half for 20 seconds can lower blood pressure and reduce levels of the stress hormone cortisol, which has been linked to heart disease and other conditions such as diabetes.

5 Pouring salt on the wound

We eat around 9.5g of salt a day, but the Government wants us to cut this to no more than 6g, as high levels of salt can raise blood pressure. Many food labels only list salt as sodium, but you can work out their real salt content by multiplying this by 2.5.

6 Sunny side up

The sun's rays on the skin help your body produce vitamin D, which has been shown to fight heart disease, depression, osteoporosis and even some types of cancer.

7 One is the magic number

Eating just one extra portion of fruit and vegetables a day can cut your risk of dying early by 20%.

8 Holding back the years

Add 14 years to your life by following four very easy principles - don't smoke, take regular exercise, drink sensibly and eat five portions of fruit and veg a day.

9 A step in the right direction

Women up to the age of 40 and men up to 50 need to take 12,000 steps a day to help shift that middle aged spread. So invest in a pedometer to make sure you're hitting your target.

10 Laughter is the best medicine

People those with a positive attitude suffer less from conditions such as heart disease. Find something to laugh at every day to give your feel-good hormones a boost!

Source: Independent News and Media



Start your day with a stretch

Get the most out of your day by doing a few stretching exercises each morning. You can do these at home or get together with a few colleagues to make it more fun.

1 Back scratch

It may look like you're scratching your back, but you're really stretching the back of your arm.

1. Reach behind your head and place your hand on your upper back, keeping your arm close to your ear.
2. Gently hold your elbow with your opposite hand.
3. Pull your elbow toward the back of your head and reach your hand toward the middle of your back until you feel a gentle stretch. Hold for 15 seconds.



2 Arm and shoulder stretch

Press your hands away from your body to stretch your arms and shoulders.

1. Lace your fingers together and turn your palms facing out.
2. Straighten your arms in front of you. Hold for 15 seconds. Relax and repeat.



3 Chest stretch

This stretches the muscles of your chest, upper back and the back of your neck.

1. Lace your fingers together behind your head, bringing your elbows back as far as possible.
2. Inhale deeply and lean back until you feel your muscles stretching. Hold for 20 seconds. Exhale, relax and repeat.



4 Side neck stretch

To stretch the muscles along the side of your neck, face forward and look straight ahead.

1. Tilt your head toward one side, gently pushing your ear toward your shoulder. Hold for 15 seconds.
2. Lift your head into a normal, upright position. Relax, and repeat three times on each side.



5 Head turn

To stretch the muscles along the side and back of your neck and at the top of your back, start facing forward.

1. Slowly turn your head and look to one side until your chin is parallel with your shoulder. Be sure to keep your shoulders straight ahead. Hold for three seconds.
2. Repeat the same steps on the other side.
3. Drop your chin gently to your chest before returning to the upright starting position. Repeat all steps five times.



6 Chin tuck

The chin tuck also loosens stiff neck and shoulder muscles.

1. Start facing straight ahead.
2. Keeping your back straight, pull your chin toward your chest until you feel a stretch along the back of your neck. Hold for 10 to 15 seconds. Relax, return to your starting position and repeat.



7 Shoulder shrug

The shoulder shrug targets tight neck, shoulder and upper back muscles.

1. Slowly bring your shoulders up toward your ears. Hold for three seconds.
2. Then, roll your shoulders back and down. Relax and repeat five to 10 times.



8 Back stretch

You'll feel this stretch along your mid- and lower back muscles.

1. Sit forward in your chair so that there's a little room between your back and the back of the chair.
2. Face forward and cross your right leg over your left.
3. Put your left hand on your right knee, and gently pull toward your left side while slowly turning your head and shoulders to the right. Keep turning until you see the wall behind your right shoulder. Don't force the turn - go just until you feel a nice stretch in your back. Hold for eight to 10 seconds.





FACT: Salmonella lurks in 90 percent of kitchen sinks - disinfect weekly.

Recipe for health

Introducing the first in our series of healthy recipes. Our winter warming soup makes the most of our favourite root vegetables now in season.

Carrot, ginger and orange soup



Our warming soup is perfect for cold days. It uses ginger for an amazing pick-me-up at this time of year and carrots to add nutrients (such as betacarotene) and glorious colour. Low in fat and full of antioxidants, it gives the body a real healthy boost.

1. Peel and chop the carrots and onion. Place in a large saucepan with a lid along with half the peeled and grated ginger.
2. Add 600ml (1 pint) of water and crumble in the stock cube. Cover and simmer for approximately 20 minutes until the carrots have softened. Cool and liquidise until smooth. Season to taste.
3. Grate the orange zest. Add half to the soup along with the squeezed juice. If desired add more water.
4. Cut the remaining peeled ginger into fine strips. Gently fry in the sunflower oil until golden brown.
5. Ladle the soup into bowls and garnish with the ginger strips and the remaining orange zest.

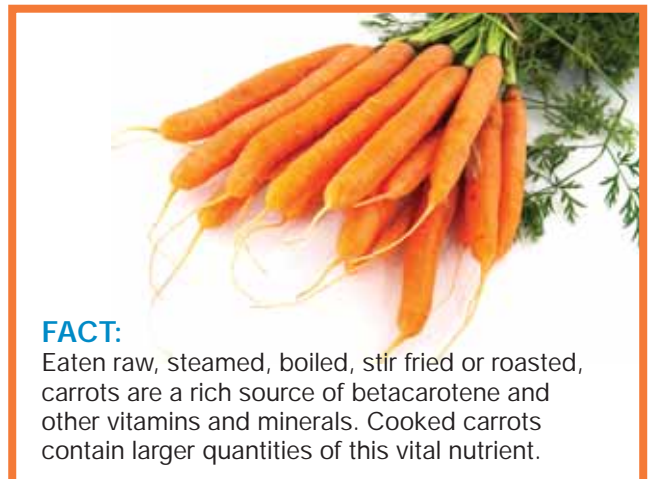
Ingredients

- 600g (1lb 5oz) carrots
- 40g (1½oz) root ginger
- 1 large onion
- 1 vegetable stock cube
- 1 orange
- 10ml (2tsp) sunflower oil

Serves 4		Ready in 30 mins		5 a day	
				1	2 3 4 5
Each serving contains					
93	12g	4g	0.5g	1.1g	
Calories	Sugar	Fat	Saturates	Salt	
5%	12%	5%	2.5%	18.3%	
of your Guideline Daily Amount					



FACT: Ginger is full of health benefits, stimulating circulation and aiding digestion. It also relieves nausea and is an effective cold remedy when made into an infusion.



FACT: Eaten raw, steamed, boiled, stir fried or roasted, carrots are a rich source of betacarotene and other vitamins and minerals. Cooked carrots contain larger quantities of this vital nutrient.



Traffic light success

Continuing our series 'Safety is an investment'

Despite a steady fall in the number of accidents over the last decade, construction is still responsible for the largest number of fatalities and major injuries to employees of all the main industry groups in the UK.

Whilst this falling trend is encouraging, the industry cannot afford to become complacent. Accidents are not an occupational hazard – they can and must be prevented. Even one accident is an accident too many.

The industry average Accident Frequency Rate (AFR) – used to measure accidents against the number of hours worked – currently stands at around 0.45, the best for several years.

All construction contractors and other companies operating in the industry target an AFR below this figure. To achieve this requires not only stringent adherence to safety processes and procedures but a step change in people's behaviour towards safety – in other words, an acceptance that safety is the responsibility of every single employee.

A company's Accident Frequency Rate is calculated as follows:

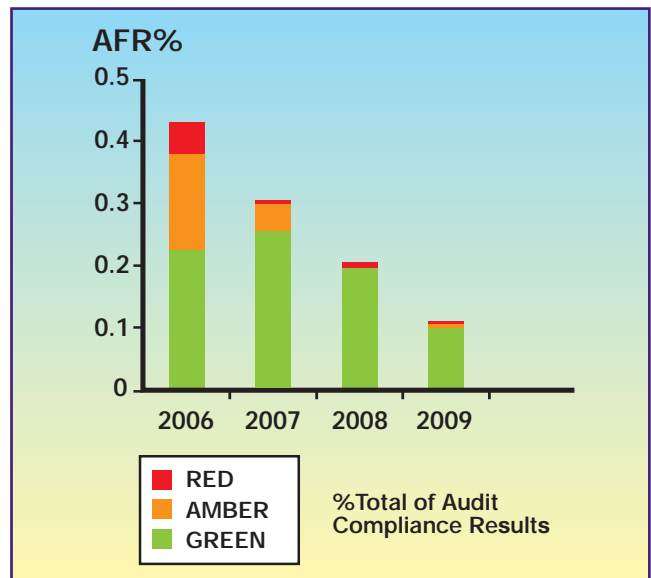
$$\frac{\text{Total number of reportable accidents}^* \times 100,000}{\text{Total number of hours worked by all employees}}$$

* Reportable accidents are those resulting in over-three-day absence from work.

Lagan Construction is among the several Lagan businesses to achieve an AFR considerably lower than the industry average. In the year from April 2009 to date the company's AFR stood at 0.07.

The company credits its management system, which complies with OSHAS 18001: 2007, for the falling number of site accidents and incidents. Each month the HSEQ department conducts a series of audits on every construction project to assess compliance with the system. These audits are scored as a percentage and rated using a traffic light indicating system:

- RED** 64% and less indicates the project has failed the audit
- AMBER** 75% to 84% indicates a level of compliance which must be improved
- GREEN** 85% and above shows a high degree of compliance



The graph shows that as compliance with the management system has increased, the AFR has fallen, indicating that compliance with the system is successfully managing safety risks on Lagan Construction sites.

Lagan Construction is currently planning to build on this success and is developing a supervision presentation to promote behavioural safety throughout the company.

The statistics that don't lie

- In 2008-2009 construction accounted for 53 fatal injuries (2.5 per 100,000 workers) and the highest rate of major injuries (254.1 per 100,000 workers)
- Relative to other industries, a higher proportion of reported injuries were caused by falls from height, falling objects, contact with moving machinery, collapses/overturns and electricity
- However, the rate of self-reported work-related ill health in 2008-2009 was of a similar order to that for all industries, based on results from the Labour Force Survey (LFS)
- In 2008-2009, the LFS showed that 3 million working days (full-day equivalent) were lost in the industry due to workplace injury and work-related ill health



Health Safety & Environment

The problem



Waste is what we throw away because we no longer need or want it. Almost everything we do creates waste and as a society we are producing more waste than ever before, both at home and at work. But the process of using up the earth's natural resources to make products which we then discard cannot continue indefinitely.

Population increase and high consumption of products in the developed world has created a global waste problem. Affluence has created effluence - the more we have, the more we have to dispose of safely. Scientists now believe we're producing more waste than the environment can absorb.

When something is thrown away we lose the natural resources, the time and the energy which have been used to create the product in the first place. Most of the resources we use in our everyday lives cannot be replaced - if we continue to use them they will run out.

When we throw something away this impacts on the environment because of how it is disposed of. As a responsible society we need to think about how we can use fewer resources, how we can make products last longer and how we can do better things with waste than simply throw it away. We need to see waste as a 'resource'.

THE FACTS

- Bad waste practices cost British industry at least £15 billion each year
- The construction industry is the largest producer of waste to landfill, generating more waste than the entire UK's 21 million homes
- Each year in the UK and Ireland 0.32% per tonne of quarry waste goes to landfill
- The UK produces over 434 million tonnes of waste each year - each person throws away seven times their body weight (500kg) annually
- One litre of oil can pollute one million litres of fresh drinking water
- Every year 17.5 million plastic bags are given away by supermarkets
- Paper and card make up 20% of the contents of household bins; babies' nappies make up 2%
- Ireland produces over 3 million tonnes of waste each year and the majority of this ends up in landfill



What are natural resources?

Natural resources are things that occur naturally and that are useful to us. They may be renewable or non-renewable.

Renewable resources include: plants, forests and animals, hydroelectric power, solar power, biomass fuel and wind power.

Non-renewable resources include: coal, oil, gas, zinc, tin, limestone, iron ore, salt, slate, clay, chalk, timber, gypsum, lead and silica.





FACT: Damp, mouldy homes are associated with an increased risk of depression.

- the issues

with waste...

Minimising waste

The best way of managing waste is not to generate it in the first place. Waste minimisation aims to eliminate waste before it is produced and to reduce its quantity and toxicity. The primary goal is to **Reduce** waste - followed by **Re-use** and **Recycle**. Think of the three Rs.



It makes sense, both economically and environmentally, to minimise waste at source by reducing the amount of rubbish we generate - in other words, to think about disposal before we buy it. Ask yourself:

- Do you really need to make the purchase?
- Can you select reusable and rechargeable products?
- Can a product be reused or used more fully before disposal?



Industry's role

As environmental concerns increase and disposal costs rise, industry is increasingly implementing waste prevention and cleaner production practices.

It is generally accepted that recycling unwanted items is better than sending them to landfill. The construction industry is the largest producer of waste to landfill - sending 109 million tonnes of waste to landfill each year in the UK.

The government wants this amount to halve by 2012. Under site waste planning regulations introduced last year, all organisations producing waste must ensure it is managed and disposed of responsibly and safely, whilst construction projects of £250,000 plus must have a waste management plan in place.

The quarrying and construction industries are committed to reducing the environmental impact of their works and where possible are switching to bio-fuels, reducing transportation of materials and restoring landscapes following works.

Companies with good waste management practices tend to have fewer accidents, lower insurance premiums, higher staff morale and better productivity. Good housekeeping such as waste segregation creates a cleaner, greener and safer working environment. All of this contributes positively to a company's reputation.

What you can do

If each one of us changes the way we think and act, together we can reduce the amount of waste we generate. Here are a few things you can do:

- Buy wisely – reject disposable products and those with excessive packaging
- Re-use paper, envelopes, bottles and containers and use reusable containers to store food
- Use old carrier bags when shopping
- Donate old clothes, shoes and bric-a-brac to charity
- Dispose of garden rubbish on a compost heap
- Use rechargeable batteries
- Join a nappy laundry service
- Stop junk mail to your home
- Dispose of waste correctly rather than dumping it
- Recycle print cartridges and mobile phones
- Print only the documents you really need

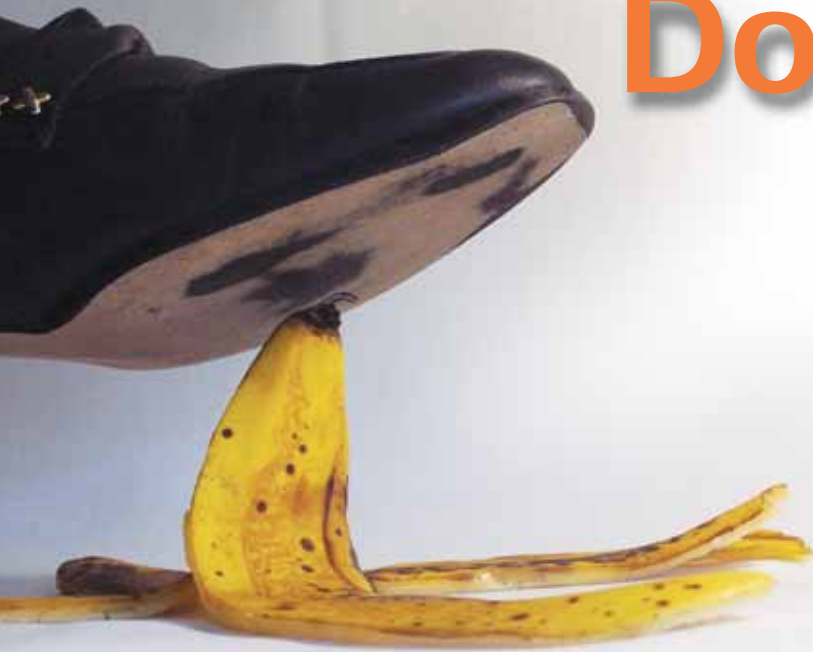


Find out more:
www.wakeuptowaste.org
www.wrap.org.uk
www.epa.ie
www.dublinwaste.ie



Health Safety & Environment

Don't slip up



In the UK and Ireland, slips and trips are the most common causes of major injury in the workplace and at home. Slippery floors and pavements, spills, loose carpets and floorings, trailing cables and discarded obstacles are more than potential hazards – they're accidents just waiting to happen.

THE FACTS

- In the UK slips and trips account for 11,000 major injuries every year
- 15% of all accidents in Ireland are caused by slips, trips and falls - the second highest cause of accidents after manual handling
- Someone slips or trips every three minutes, injuring themselves
- Falls caused by slips and trips cost businesses £500 million each year
- UK workers suffer 27,000 over-three-day injuries each year as a result of slips and trips

Every year thousands of people are injured by slipping, tripping or falling and whilst some recover, others are left with painful lifelong injuries. In many cases, slipping or tripping leads to more serious consequences – falling from a height, collision with moving vehicles, or injury from sharp work tools. Some of these accidents can be fatal.

Commonly, the causes of slips and trips revolve around housekeeping problems, lack of care whilst completing a familiar action or task or because of workplace layout.

The main causes of slips and trips are:

- wet, slippery or dusty floors
- poor concentration
- items left on floors
- poor or too bright lighting
- wet or icy conditions
- loose or uneven floorboards or coverings
- coats draped over chairs
- trailing cables across walkways
- unsuitable footwear

The majority of slip and trip accidents are preventable. However, because the hazards are so ordinary and commonplace, we invariably accept them as part of normal living until someone we know has an accident and is seriously hurt.

Slips are caused by something reducing the friction between foot and floor. In most cases this will either be a liquid or ice, an unsecured floor covering or an accumulation of dust or soft dirt.

Trip hazards are created when something obstructs our walking or running. We may know the obstruction is there but have forgotten about and it can catch us unaware.

Falls can often occur as a consequence of slips or trips. Whether on a construction site or quarry, in a factory or office environment, out and about or at home, falls can result in serious injury and can even be fatal.





FACT: For all the complexity of the brain, you still have only one thought at a time - make it a positive thought!

- the issues

There are two types of falls:

From the same level - when you fall to the same surface you are walking on. The most common type of fall mainly caused by slips and trips.

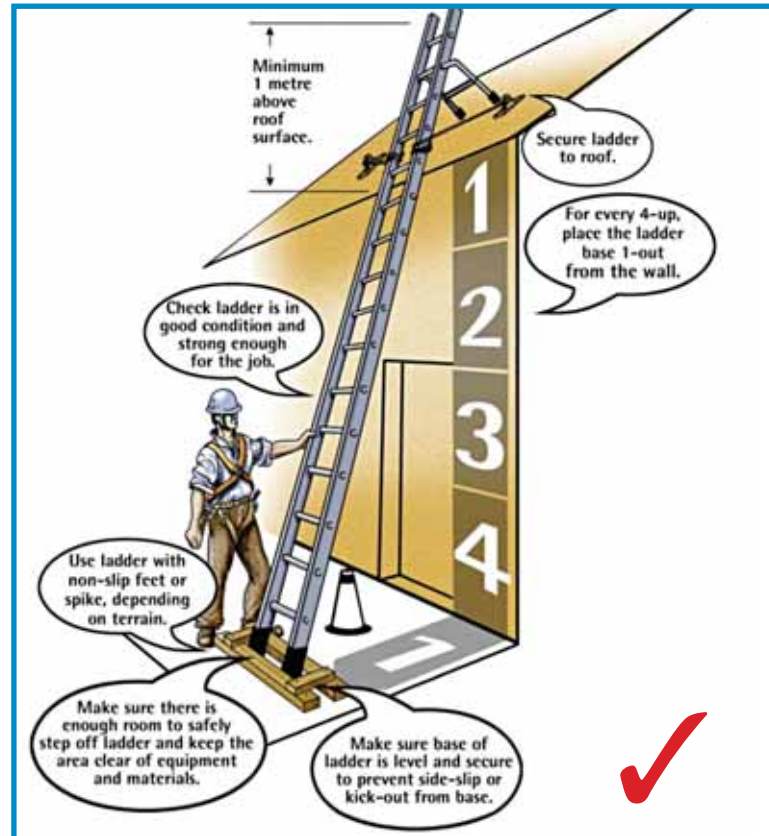
From a height - when you fall to a level below the one you are walking on. Generally more severe resulting in more serious injury. Common causes are ladders, stepladders, falling from vehicles, open trapdoors, unprotected edges of excavations or trenches, stairs.

Minimise the risk

We all have a role to play in reducing the risk of an accident from a slip, trip or fall.

By being more vigilant and identifying potential hazards, we can control the causes which would otherwise end in tears. Some practical actions we can take to prevent slips and trips include:

- Ensure a workplace or home has clear passageways that are well lit, level and dry
- Minimise spillages and clean them up quickly
- Highlight edges or transitions between different surfaces and provide handrails in stairwells
- Use slip resistant flooring in high risk areas and wear slip resistant footwear
- Ensure good housekeeping is practised so that clutter does not build up and objects are tidied away



Follow these guidelines when climbing or descending ladders.

As with all health and safety issues, changing our behaviour is key. Acting responsibly at all times will help to reduce the chances of an accident occurring:

- Pay attention to your surroundings and look where you're going
- Take your time - don't rush
- Use handrails when going up and down stairs
- Use lifting or carrying aids to move objects rather than carrying them
- Wear clean, non-slip footwear
- Always maintain three points of contact when climbing or descending ladders or onto a vehicle - two hands and one foot or two feet and one hand
- Use ladders safely
- Avoid taking unnecessary shortcuts



An accident waiting to happen.

Slip and trip accidents may be commonplace but should not be seen as an occupational hazard. They can cause extremely painful and debilitating injuries for those who fall victim to them. Recognising the causes and following the simple guidance and advice will help us avoid becoming one of those victims.



First Aid at work



Continuing our series of First Aid hints and tips for dealing with accidents and injuries in the workplace and at home. In this issue we feature electric shock injuries.

When a person is electrocuted, the passage of electrical current through the body may stun him, causing his breathing and even his heart to stop. The electrical current may cause burns both where it enters the body and where it exits the body to go to 'earth'. In some cases, the current also causes muscular spasms that may prevent a casualty from breaking contact with it, so the person may still be electrically charged ie. 'live' when you arrive at the scene.

Electrical injuries usually occur in the home or workplace, due to contact with sources of low-voltage current. They may also result from contact with sources of high-voltage current, such as fallen power lines. People who are electrocuted by a high voltage current rarely survive.

First make safe

DO NOT touch the casualty with your unprotected hands. Break the contact by switching off the current, removing the plug or wrenching the cable free. If this is not possible:

→ stand on a dry insulating material, such as a wooden pallet or plastic mat, then use a dry wooden or plastic implement to free the casualty from contact with the electrical source; **or**

→ wear rubber or plastic insulating gloves to pull the casualty free; **or**

→ if dry rope is available, without touching the casualty, loop it around the feet or under the arms and pull the casualty free.



- Place the heel of your other hand on the breastbone, slide it down to meet your index finger. This is the point at which you will apply pressure.
- Place the heel of your first hand on top of the other hand and interlock your fingers.

Slide heel of hand down



Interlock fingers



2. Give chest compressions and rescue breaths

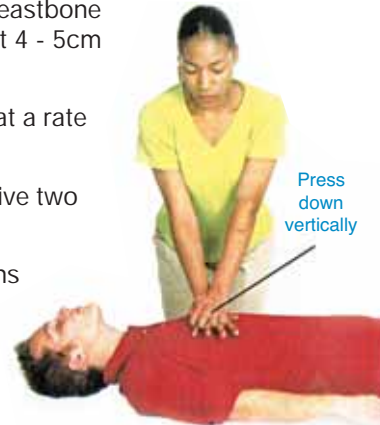
→ Lean well over the casualty with your arms straight. Press down vertically on the breastbone and depress the chest by about 4 - 5cm (1½ - 2 inches).

→ Compress the chest 15 times, at a rate of 100 compressions a minute.

→ Tilt the head, lift the chin and give two rescue breaths.

→ Alternate 15 chest compressions with two rescue breaths.

→ Continue CPR until emergency help takes over, the casualty makes a movement or takes a breath or you are too exhausted to continue.



Press down vertically

Recovery position

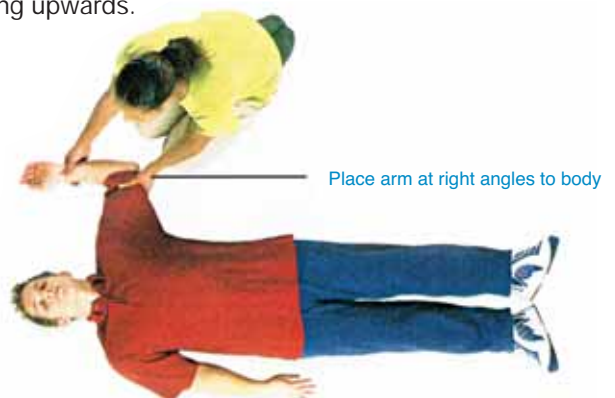
UNCONSCIOUS ADULT

1. Position arm and straighten legs

→ Kneel beside the casualty.

→ Remove spectacles and any bulky objects (such as mobile phones or large bunches of keys) from the pockets. Straighten his legs.

→ Place the arm nearest to you at right angles to the casualty's body, with the elbow bent and the palm facing upwards.



Place arm at right angles to body

Commence CPR

UNCONSCIOUS ADULT

1. Position hands for chest compressions

→ With the index and middle fingers of your lower hand, locate one of the casualty's lowermost ribs on the side nearer to you. Slide your fingertips along the rib to the point at which it meets the breastbone. Place your middle finger at this point and the index finger beside it on the breastbone.

Slide fingers to point where rib meets breastbone



FACT: Living with a smoker increases your risk of lung cancer by 23% and breast cancer by 68%.



2. Position far arm, hand and knee

- Bring the arm farthest from you across the casualty's chest and hold the back of his hand against the cheek nearest to you.
- Using your other hand, grasp the far leg just above the knee and pull it up until the foot is flat on the floor.
- Place the arm nearest to you at right angles to the casualty's body, with the elbow bent and the palm facing upwards.



3. Roll casualty towards you

- Keeping the casualty's hand pressed against his cheek, pull on the far leg and roll him towards you and on to his side.
- Adjust the upper leg so that both the hip and knee are bent at right angles.
- Tilt the head back to keep the airway open.



4. Dial 999 for an ambulance, if not already done

- Ideally, ask a helper to make the call while you wait with the casualty.
- Monitor and record vital signs - level of response, pulse and breathing.

Commence CPR

UNCONSCIOUS CHILD (1 - 7 YEARS)

1. Position hands for chest compressions

- With the index and middle fingers of your lower hand, locate one of the child's lowermost ribs on the side nearer to you. Slide your fingertips along the rib to the point at which it meets the breastbone. Place your middle finger at this point and the index finger beside it on the breastbone.

- Place the heel of your other hand on the breastbone, slide it down to meet your index finger. This is the point at which you will apply pressure.



Slide fingers to point where rib meets breastbone

2. Give chest compressions and rescue breaths

- Use the heel of one hand to apply pressure. Lift your fingers to ensure that you do not apply pressure to the child's ribs.
- Lean well over the child, with your arm straight. Press down vertically on the breastbone and depress the chest by one third of its depth.
- Compress the chest five times, at a rate of 100 compressions per minute.
- Give one rescue breath.
- Continue to alternate five chest compressions with one rescue breath for 1 minute. Then DIAL 999 FOR AN AMBULANCE.
- Continue CPR until emergency help takes over, the child makes a movement or takes a spontaneous breath or you are too exhausted to continue.



Recovery position

UNCONSCIOUS CHILD (1 - 7 YEARS)

1. Position arm and straighten legs

- Kneel beside the casualty.
- Remove spectacles and any bulky objects from the pockets. Straighten her legs.
- Place the arm nearest to you at right angles to the child's body, with the elbow bent and the palm facing upwards.



2. Position far arm, hand and knee

- Bring the arm farthest from you across the child's chest.
- Hold the back of her hand against the cheek nearest to you.
- Using the other hand, grasp the far leg just above the knee and pull it up until the foot is flat on the floor.



3. Roll child towards you

- Keeping the child's hand pressed against her cheek, pull on the far leg and roll her towards you and on to her side.
- Adjust the upper leg so that both the hip and knee are bent at right angles.
- Tilt her head back to keep the airway open.



4. Dial 999 for an ambulance, if not already done

- Monitor and record vital signs - level of response, pulse and breathing.



Home & away

FACT: The human brain consumes more energy than any other organ, burning up 20% of our food intake.

A look at some of the most recent accidents in our industry. Please read and learn from them.

Company accidents



Hand injury

After delivering his load of ready mixed concrete, the driver washed down the rear chutes of the mixer truck and turned the main chute around to lock in the secondary chute. The lorry was positioned on an incline which caused the extension secondary chute to slide down, trapping the driver's hand between both chutes. He suffered swelling to his hand but escaped serious injury.

Chipped tooth

An employee was reeling in a cable. He looked up momentarily and the cable struck him in the mouth, chipping his tooth.

Slip and sprain

After topping up his dump truck with hydraulic oil, the driver climbed down from the vehicle. He sprained his ankle on a stone and was then off work for four days.

Vehicle incident

Two employees escaped serious injury when they were struck from behind by a reversing vehicle when they crossed an access road into a site compound. Before crossing they had seen the vehicle parked some 10m away but were unable to take evasive action. Neither employee was seriously injured.

Narrow miss

An asphalt lorry with a full load arrived on site to deliver material for a hand laying operation. Without warning the lower half of the tailgate swung open and discharged the load onto the ground, narrowly missing the surfacing team. The driver had accidentally released the hydraulic tailgate mechanism from inside the lorry cab.

Dangerous occurrence

Whilst jointing a concrete pile, the rig driver lifted the drop hammer off the pile to help position the front joint keys. Once the keys were in place, he set the hammer back down but it did not properly secure the pile head, which fractured when the hammer was activated. The banksman was standing 5m away, which prevented him from being injured.

Asphalt burn

An employee was heating a 5kg bag of asphalt in an oven to carry out tests. When he removed the bag wearing heat resistant gauntlets the bag split and some of the material escaped, burning his forearm. He received first aid treatment for minor burns.

Cable strike

A lorry driver was delivering surfacing materials to a roadside site. He reversed his vehicle to tip his load. A site operative opened the tailgate to enable the material to be discharged but when the lorry pulled forward to clear the load the tipper unit body struck 240 volt overhead cables, breaking two of them. The driver and operative were unhurt and the area was cordoned off and made safe until the electricity company arrived to isolate the power supply.

Falling pile

A piling crew was driving in piles when one pile hit an obstruction and had to be extracted. Before the pile was fully out of the ground the lifting eye pulled out but the back-up safety sling prevented the pile from falling and injuring the crew.

Facial injury

A subcontractor suffered a minor injury when a fragment of plywood was caught up in the wind and blew into his face. He received first aid on site.

Foot incident

An employee was delivering to site a quantity of granite kerbs stacked three rows high on a wooden pallet. As he attempted to stabilise one of the kerbs at the top of the pallet, he dislodged another which fell, causing injury to his foot.

Industry accidents

Crane collapse

Investigations are still underway following the collapse of a crane on a building site in Liverpool city centre. The Wolffkran tower crane, on hire at the time of the incident, fell backwards onto a neighbouring four-storey apartment block.

A spokesperson for Merseyside Fire and Rescue said the crane operator was taken to hospital and was unconscious at the time. He confirmed that rescue crews had carried out a full door-to-door search of the building as they had received calls from residents trapped in their homes due to damage to escape routes. Eight adults were rescued from the third and fourth floors, with no injuries.

Manslaughter verdict

A builder has been jailed for three years after the death of a young man, crushed to death by a stone wall.

The 15-year-old and his 18-year-old brother had been left to demolish a wall using a sledgehammer and pneumatic drill when the wall collapsed causing him to suffer fatal head injuries.

The builder was accused of failing to provide a safe method of work and to adopting a cavalier attitude to the brothers' safety, merely leaving them to their own devices. He admitted manslaughter by gross negligence.

Fatal injuries

The driver of a roadsweeping vehicle on a Highways Agency resurfacing scheme in North West England has been arrested after he collided with a fellow worker, fatally injuring him.

The driver was charged with dangerous driving. Police are leading an investigation into the incident, working closely with the HSE.

The accident occurred within 24 hours of another incident when a 28-year-old construction operative was killed using a trench cutter unit at works in Wiltshire. The HSE is investigating.

The recent fatalities are a blow for the industry which had reported a fall in the number of site accidents. CECA's accident statistics for 2008-2009 showed its members were achieving a better than 10% year-on-year reduction in accidents and incidents. The industry recorded 53 construction workers killed compared to 72 in 2007-2008.

The industry is currently awaiting new Government initiatives to curb fatalities following the completion of an enquiry into the underlying causes of construction deaths.

Carpet trip in office

HM Revenue and Customs (HMRC) has paid out £9,000 to a tax credit advisor who tripped over a loose carpet tile in the office and twisted her back.

The woman, who was five months pregnant at the time, managed to break her fall by twisting onto a seat to protect her baby, but injured her back. HMRC admitted liability and agreed to an out of court settlement.



Inside back bites

FACT: Smokers inhale 4,000 harmful chemicals including 44 types of poison, 43 of which cause cancer.

Introducing the first of our regular Safety Alerts to keep you up-to-date with the big issues. In this issue we feature an incident which happened at Lagan Cement.



Dump Truck topples over

A dump truck got into difficulty one morning at the Lagan Cement quarry during routine operations.

The truck was tipping limestone onto a stock pile at the primary crusher when suddenly it toppled over onto its side, bringing the dumper crashing down.

Thankfully there were no quarry staff nearby and injuries were avoided.

The incident highlights the importance of using wheel stops to prevent access to the edges of stock piles. It is a stark reminder to follow your safe system of work.

REMEMBER: Never take shortcuts - always follow the rules.

It's your life. Take safety seriously.

For further information, please contact Jody Guilfoyle at Lagan Cement

tel: +353 (0)44 9379200

email: jody.guilfoyle@lagan-group.com

Your views

stay**safe** welcomes feedback and views from all Lagan employees in respect of health, safety, environment and quality issues. Please email your local company representative:

Lagan Cement Group, Lagan Brick,
Fleming Fireclays, Lagan Tile:
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Lagan Holdings, Lagan Homes, Lagan Projects:
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Lagan Asphalt, Irish Asphalt, Lagan Bitumen:
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Whitemountain Quarries, Roadmix,
Alpha Resource Management:
mike.kelly@lagan-group.com

Lagan Construction, Lagan Ferroviai,
FK Lowry Piling, Dew Piling:
roy.hull@lagan-group.com



Prize competition

FACT: The human head contains 22 bones - 8 in the cranium and 14 in the face.

Spot the safety hazard

How much do you and your family know about safety on site?

Test your knowledge in our prize competition. The winner will receive a fantastic Nintendo Wii Console (includes Wii Sports) + Wii Fit Bundle worth £265 (€290).



Nintendo Wii +Wii Fit

Winner of our last competition was Conor Molloy, aged 6, who won a Nintendo Wii +Wii Fit. Conor is the nephew of Helen Condra who works for Lagan Cement in Kinnegad, Rol.



We have spotted ten safety hazards hidden in our picture. See how many you can spot! Use a red pen to circle each hazard, then send in the picture with your completed entry form.

To help you get started we have highlighted one of the hazards. Good luck to you all!



COMPETITION ENTRY

Your name _____

Your address _____

_____ Post code _____

Contact tel. number _____

Lagan company you/your family member is linked to _____

Please print your name, age and address and send your completed entry to:

Jody Guilfoyle
Health & Safety Manager
Lagan Cement
Landsdown Cement Works
Killaskillen
Kinnegad
County Meath
Republic of Ireland

Closing date: 31st December 2009

Terms and conditions: The competition is open to all employees of the Lagan companies and their families. There is one prize only. No cash alternative will be offered. The prizewinner will be selected at random from all correct entries received before the closing date of 31st December 2009. The judge's decision is final. No correspondence will be entered into. Only one entry per person.