IMPACT CONSTRUCTION & PROJECTS NEWSLETTER

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Welcome to the first edition of Impacts' SHE Newsletter

Keeping our teams safe, healthy, and environmentally responsible is our top priority. In this edition, we'll cover key safety updates, best practices, and tips to ensure everyone on site stays protected and informed.

Environmental Responsibility:



Safety, Health & Environment more in the next issue



Safety Spotlight:

Manual Handling and Lifting

Improper lifting techniques can cause serious injuries.

Here's how to handle loads safely:

Safety Spotlight:

- Assess the Load: Determine weight and stability before lifting.
- **Use Mechanical Aids:** Utilise trolleys or hoists for heavy items.
- Proper Posture: As far as possible, bend your knees, not your back, and keep the load close.
- **Tip:** Stay within your own comfort zone, not someone else's.

Introduction to \(\text{avin} \)



Please allow me to introduce to you Gavin Wright. Gavin is our Director for Education. He is also our specialist in the medical side of things. Having taught for many years within the UK's NHS, his speciality is manual handling.

Environmental Responsibility:

Managing @@l and @il @@ill@

Preventing spills is essential to environmental protection.

% llow these practices:



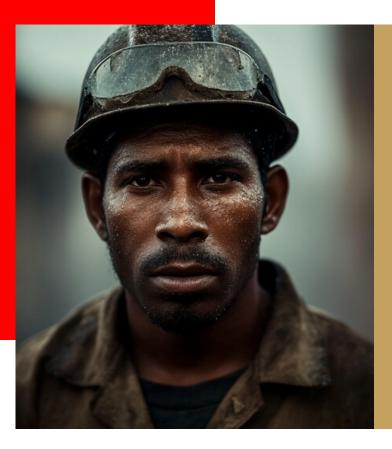
Introduction to **Uunaid**



Onother introduction for you is Qunaid QaQwana. He is one of our Qey personnel in matters relating to SHE. He has vast experince of working in the mines and other heavy industries. He is also a director for Impact Construction Of Projects.

Environmental Responsibility:

- Spill Kits: Ensure kits are accessible and stocked at all times.
- Routine Checks: Inspect equipment for leaks regularly.
- Immediate Reporting: Promptly report and address any spills.



Health Matters:

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Qatigue increases the ris**Q**of accidents and injuries.

? anage fatigue with these practices:

Health Matters:

- Adequate Rest: Encourage breaks and proper sleep hygiene.
- **Shift Management:** Rotate shifts to minimize long working hours.
- Monitor for Signs: Be vigilant for signs of fatigue in yourself and others.

Management Message



s we continue our projects, let's prioritise safety, health, and environmental responsionity. Every team memor plays a vital role in fostering a safe wor environment, and your commitment makes a difference?

Stay Safe and Stay Informed@