

Accidents rise up to 30% when the clocks go back

Casualty rates increase with the arrival of darker evenings and worsening weather conditions, according to services provider VPS. This year, the end of daylight saving takes place when the clocks go back an hour at 2am on Sunday 29 October.

Few statistics record accidents on construction sites after the autumn time change, says VPS, but road casualties recorded by RoSPA and telematics companies are a guide to the potential risks building workers may face. Every autumn when the clocks go back and it gets darker earlier in the day, road casualties rise, by as much as 30% between the hours of 5pm and 8pm, and overall 10% in the month after the daylight saving change.

In addition, more thefts occur during the darker late afternoons and early evening times following the clock changes.

VPS Site Security has highlighted their Stay Alert, Don't Get Hurt Daylight Safety Campaign with the following five steps that can help construction sites reduce the risks:

1. Prepare

Issue a Safety Alert on Wednesday October 25 and remind people on Friday 27.

Warn workers of the risks of the clocks going back – changes to their sleep patterns can affect their alertness. People may think they are gaining an extra hour's sleep, but often they over-compensate by staying up later than they usually do, increasing the changes to their sleep rhythm. Construction workers need to be aware that dusk comes an hour earlier, when more accidents occur and they may be less alert, so they need to take extra care, particularly in the first week after the change.

2. Check lighting on the site

Check to see if there is sufficient lighting on-site that lights the work areas for people to work safely. Bring in extra lighting if necessary, or introduce extra floodlights as part of the Safety Alert, a way to draw attention to the added risks of the end of daylight saving.

If you are using timers for the lighting, or arranging them to be turned on manually, ensure the timers are brought in-line with the daylight-saving changes. Turning them on before dusk again raises the alert and awareness.

3. Stay ahead with Improved Safety and Security

If you haven't already, consider installing CCTV or video-verified camera systems, which not only protect a site from intruders and unauthorised trespassers, but also provides a safety audit for the site, and helps encourage preventative interventions before an incident occurs.

4. To reduce opportunist crime, check your perimeter

Inspect all fencing and access points thoroughly, and check them regularly. Rectify any detected weaknesses or tampered areas immediately. Sometimes you are too close to your own site to see the wood for the trees - an independent assessor can offer a free assessment and review of your safety and security.

5. Use the Stay Alert, Don't get Hurt Safety Campaign poster

Copy it and display at every site.

SOURCE: VPS

If you require any further information or advice please contact 4see on

01327 811166
enquiry@4see.co.uk
www.4see.co.uk

