

YOURHEALTH

Duradiamond Newsletter December 2019



Duradiamond
Building Healthy Business



COLD WEATHER WORKING :
DONT'T LET THE FROST BITE

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HAND ARM VIBRATION SYNDROME
(HAVS)

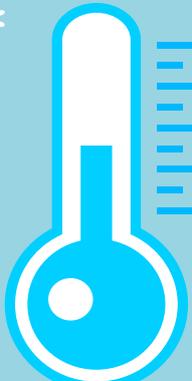
ALCOHOL :
RE-THINK YOUR NEXT DRINK

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DOWNLOAD THE APP

COLD WEATHER WORKING

It's Getting Cold Outside

If you work outside in winter:

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- Add layers of clothing depending on how cold you are feeling. This may include appropriate personal protective equipment.
 - Make sure to protect the ears, face, hands and feet in extremely cold weather.
 - Take regular breaks to heat up in cold situations and have warm fluids such as soups or hot drinks.
 - Your manager may consider delaying the work - can it be undertaken at warmer times of the year without compromising on safety?
 - Monitor your physical condition and that of your co-workers.

HAVS Briefing

Hand-arm vibration (HAVS) is a serious and disabling condition causing painful and disabling disorders of the blood vessels, nerves and joints. It is preventable, but once the damage is done, it is permanent. HAVS comes from the use of hand-held power tools. You are at risk if you regularly use hand-held or hand-guided power tools and machines and/or if you hold workpieces that vibrate while being processed by powered machinery such as pedestal grinders.

Signs and symptoms to watch for:

- Tingling and numbness in the fingers
- Not being able to feel things with your fingers
- Loss of strength in your hands (you may be less able to pick up or hold heavy objects).

- In the cold and wet, the tips of your fingers going white then red and being painful on recovery (vibration white finger).
- If you continue to use high-vibration tools these symptoms will probably get worse.
- It is your employer's responsibility to protect you against HAVS, but you should help by asking your employer if your job could be done in a different way without using vibrating tools and machines or using tools that vibrate less. If this cannot happen, there are other things you can do to reduce your risk.
- Read more at www.hse.gov.uk/vibration/hav/yourhands.htm



ALCOHOL: RE-THINK YOUR NEXT DRINK

Your Health



THE FESTIVE SEASON IS UPON US

It's that time of year again when parties and celebrations often include alcohol. And with too much alcohol can come physical ill-health, including weight gain and accidents, increased mental health problems and great expense. The good news is that more adults are choosing to avoid alcohol, with 20% of the population reported not drinking at all and overall consumption falling by 16% since 2004. So join them, or take it easy this Christmas with our handy guide.

The guidelines for both men and women state that:

- You are safest not to drink more than 14 units per week. 14 units means roughly six pints of lager or one and a half bottles of wine.
- It is best to spread this drinking over three days or more during the week.
- A good way to help you keep the risk low is to have several alcohol-free days each week.
- If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

What does 1 unit of alcohol look like?



MERRY CHRISTMAS

How much are you drinking?

Check it out at

www.alcoholchange.org.uk

Try the **Dry January app** in advance to help you drink more healthily. You can track your units, calories and money as well as fun quizzes and information.

www.alcoholchange.org.uk/alcohol-facts/interactive-tools/the-dry-january-app-1

Sources: HSE, Alcohol Change, CDC,