



HSE NEWS

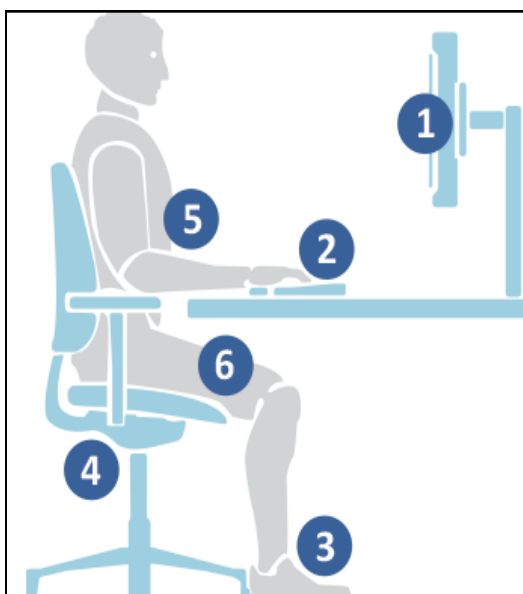
WORKING FOR YOU TO KEEP YOU SAFE

The target audience for this newsletter is PDO Staff and contractors community.

Latest HSE Statistics YTD 25 Jun 2015	2015	2016
Workplace fatalities	1	1
Non-work related fatalities	3	2
Non-accidental deaths (NADs)	7	6
Lost Time Injuries (LTIs)	28	16
All injuries (excluding first aid cases)	90	97
Motor Vehicle Incidents (MVI)	50	45
Roll over - MVIs	15	16
Serious MVIs	11	18
Lost Time Injury Frequency (LTIF)	0.32	0.18
Life Saving Rules Violations YTD 25 Jun		
Journey Management	9	
Speeding/GSM	6	
Seatbelts	14	
Overriding Safety Device	1	
Working at Heights	7	
Permit (PtW)	8	
Confined Space	0	
Lock Out Tag Out	0	
Drugs and alcohol	0	
Gas testing	0	
Smoking	5	
Suspended Load	1	
Vehicle Class A/B Defects YTD 25 Jun 2016		
Class A	31	
Class B	1094	
HSE Tip		
Compliance to ergonomic seating prevents developing musculoskeletal disorders arising from the workplace.		

Important News

Ergonomics is a science which considers the whole work system. It is applied widely in many areas and the whole community benefits from ergonomics design. Ergonomics has three



domain areas: physical ergonomics, cognitive ergonomics and organisational ergonomics.

The word “ergonomics” means the study of people and their working conditions in order to improve safety, efficiency, and performance. In design it is also referred to as “Human Factor Engineering (HFE). Ergonomics is concerned with appropriate design for people so that tasks and activities required of them are within their limitations and capacities. Therefore the focus is to ensure that the work station matches the individual physical and mental capabilities. This is often termed “user-centered design”.

What You Need to Know

Five Elements Of Ergonomics:

When analysing work place from an ergonomics point of view there are five elements that need to be addressed: The worker, the job tasks design, the work environment, the equipment design and the work organisation.

Good Ergonomics:

Good ergonomics in the workplace should improve productivity and morale and decrease discomfort, injuries, illness, sick leave, staff turnover and absenteeism.

Poor Ergonomic Health Hazards:

Health hazards resulting from poor ergonomic design are mainly Musculoskeletal Disorders (MSD) such as injuries or pain to the back, neck, hands, arms and feet, including work related upper limb disorders, repetitive strain injuries (mouse disease).



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HSE Advice Note

Poorly designed work stations are often set up wrongly so it is difficult for users to maintain a relaxed and balanced posture, which puts strain on the affected body parts and causes damage to the involved tissues.

Musculoskeletal Disorders including repetitive strain injury (RSI), mouse disease and lower and upper back pains arising from bad workplace ergonomics can be prevented if we adopt the correct ergonomic approach and follow the below HSE advices:

a) Sitting Posture: the purpose of good seating is to provide stable body support in a dynamic posture which is comfortable over a

period of time and appropriate to the task or activity which is to be performed. Proper seat height ensures the comfort of the lower limbs by distributing pressure on the underside of the thighs. Proper positioning of the upper body against the back rest helps maintain the natural curvature of the spine and evenly distribute pressure within the inter-vertebral discs and minimises back strain. Users should maintain neutral posture and avoid twisting. To achieve the correct sitting posture, the office chair should be adjustable for height, armrest and back rest with good lumbar support

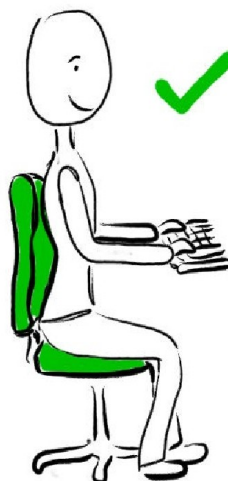
b) Desk: the space between the bot-

tom of the desk and the top of the user's legs should be sufficient (4-5 cms) to allow comfortable movements of the legs.

- c) Feet should be at 90 degrees and firmly on the floor, and if feet can't touch the floor then you should obtain a footrest
- d) Screen/Monitor: should be flicker and reflections free and easily adjustable for brightness and contrast. The distance between the user and screen should be at an arm's length, and the top of the screen positioned at the eye level.
- e) Mouse should be positioned near the keyboard to avoid over stretching. The key board should be positioned so that your arms are parallel with the floor.
- f) Lighting should be adequate, windows should have blinds and the computer user should not be placed with a window directly in front or behind the screen.
- g) Document holder and reference materials should be easily accessible.
- h) Head should be up and shoulders relaxed.
- i) Users should do simple active stretches exercises at the office and take short breaks



Incorrect Posture



Correct Posture

If you have any ergonomics issues or in doubt, you can contact your Ergonomic Specialist (MCOH team in PDO) for work station assessment and advice.