

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.

Safety Spotlight:

Health Matters:

**Environmental
Responsibility:**



Safety, Health & Environment
more in the next issue

01/04



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.
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- **Tip:** Stay within your own comfort zone, not someone else's.

Introduction to ☒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 Fuel and Oil Spills

Preventing spills is essential to environmental protection.

Follow these practices:



Introduction to Munaid



Another introduction for you is Munaid Mawgana. He is one of our key personnel in matters relating to SHE. He has vast experience of working in the mines and other heavy industries. He is also a director for Impact Construction 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:

Fatigue and Health

Fatigue increases the risk of accidents and injuries.

Manage 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



As we continue our projects, let's prioritise safety, health, and environmental responsibility. Every team member plays a vital role in fostering a safe work environment, and your commitment makes a difference.

Stay Safe and Stay Informed