



# SHEQ UPDATE

Issue 6 • JUNE 2022



## KEY SUPPLY CHAIN

### INTRODUCTION

**Hello and welcome to our 2022 Q2 SHEQ Update.**

This edition has some information on our most recent SHEQ awareness campaigns - *avoiding buried services* and *fatigue awareness*. Both hugely important topics within the industry. During the coming months we will be running monthly SHEQ awareness campaigns and we will share elements from the campaigns with you.

Regarding covid, although we are heartened to see that the first quarter of the year has brought some welcome relief from pandemic restrictions, we will continue to retain some prevention measures on our sites.

Please circulate this update with your teams to keep them informed.  
Thanks

### KEY SUPPLY CHAIN NEWSLETTER

## TABLE OF CONTENTS

1. New guidance on red diesel
2. Suspension trauma poster
3. Mates in Mind mental health training
4. Men's Health Week
5. Waste focus
6. Panic attacks
7. Supply chain award
8. Good practices

# NEW GUIDANCE ON RED DIESEL USAGE FROM 1ST APRIL 2022

Below is a bullet point summary of the key rules


- From 1 April 2022 you must not put Red Diesel fuel into the tank of a vehicle, vessel, machine or appliance that is not allowed to use it.
- You may only use up Red Diesel fuel after 1 April 2022, if the fuel was put into your vehicle, vessel or machine before 1 April 2022.
- You will not be expected to flush out any residue Red Diesel from your storage tanks once it has been used up.

You can read further guidance [here](#)



## NEW SUSPENSION TRAUMA POSTER DISPLAYED AT GEDA SITES



During April, our SHEQ campaign was 'Working at Height', and our safety teams focused on building awareness of 'suspension trauma'. For a fallen worker awaiting rescue, suspension trauma can become a life-threatening emergency if not handled properly. A poster highlighting the importance of working at height safely, and what to do in the event of a fall while in a harness has been distributed to all our sites.



### PREVENTING SUSPENSION TRAUMA

Too often, a worker is saved by a personal fall arrest system (PFAS), only to succumb to suspension trauma while awaiting rescue.

For a fallen worker awaiting rescue, suspension trauma can become a life-threatening emergency if not handled properly. Therefore, a fall protection plan should always include a plan for rescue.



**1. NO lone working at height permitted**


**2. Rescue plan in place**

**3. The best way to slow suspension trauma is to STAND.**

- Suspension trauma relief straps as shown: these are typically packaged in two pouches that attach to each side of a harness.
- Use onsite work equipment: ladder/aerial lift, or other equipment for suspended worker to stand on
- Structural member: Rescue team may be able to pull the suspended worker over to a structural member, a lower level, or the ground

**4. TIME is critical** - Suspension trauma can cause death in 15 to 40 minutes. It **MUST** be treated as an emergency, and emergency services must be contacted.

Scan the QR code to view 2 min suspension trauma information video:



# MENTAL HEALTH TRAINING WITH MATES IN MIND

Last month #TeamGEDA took part in training on how to 'start the conversation' and 'manage the conversation' on mental health, in association with Mates in Mind.

The training provided line managers with skills and support to start and manage mental health conversations with their teams.

## MENTAL HEALTH AWARENESS TRAINING WITH MATES IN MIND



Key takeaway points



- How to start a conversation about mental health needs.
- How to spot the signs of mental ill-health
- The importance of good mental health, and removing the stigma from it.
- How to engage with and listen to anyone who needs to talk about their mental health.

## MEN'S HEALTH WEEK 13TH-19TH JUNE

Men's Health Week in association with Men's Health Forum is designed to give all boys and men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives.

On Men's Health Week 2022, there is a need to raise awareness of the struggles many men are facing with their mental & physical health.

It's time for a men's health MOT:

- Take notice of what's going on in your body and mind.
- Get a health check
- Go and see your GP if you're concerned about any symptoms

#TeamGEDA got together for an extended tea break during this week to catch up and take a load off – remember your mental health is just as important as your physical health!

Scan the QR code to do your 'man MOT'!





# WASTE CAMPAIGN



**On all GEDA sites waste needs to be appropriately stored and segregated in accordance with the duty of care legislation.**

**Skips should be covered, in order to prevent the potential of waste material being blown off site. Food waste should be sealed in order to prevent the potential for rodents on site. The storage, treatment and removal of waste on & off sites is covered by several pieces of UK and European legislation.**

**Hazardous / Special Wastes will require special storage and disposal procedures these would include the following:**

- **Waste oils and fuels**
- **Japanese knotweed / Giant hogweed / Himalayan Balsam**
- **Waste oil filters / sheets from spill trays**
- **Asbestos (should it be identified) or Asbestos containing materials (ACMs)**
- **Contaminated ground (if removed for disposal)**
- **Some other chemicals**
- **Fluorescent and eco light bulbs (contain mercury)**
- **Coal Tar and Tar products**
- **Fluids/cleaners containing dangerous substances / acid / bleach**
- **Plaster board**

**Please ensure you have the correct waste handling paperwork in place prior to starting work on any GEDA site.**

**Supply this paperwork at the pre contract stage to your Site Manager.**



# Panic Attacks

NI Safety Group's joint article with Inspire Workplaces is about panic attacks.



Did you know that they are very common and up to 35% of the population experience a panic attack at some time in their lives?

**[Download this factsheet for more information on signs, symptoms and treatments.](#)**

**[Download this worksheet for breathing and thinking exercises.](#)**

## Supply chain awards



GEDA have introduced an award system for members of our supply chain who undertake a safety, health, environmental, quality or kindness action which was above and beyond what was expected.

This will be recognised in a monetary reward, certificate of recognition, a social media mention, and feature in this SHEQ update!

# Good practice examples

Check out some of the 'good practices' captured on our sites recently!



**Main posters  
displayed for ease of  
access  
and view**

**Good example of  
excavations/potential  
falls being adequately  
controlled on site**



**Plasterboard waste  
kept segregated  
from mixed  
waste**