

Safety, Health & Environment Newsletter

BT Technology

August 2018 issue 52

Welcome to the August edition of the Safety, Health & Environment Newsletter. In this months issue we have articles on the following:-

- Heatwave information brief
- BEMS EAP solution - waste
- Taking care in the sun
- Safety warning for all you vapers out there
- Access equipment
- PPE news
- Near miss of the month candidates
- Near Miss Reporting
- Fires
- And finally – testing of mechanical aides.

Heatwave information brief

A number of regions have been impacted by a heat wave with temperatures reaching 40 degree Celsius (104 degrees Fahrenheit) or above. The most affected are the central and southern regions of the country. The heat wave is expected to continue into August.



Staying safe in the heat

Try to keep out of the sun between 11.0 am and 3.00 pm and avoid physical exertion in the hottest part of the day as much as possible

If you have to go outside, stay in shade as much as possible, wear loose fitting clothes, a hat, sunglasses and regularly apply sunscreen with an SPF of at least 30

Drink plenty of cool drinks - avoid sugary, alcoholic or caffeinated ones

Remember to carry water with you when you are travelling

Keep your environment cool by keeping curtains and blinds closed on windows that face the sun

Electrical items generate heat when working so turn off all those that are not essential

Look out for others, especially older people, young children, babies and those with medical conditions

Be aware of the signs of heat exhaustion:-

- headache
- dizziness
- feeling weak
- anxiety
- extreme thirst

If you experience any of these symptoms, move to a cool place, drink some water and rest

Seek medical attention if your symptoms persist

What are the health implications?

Exposure to intense temperatures can pose health risks ranging from relatively mild rashes and sunburn up to the dangerous condition heat stroke.

Sunburn develops when skin is overexposed to ultraviolet (UV) light from the sun. The result is red, painful skin that sometimes becomes swollen and blistered. Severe sunburn can also cause chills, fever, nausea and vomiting.

Heat rash, sometimes called "prickly heat" or "miliaria", often occurs on skin covered by clothing. The rash may cause no symptoms, or may itch or sting. Once in a cooler environment, it often it gets better on its own. Occasionally treatment may be required.

Heat exhaustion is a risk, especially for elderly people and those who work or exercise in hot environments. Initial symptoms are excessive sweating and muscles cramps. These can progress into fatigue, headache, dizziness, fainting and other symptoms. The situation is more serious if dehydration symptoms develop (dry skin and mouth, increased thirst, fast pulse).

Heat stroke is a serious illness which occurs when the body's cooling mechanism fails due to prolonged exposure to high temperatures. It is a medical emergency. Body temperature rises to dangerous levels during heat stroke. This can occur quickly: temperatures may rise to 41 degrees C (106 degrees F) or even higher within 15 minutes. In addition to fever, patients may become confused, disoriented, uncoordinated, and have trouble speaking or understanding others. These are signs of serious illness. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

BEMS EAP solution - waste

There is an on-going programme on the BEMS platform and our contractors Aimteq are providing the new BEMS EAP solution.

The contractors have been instructed to leave all NOMS equipment on site because switch and engine alarms still run over it so it is not yet redundant



All other waste such as old BEMS boxes (pictured), bagged waste etc. should be removed from site.

ES engineers are scheduled to return to all sites and transfer the switch and engine alarms

At this point the old NOMS equipment will then become spare but left in situ for the local engineers to use as spares.

If you come across the type of waste in the photo please contact [Alan Heath](#) who will ask the contractors to come back to site to remove.

Taking care in the sun

Some sun is good for us: It can improve our feelings of wellbeing, allows us to get out in the fresh air, to exercise and to have fun. But do remember to protect yourself from the sun.



How many of us remember the 'slip slap slop' slogan?

- Slip - on a shirt
- Slap - on a hat
- Slop - on sun cream with at least 4* UVA and SPF 15 UVB protection- and use approximately 2 tablespoons for your whole body

This is still in use with the extension of seeking shade and sliding on sunglasses-

- Seek - shade between 11am -3pm
- Slide - on a pair of sunglasses

Fluids

Make sure that you drink plenty throughout the day – if you are traveling make sure you take some water with you. Drink at least 8 glasses of fluids a day and water is best. Try adding fruit to your glass of water - avoid caffeinated or fizzy drinks, and limit the amount of alcohol you drink. Remember that the colour of your urine is a great way to check for dehydration- pale colour is good!

Taking care in the sun contd...

Healthy eating

Summer is a great time to enjoy those fresh fruits and vegetables. Picnics and Barbecues are fabulous- but take care with food safety- bacteria thrive in the warm weather- be particularly careful with meats, cooked foods and seafood. And make sure that raw foods are cooked properly on the BBQ

Try a new hobby/activity

The long evenings give us more time- try a new sport / hobby, get out walking, join a club, try some tennis, get gardening- the options are endless.

Relax and enjoy

You have earned your holiday- make the most of the time away from work and with your family. If you are not having a summer break- start planning now to make sure you do get a break later in the year!

Safety warning for all you vapers out there

ELECTRICAL PRODUCT RECALL ALERT

Product details: [Vype eTank Pro E-Cigarette](#)
[Sainsbury's and Argos](#)

For full details, including affected model numbers, please follow the manufacturer's advice, [click here](#).



Reason for recall:

There is potential for the battery to short circuit in particular product batches, which may pose a fire risk.

What should you do next?

- Electrical Safety First recommends that anyone who discovers they have an electrical item that has been recalled should stop using it immediately
- Check the product recall notification for details of what to do next
- If no details are shown, you should contact either the seller or Citizens Advice on 03444 111 444 or visit them at www.citizensadvice.org.uk
- More information on returning recalled products can be found [here](#).

Access equipment

Just a reminder that Steps Narrow 7 or 9 tread must only be used in in equipment aisles (wiring gangways only).

For instructions on any access equipment please refer to the ISIS [SFY/HSB/D030](#) Access Systems.

If you come across any items that don't feature in the ISIS please contact us at technology.healthsafety@bt.com



New PPE

We have now signed a new contract with our PPE and corporate clothing suppliers and as part of the new contract we are please to say we have added a female safety boot to the range of footwear available to order via Gatekeeper and the corporate clothing site.

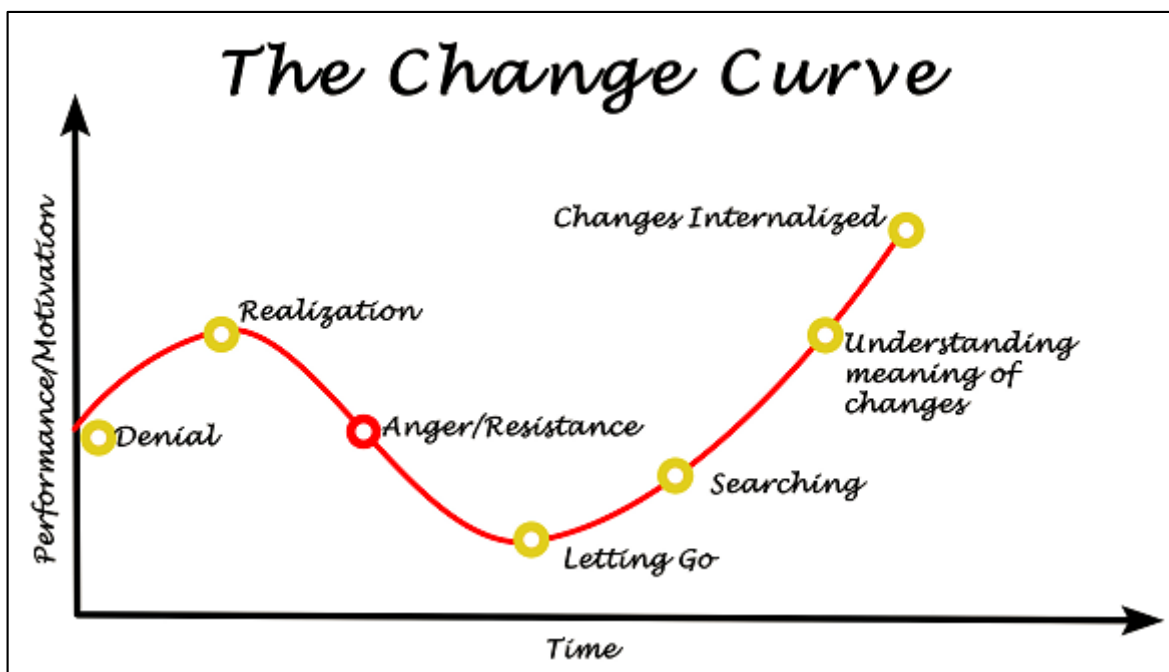
Watch this space in future editions for news of more new and improved safety items



Healthy change

Change is a constant in modern life - be it work or personal, and while change can be unsettling— our reaction to it is predictable. Change is rarely all good or all bad. Many of us see the downside of change faster than we see the upside. This doesn't mean there aren't downsides, but acknowledging them and trying to develop a "glass half full" perspective can help us deal with the change much better.

The 'change curve' below helps show the various reactions to change over a period of time.



Healthy change continued..

People adapt to change at different speeds, so knowing where you are on the curve can help you understand your reaction and know the right action to take at that point in time.

There are many practical steps and resources that we can draw on during a time of change. and here are a couple of suggestions

When feeling an emotion, especially a strong one (e.g. anger, distress, fear):

STOP, BREATHE, REFLECT, CHOOSE

Stop: Stop what you're doing or about to do. Taking a pause can be invaluable

Breathe: Take at least one deep breath

Reflect: Reflect on the potential options available at that moment

Choose: Choose the best option available

Seek support according to your circumstances. Options include: talking to your manager; family; friends; or perhaps the [Employee Assistance Programme](#). There is a wealth of help and resources available on our [HSW website](#) and for an overview of help available here is a [handy two page guide](#) detailing the key services and resources we provide.

Change and physical health

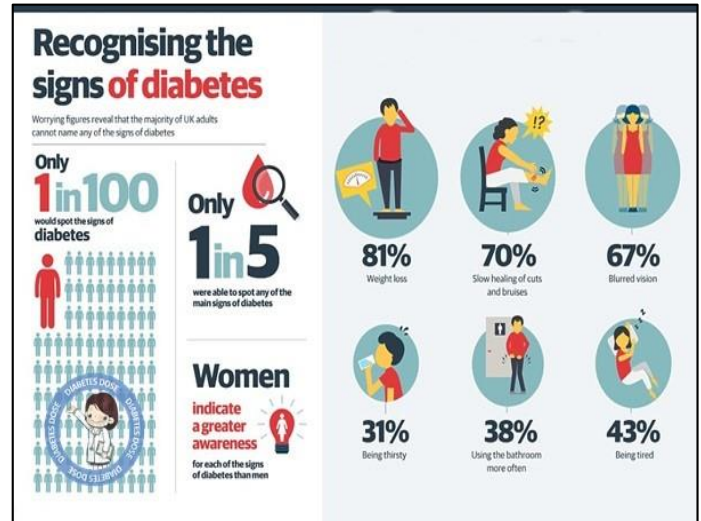
Change is a constant in our lives and this can impact our physical health as well as our mental wellbeing.

Being diagnosed with a physical health condition, whether it is heart disease, diabetes, cancer, arthritis- can have a profound impact – and can lead to feelings of:

- Anger – why me? It is unfair - I've always been healthy
- Denial - I don't feel any different- I am sure they've got it wrong. I'll be fine if carry on as before
- Fear - how am I going to manage it, what treatments will I need, how is this going to affect me / my family?

But it can also be a time to think about healthy change in terms of our physical health, and making lifestyle changes to reduce our risk of ill health and improve our physical and mental wellbeing

- Be active – Find an activity that you enjoy
- Eat healthily - and maintain a healthy weight
- Make time to relax, and prioritising regular good quality sleep



Plug check tool



Now available from your local PEM a simple plug check tool which helps to identify counterfeit plug tops which, as we have reported on previously, have made their way into our organisation.

The Plug Checker allows you to quickly check and ensure the plugs on electrical appliances meet the required standards.

It enables the user to perform 3 simple tests, in which should the plug fail on any of these checks, the appliance should not be used as it could put you at risk.

There is a demonstration video that is used in the current PAT testing course below

<https://www.youtube.com/watch?v=CURXMSf1p6k>

These are being held by the PEM's and further stock can be ordered from [Electrical Safety First](https://www.electricalsafetyfirst.org.uk)

Near miss of the month candidates

North Wembley TE

One of our engineers climbed into an AHU to carry out maintenance work and came across this, luckily, before he started! We will update the generic risk assessment to say to check for this but make sure you stay safe out there and check for any unwanted guests before starting work.

It has been reported to P & FS but they may have to wait until they are dormant to remove it



AAA batteries

A AAA battery exploded whilst in use in the engineers torch, whilst we think this is an isolated incident it may be worth a look at whatever batteries you hold.



Near miss of the month candidates

Mosborough TE

A barrier was leant against a working convector heater. The plastic on the barrier had melted and set off the fire alarm. The Fire Brigade attended site



Whitstable Exchange

A long battery strap for a Yuasa ENL 100-6 battery secondary 43/1 had significant damage to its sheathing. This has gone out as an alert to the manufacturer but please keep an eye out for other instances of this kind



Near Miss Reporting

Don't forget you have an easy way of reporting near misses
You can find it here [BT Technology Near Miss Reporting](#) just add it to your internet favourites on your smart phone.

**A reminder :- If you have an accident/
incident it must be reported within 24
Hours. Tel:0800 671345**

Fires in BT Buildings.

A reminder that no one should ever knowingly enter a room or building on fire.

Familiarise yourself with our [risk assessment](#) for Fire as well as the following mandatory training courses on learning home.

Responding to Fire Alarms (BTTSO102)

&

Using the fire extinguisher in your vehicle (BTTSO101)



And finally...Testing of mechanical aids

We have been speaking to our preferred supplier (Stanley Handling) who currently test and service our stair walkers. They have agreed to test and service any other mechanical aids you have on your patches in order to comply with the LOLER and PUWER regulations.

We have pulled together a [step by step guide](#) to show you how to do this

Please ensure that all items are tested and certified before use



Back dated newsletters can be found here :-
[newsletters](#)

Safety Brief/Alerts:

[Safety Briefs- Alerts](#)

Any feedback, suggest a Story?

Please let us know

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