

## Major improvements achieved in Accident Frequency Rate

As part of our occupational health and safety performance measurement, we record our AFR each month.

Since 2007 our AFR for reportable incidents has improved from 0.55 to 0.34 in 2008 and 0.09 in 2009. For accidents where less than three days were lost, our AFR has reduced from 4.44 in 2007 to 3.17 in 2008 and 0.78 in 2009.

This is a tremendous performance that puts us at the forefront of our industry. In the clearest way possible, these figures prove that the investment we all continue to make in training and in treating health and safety as the top priority, enables more of us to return home safely at the end of each day than ever before.

Of course we all know that one accident is one too many and these figures are there to be improved upon.

Many thanks to everyone – Jeff Jackson *SHEQ Director*



## Help to make a difference – become part of the Holleran Safety Circle

Following the successful establishment of the Holleran Safety Circle last Summer, we want to strengthen the team and build on what we have achieved so far.

The Holleran Safety Circle was formed to help promote health and safety and by volunteering and taking part you will collect the safety concerns of other employees; report to the Safety Circle and then provide feedback to all employees regarding their concerns.

This initiative involves everyone and you can be a part of the Holleran Safety Circle if you have the enthusiasm or the experience and you want to make a difference.



### Our Safety Circle:

- Helps to protect employees by responding to their safety concerns
- Helps to protect the employer by providing useful information
- Helps labour and management highlight and solve problems
- Helps to improve the safety education and motivation of all employees
- Helps to improve health and safety training and motivation for all supervisors and managers

To take part, please contact Jeff Jackson on 01322 665577 or speak to your local Health and Safety Advisor.

# Outdoor workers and sun exposure



## What is the problem?

Too much sunlight is harmful to your skin. A tan is a sign that the skin has been damaged. The damage is caused by ultraviolet (UV) rays in sunlight.

## Who is at risk?

If work keeps you outdoors for a long time your skin could be exposed to more sun than is healthy for you. You should take particular care if you have:

- fair or freckled skin that doesn't tan, or goes red or burns before it tans;
- red or fair hair and light coloured eyes;
- a large number of moles.

## What are the harmful effects?

In the short term, even mild reddening of the skin from sun exposure is a sign of damage. Sunburn can blister the skin and make it peel. Longer term problems can arise. Too much sun speeds up ageing of the skin, making it leathery, mottled and wrinkled. The most serious effect is an increased chance of developing skin cancer.

## What can you do to protect yourself?

- Keep your top on.
- Wear a hat with a brim or a flap that covers the ears and the back of the neck.
- Stay in the shade whenever possible, during your breaks and especially at lunch time.
- Use a high factor sunscreen of at least SPF15 on any exposed skin.
- Drink plenty of water to avoid dehydration.
- Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding.

If you have any concerns please speak ask your supervisor for help or visit <http://info.cancerresearchuk.org/healthyliving/sunsmart/>

## Recycling at higher levels than ever

Measuring our recycling performance is one of our monthly Key Performance Indicators. These KPIs cover the whole of our operations and over the last year we have been making considerable efforts to reduce the amount of material we send to landfill.

Our most recent figures show that Holleran now recycles or re-uses on-site nearly 40% of everything we excavate. This represents a considerable improvement and shows what can be done when we focus on this issue.

Material that we are unable to re-use on site is normally taken to a waste reprocessing facility for subsequent use elsewhere. It is only for materials that cannot be re-used or re-processed in any way that disposal to landfill is considered.

Sending material to landfill is not sustainable in the long term and we are constantly trying to find ways to increase our levels of recycling further. We are currently forming a working group to look at future initiatives and if you have any ideas that might help please talk to your Supervisor or Manager.



## Holleran SHEQ systems benefit from Quality Assurance inspection

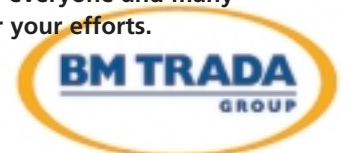
BM TRADA recently completed a regular inspection of our operating procedures to make sure that everything we do is in accordance with our Management Systems.

Our Bolsover Office in the Northern Region performed extremely well and that is a great credit to those involved.

In a number of areas we are now developing several initiatives that will help to refine and improve the way we work, and this will help to raise our performance levels further.

Delivering what we do through the comprehensive management systems that we have in place is a major undertaking, but one that we all have to take part in if we are to succeed in delivering our work both safely and efficiently.

Well done everyone and many thanks for your efforts.



Holleran Group Ltd,  
8 White Oak Square  
Swanley, Kent BR8 7AG  
T: 01322 665577  
F: 01322 665533  
E: [info@holleran.co.uk](mailto:info@holleran.co.uk)  
W: [www.holleran.co.uk](http://www.holleran.co.uk)

