

# The BEESafe 12 Days of Christmas

**On the First day of Christmas** my true love sent to me, a Partridge in a Pear Tree... Think about **Working at Height**; the biggest cause of serious injury in the workplace; the key control here is plan what you are doing – be stable and secure. Use the correct equipment, maintain stability and think about falling objects!



**On the Second day of Christmas** my true love sent to me, Two Turtle Doves and a Partridge in a Pear Tree.

The two key pieces of documentation you need in place are a **Safety Policy** and a **Risk Assessment** – the Safety Policy details organisational commitment, outlines responsibilities and gives specifics on key Hazard Areas. This enables Risk Assessments that reduce the Risk so far as is reasonably practicable. Both documents need to be communicated to all affected by them; these are living documents that contribute to an effective and positive Safety Culture.

**On the Third day of Christmas** my true love sent to me, Three French Hens Two Turtle Doves and a Partridge in a Pear Tree.

Think about **3 key areas** of service development and decision making: Task (Activity), Environment and People.

**4th day** – Four Calling Birds – the four elements to a **Manual Handling** assessment: Load, Individual Capability, Task and Environment.

How safe is your practice? Remember if we are more sedentary, we may be more at risk of injury.



**Five Gold Rings** – five steps to **Risk Assessment**: identify the hazards, decide who is going to be harmed, look at what controls you have in place and decide/evaluate whether you need to do anything else, record & review.

Focus on the tasks which are likely to cause more harm, or more frequent harm. Make sure the assessments indicate control measures that are suitable and sufficient!

**Six Geese-a-Laying** – HSE recommends looking at **six key hazard areas** when approaching **Stress at Work**: The Risk Assessment should look at Demands, Role, Responsibility, Control, Support, Relationships and Change. Stress is the biggest cause of work-related ill health and there are 11.3 million days lost each year – Christmas can be a particularly stressful time for some so do be mindful of this when at work.

**Seven Swans-a-Swimming**: - seven most common workplace concerns: Cluttered Work Environment, Slips, trips and falls, Unsafe Use of Equipment, Electrical Hazards, Toxic Chemicals and Fumes, Not Properly Controlling Hazardous Energy, lack of training, Personal Protective Equipment.

**Eight Maids-a-Milking** – There is plenty of free help on the HSE's website – including Approved Codes of Practice – each has a Number. L8 relates to Legionella; a specialised Risk Assessment. Think Hot & Cold Water systems such as showers.

**Nine Ladies Dancing** – nine points on the **Hierarchy of Control**: Elimination, Substitution, Isolation or Enclosure, Ventilation (Local then General) Good Housekeeping, Limiting Exposure, Good Welfare & Personal Hygiene, Information & Training & lastly Personal Protective Equipment.

**Ten Lords-a-Leaping** – **ten days** is the timescale for have to report over 7 day Injuries to HSE – reporting is now online apart from fatalities. Slips and Trips account for 63% of injuries. Slips and Trips: look at the floor, usage, risk of contamination, footwear, lighting, changes in level.

**Eleven Pipers Piping** – there is a **HSE Briefing note No 11 on Human Factors on Organisational Change**; not exciting you may think, but the fact is our own behaviour has a huge impact on health and safety; you need the three elements of Premises, Policies & procedures plus PEOPLE to ensure a great Health and Safety Culture (How we do things).

**Twelve Drummers Drumming** – this finishes with **review**: if there has not been a significant change, Health and Safety Management Systems should be reviewed every year (12 Months).

It has been a difficult year and as we come to the end of 2020 we are likely to review our activities and reflect on our experiences.

**Have a very Merry Christmas**

**and best wishes for a Safe and Happy New Year!**



Ref: <https://www.shponline.co.uk/safety-management/12-days-christmas-elf-safety-way/>