



red rock
electrical

L I M I T E D

NEWSLETTER ISSUE 5, JANUARY 2018

Health and Safety

Pop-Up and Scissor Lift Safety

Did you know that falls from height are the biggest work place killer?!!



Safety Rules – the Don'ts!

- NEVER** – exceed the rated capacity of the platform
- NEVER** – use the machine as a 'crane'
- NEVER** – attempt to increase the reach or working height of the machine
- NEVER** – use the machine in temperatures exceeding 500C or below -200C
- NEVER** – manoeuvre the machine on an inclined surface
- NEVER** – release the brakes or manoeuvre the machine whilst in an elevated position
- NEVER** - manoeuvre the machine with a person or materials on the platform
- NEVER** - attempt to get on or off the work platform of the machine when elevated
- NEVER** - apply external side loads to the platform or scissor structure
- NEVER** - allow persons at ground level to operate the controls whilst the platform is occupied
- NEVER** – operate the machine outdoors
- NEVER** - use the machine as a jack, prop or tie to support other structures
- NEVER** – interfere with, wedge or attempt to override hydraulic, electrical or mechanical safety Devices

- NEVER** - remove the platform guardrails when the machine is in use
- NEVER** - allow works overhead of the machine to be carried out which are outside the control of the operator
- NEVER** - use the machine as an electrical earth when welding structures alongside it
- NEVER** - use the guardrails to carry materials
- NEVER** - attempt to overreach

Safety Rules – the Dos!

- ALWAYS** - check that there are no obstructions or persons that may be struck by the platform before and during the raising and lowering of the platform
- ALWAYS** - carry tools and materials within the confines of the guardrails of the work platform
- ALWAYS** - undertake the daily checks recommended prior to the operation of the machine
- ALWAYS** - ensure that all instructions, warning and safe working load labelling and plates are clean and legible
- ALWAYS** - ensure the machine is positioned on adequate ground to support the weight of the machine and its rated load
- ALWAYS** - keep the machine clear of live electric conductors
- ALWAYS** - keep the machine away from contact with fixed or moving objects
- ALWAYS** - ensure hands are within the confines of the guardrails when elevating the work platform
- ALWAYS** - ensure the access gate is closed and latched once the operator has entered the work platform
- ALWAYS** - ensure that another responsible person on site knows how to use the emergency Controls
- ALWAYS** - ensure the weight is evenly distributed within the platform
- ALWAYS** - ensure the safety of persons that may enter the area around the platform and keep other vehicles clear of the work area

- ALWAYS** - lock the swivel castors when machine is stationary whether or not it is in use
- ALWAYS** - ensure the tilt sensor alarm sounds when the power is switched on
- ALWAYS** - ensure the battery is charged before use
- ALWAYS** - read and understand the Instructions for Use before using the machine
- ALWAYS** - use fail-safe props if working under the work platform
- ALWAYS** - thread the hoisting straps inside the guardrails when hoisting the machine
- ALWAYS** - check that the certification of the machine is in date before use

Message from the MD...

Firstly, I'd like to wish everyone a happy new year.

We have a lot of exciting new projects coming up over the next 12 months and I am looking forward to discussing these jobs with you at our annual company meeting.

This issue, our focus is on Pop-up and Scissor Lift safety following the recent purchase of 13 scissor lifts. Having these lifts in our warehouse stock will be a great benefit to the company in the years ahead.

*Best wishes,
Matt*

In other news.....

Get to Know...the estimator

Tim Jewitt

Current Wheels: Ducati Panigale

First Job: Panel Beater

Favourite Drink: Cider

Favourite Film: No Country for Old Men

Favourite Saying: That's what she said



OUR NEW WEBSITE IS NOW LIVE

www.redrockelectrical.co.uk



What is a Defibrillator?



An automated external **defibrillator (AED)** is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest (SCA). SCA is a condition in which the heart suddenly and unexpectedly stops beating. Each year in Britain around 30,000 people are struck by sudden cardiac arrest outside of hospital environments. They can affect anyone at any time – from young children at school, to adults when they're at home, work or out in public places.

Without immediate treatment, 90-95 per cent of cardiac arrests prove fatal

Most casualties feel and look very ill before the heart stops beating (cardiac arrest). In cardiac arrest, cardiopulmonary resuscitation (CPR) is urgently needed to get oxygen to the heart and brain to prevent cell death. The best chance of restarting a heart is with a defibrillator. Survival rates reduce by up to 10% per 1-minute delay in delivery of a defibrillation shock. For this reason, Automated External Defibrillators (AEDs) have been designed for first aiders to safely use in an emergency.

How do you use a defibrillator?

Defibrillators are very easy to use. The machine gives clear spoken instructions. You don't need training to use one. The machine analyses someone's heart rhythm and then uses visual or voice prompts to guide you through each step.

1. **SWITCH ON THE DEFIBRILLATOR** – Remove or cut through clothing and wipe away water/sweat from the chest if necessary
2. **STICK ON THE PADS** – Attach the pads to the casualty's chest in the positions indicated on the pads
3. **FOLLOW THE INSTRUCTIONS** – Follow the voice and/or visual prompts given by the machine

Red Rock Fundraiser?

Why don't we organise a fundraising event and help pay for a defibrillator to be installed at our Mead House office.

We could have a quiz night, a skittles evening, take part in an obstacle race?! The list of events we could hold or take part in is endless. Let's have some fun while raising money for this life saving device.

Get involved - send your ideas/thoughts to: emmat@redrockelectrical.co.uk

Mr. January
Aaron Palmer

