



SAFETY



CONVERSATION

WHAT YOU'RE GOING TO LEARN

In this safety conversation we will discuss how to prevent bump and cut injuries that result from hitting your head whilst doing a task, such as cleaning, working in areas with reduced headroom or working at low levels.

HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will:

- Understand the types of situations that are leading to these injuries
- Know how to avoid possible injuries if you are in these situations
- Know what to do if you identify a possible hazard which could lead to injury

WHAT YOU NEED TO KNOW

Bumps and cut injuries are more common than you would think, these are quickly becoming the most reported cut injuries in our business. Even more concerning is that these have the potential to cause mild concussions which may result in physical symptoms such as loss of balance, dizziness, and vomiting. All in all, something that seems like an embarrassing minor injury has the potential to be a serious injury and possibly time off work.

The first thing we need to do is identify where these incidents are commonly occurring and as you may expect it is where team members are working at low levels or where there is a reduced headroom. For example, cleaning below or behind equipment, tables, desks, under beds and even in toilet cubicles, mostly it is once the task is completed, and team members go to stand up that the injuries occur and the hit an object above them.

These can also occur in the kitchens where there are high level storage cupboards with doors that can be left open and team members walk or turn into them resulting in cuts to the head or face.

It is easy to see why these injuries may seem minor and embarrassing more than anything, but it is important to remember that these are all avoidable and we want each of our team to go home safely at the end of the day. So, what simple steps can you take to avoid these types of incidents?

- Firstly, Be Mindful of your surroundings before, during and after any task you are carrying out
- If cleaning at low level remember it is more than likely that there will be something above you when you stand up, have a quick look above you before standing
- If you have had to go under a desk, table, work surface or bed for any reason, back out a bit before standing up and stand up slowly reduce possible impact on anything above you
- If you have been issued PPE for a task such as a hard hat or bump cap these must be worn appropriately and as per your training
- Finally, if you are working in an environment with high level storage such as cupboards be sure not to leave these open, rather open and close them often and avoid injury to yourself or one of your team

Like with most workplace injuries these can be avoided by taking simple measures and being mindful throughout the day, but it is also important to Speak Out and report any hazards, near misses or injuries to your supervisor or line manager as soon as possible. Remember you can Get Involved by working safely and encouraging your team members to work safely which will ultimately make your workplace a safer, better and enjoyable place to work.

Topic: Bumps and Cuts



BE MINDFUL

- Always concentrate on the task you are doing regardless of how many times you have done it
- Be aware of your surroundings when working at low level
- Take extra care when working in busy environments where cupboards are at high levels

SPEAK OUT

- Report any hidden sharp surfaces and tell your colleagues about them
- Report any hazards, near misses or injuries to your supervisor or line manager as soon as possible

GET INVOLVED

- Encourage your team to work safely and take extra care when working at low levels
- Remove or reduce hazards for those working around you where possible

YOUR VALIDATION

- What tasks are most likely to result in bump and cut injuries?
- When should you Be Mindful of your surroundings?
- Who should you report hazards, near misses and incidents to?

MORE INFORMATION

- Compass Risk Assessments
- Foodbuy PPE Guide
- HSE Website



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share