

SITELINE

The Davie Group Newsletter.

Issue 27, July 2007

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Welcome

Welcome to the first newsletter of Sitaline to be published on our new website. We produce this newsletter chiefly for our workforce but also for our clients to see what information we give to our operatives. We try not to make Sitaline too dry and dusty so you will find the odd funny item or joke.

We always welcome feedback so please tell us what we've done right or wrong, or even to tell us what you would like to see included.

We received a 'Missing' report in the office a week ago and I think it only right to pass it on.

URGENT MISSING REPORT.

ROUND YELLOW THING USUALLY FLOATS AROUND IN THE SKY, ANSWERS TO THE NAME "SUN" IF YOU SEE HIM TELL HIM IT'S BL***Y JULY!

HERE'S A SKETCH ARTISTS IMPRESSION RELEASED BY THE POLICE TODAY.

UPDATE: There have been several quick sightings but no real leads.



Oops!

This site in question is an Irish sports bar in Manchester, which is in the process of having permanent bollards installed to stop vehicles getting too close. And they were doing so well!



No Card, No Job.

In February we warned everyone that from the 31st of December 2007 we would not be able to find work for bricklayers on major house-builders sites unless they have a CSCS card for their profession. Bad news for those who haven't got one yet, **It's already started!** We already have 3 sites where the client insist on CSCS cards **now** as they are members of the Major Contractors Group and there looks like another 2 sites coming online soon where this is also going to be the case.

We can not stress the importance of everyone getting a CSCS card if they want to work on our sites, and the sooner the better. Please don't think you have plenty of time to do it either. Operatives are sometimes already having to wait a month before they can get a Health & Safety Touch Screen Test. You need a current pass on one of these to get a card, and that's with proof of your qualifications in City & Guilds, NVQ or apprenticeship. If you need to go through an assessment process because you don't have proof, it can take 3-5 months minimum. Christmas is now 5 months away and the spaces with training and assessment centres are filling fast.

So, if you don't have a card what are you going to do about it?

We are more than happy to talk to anyone to help them find the best way for them to get a card. From simply filling the forms with the proof of training and test pass, to apprenticeships, on-site as well as in-centre assessment, part-time and full-time training, there are many options, and there are many grants available for those that are illegible.

If you're interested in gaining a card or qualification and you want to know more about your options, please call Sue on our office phone number. You can also find out more about the options you have by going to:

www.cscs.uk.com

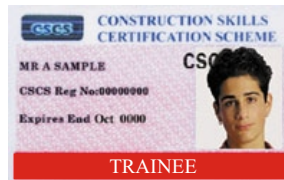
www.citb.co.uk/cardschemes

or calling:

SkillsDirect on 0870 410 3563

CSCS Helpdesk on 0870 417 8777.

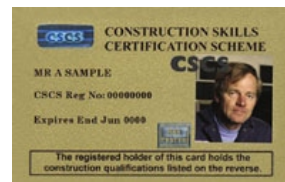
The 4 Basic Skills Cards for Construction Operatives



Red Traineer Card. Valid for 2 years and can only be renewed once.



The green card is for operatives who carry out basic site skills only.



Gold skilled card if you have an S/NVQ level 3 or apprenticeship.



Blue skilled card if you have achieved an NVQ or SVQ level 2

First of a 2 part series on helping someone suspended in a safety harness.

Taken from www.suspensiontrauma.info

Although the people who use fall-arrest harnesses are given information on what happens if they find themselves suspended in one, the chances are that as a site operative, you could very well be one of the people being relied on to rescue them. With that in mind we feel it's something all site operatives need to know about, especially as it's so easy to go from rescuer to killer if you don't have this information while trying to help them.

Do you know what Suspension Trauma is?

Suspension trauma is a perfectly natural reaction caused by the body being held in an upright position. It will happen to everyone, and you do not need to be ill or injured - simply standing still and unable to fall over.

Of course we can stand and walk about in normal life and not risk death, and this is because our leg muscles can pump the blood back upwards, provided you are able to move your legs. When we walk about, this works very well. Standing still it's less effective, and sometimes we faint. If we can't use our legs at all, such as if we're strapped into something or hanging in a harness, then we will faint. The problem comes after that - if you faint, you really need to fall over right away. Stay in the same position, and your brain has no oxygen supply.

Firstly, when blood to the brain reduces, your brain decides to put you in shock. You must be bleeding somewhere, right? So, it increases your pulse and breathing rates, you feel a little sick, shivery, cold, sweaty and anxious. This doesn't really help much, as what you SHOULD be feeling is a craving for exercise - but never mind, evolution is never perfect. That higher pulse rate shunts blood up to the brain and away from the skin, which helps for a few minutes - but of course it's still pumping blood down into those legs as well. Eventually, your brain realizes its mistake and goes for plan B - the Central Ischaemic Response. You faint.

Why? Because of course if you faint, you must fall over. Your brain has learnt that from millions of years of... falling over. When you hit the floor, the blood trapped in your legs returns, and all is well. The problem is when you don't fall over. Your brain has no comprehension of that idea - so if you are physically held upright after you've fainted - by a harness - your brain is in deep trouble. It's turned off its own blood supply to get you to faint, and it still needs the blood in your legs. So, it waits. you die waiting.

Preventing suspension trauma can take one of two approaches - either we stop the blood pooling in the first place, or we make sure it's pumped back out.

Plan 1 : Sitting up, chilling out.

You're probably sitting in a chair reading this. You haven't moved your legs in a while, but you're not dead. It's all down to the fact your thighs are almost horizontal - they are where most of the blood pools, and so if they are kept elevated then suspension trauma is almost impossible. For anyone suspended in a harness and who can't move (for example someone who has fallen and is injured) then the best, most effective and easiest way to keep them safe is to lift them into a sitting position. Looping something under their knees, or sitting them on a swing-seat, is all you need to do - the person can

often do that themselves if they've got something to hand. It's very important to do this as soon as possible - within a few minutes of suspension - so the blood has no time to begin pooling. The trick is to lift the knees, and to use your legs as little as possible - the more you use them the more blood is sent down to the muscles.

Plan 2: Invisible Bicycles

Just as with the rock climber, or you when walking to the kitchen, using your legs keeps the blood flowing. Even hanging in a harness, if you are using your legs to climb about, you will be safe. The problem comes when you're in mid-air, or you're injured or tired, and that movement is a bit less forceful. Now, the pumping effect is reduced but your leg muscles are exercising, so they need blood! The arteries feeding your legs open wide, blood pours into your legs, and eventually... well you can see the result. The 'keep your legs active' plan works great if you have surfaces to kick against. It's useless for anyone who physically cannot move, and once you start madly pedaling that invisible bicycle in mid-air, you know that you cannot stop. If you do, the blood rushing into your legs stays there, and the world goes dark around the edges.

In summary...

So, what have we learnt so far?

- lifting someone's legs into a sitting position is the best plan, and the easiest.
 - Try to avoid leaving someone 'upright and immobile' for more than a few minutes at a time and never on their own.
- Of course if it does happen, you'll want to know how to treat the victim safely!

To be continued.....

The Good Old Days!?



Flight to Spain - £60
Hotel and food for 4 days - £150
Beer - £350
Being handcuffed to a blue smurf for the full duration of your stag do - Priceless!

