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VNIVERSITAT
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ESTEEM

European Safety Training and Evaluation supporting
European Mobility

WALL 5

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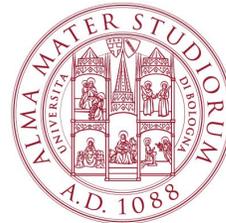
All the partners of the project collaborated and supervised the Safety Training Package Development



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valora
prevención



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Today we talk about:



Emergency management



Alcohol intake



Regulation of fatigue,
stress and time pressure



Action planning activities

Based on the action planning sheet 4.1 report:
Did you manage to transfer the behaviour into practice and what facilitated and/or hindered your safe behaviour?



Solutions

Activities in subgroups: discuss what behaviours failed to transfer to practice.

- What were the hindering factors?
- How can you overcome these hindering factors in the future?



OUTPUTS FROM WORK GROUPS

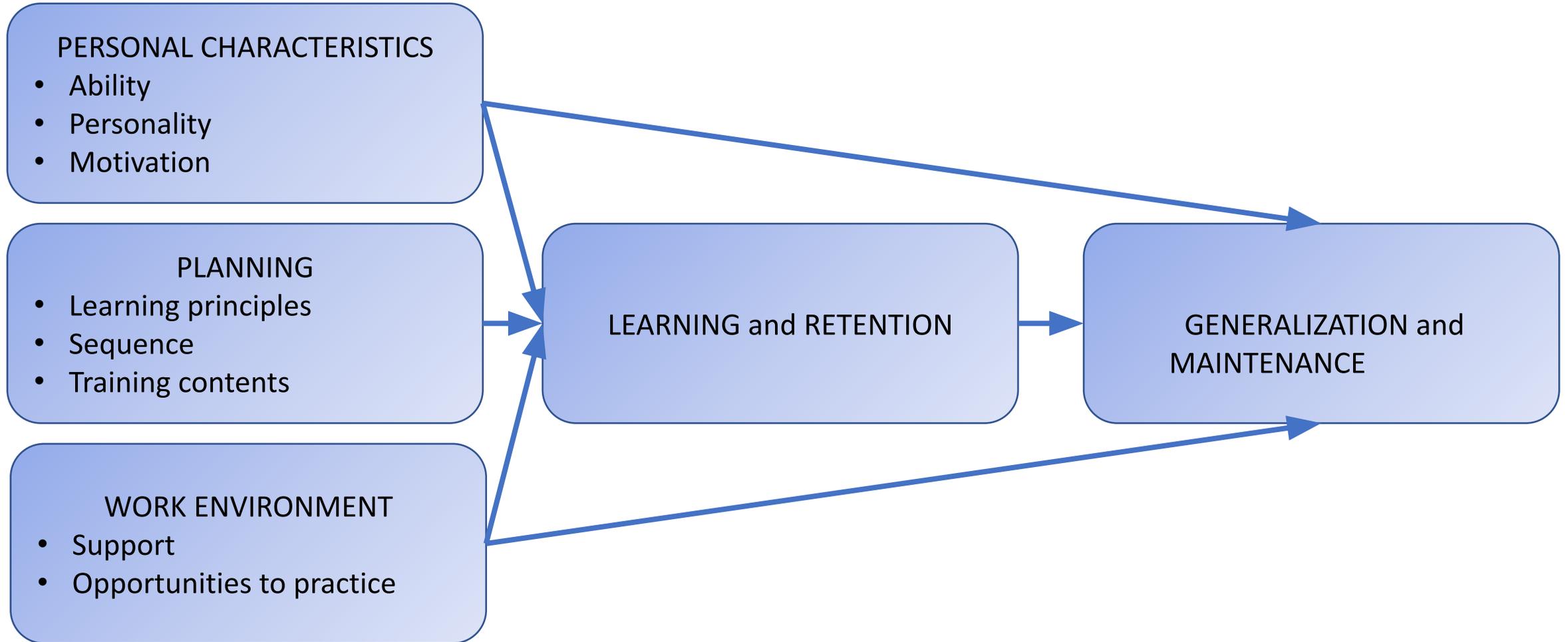
HINDERING FACTORS	FACILITATING FACTORS



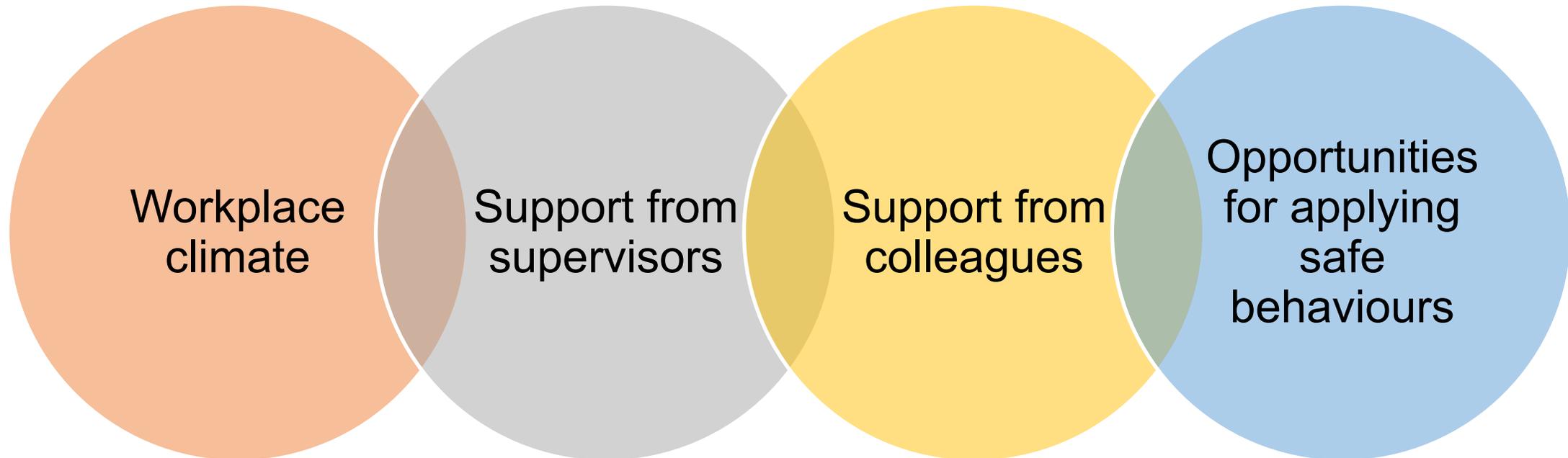
WHAT MAKES IT POSSIBLE TO TRANSFER WHAT WE HAVE LEARNED TO THE CONSTRUCTION SITE?

TRAINING
TRANSFER

“the extent to which the learning that results from a training experience transfers to the job”



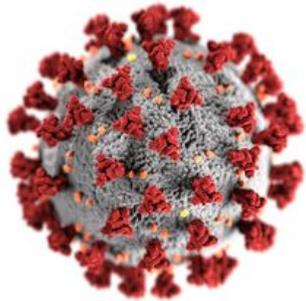
WHAT IS RESEARCH TELLING US?



EMERGENCY MANAGEMENT



BIOLOGICAL RISK



FIRE HAZARD

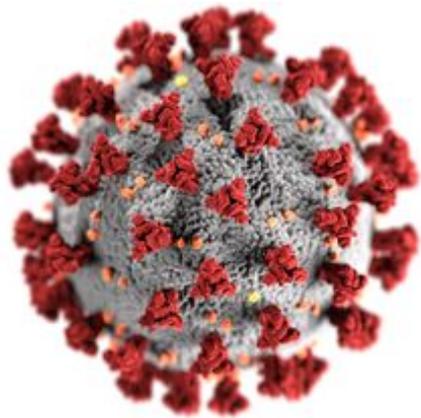


FIRST AID



BIOLOGICAL RISK

COVID-19 EMERGENCY



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COVID-19: Pay attention!



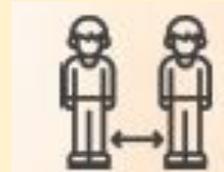
**Protecting yourself
and your
co-workers**

**Reporting
illness**



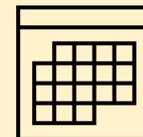
Share information

**Physical
distancing
(two metres)**



**On-site sanitation
and hand
cleaning**

**Adjust on-site and
production
schedules**

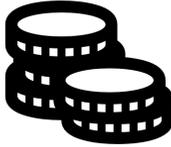
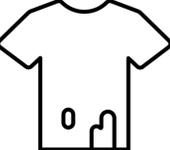


KEEP ON MIND!

- Do not create gatherings!**
- Do not share PPE!**
- If shared, sanitise machines after use them**

The virus lasts

22 degrees and 60% humidity

		maximum time			maximum time
	paper	30 min		glass	2 days
	sanitary paper	30 min		bills	4 days
	wood	1 day		stainless steel	4 days
	dress	1 day		plastic	4 days



EMERGENCY MANAGEMENT: FIRE HAZARD



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EMERGENCY MANAGEMENT

1



**PROTECT
YOURSELF**



Make yourself safe
without getting close
to the event scene

2

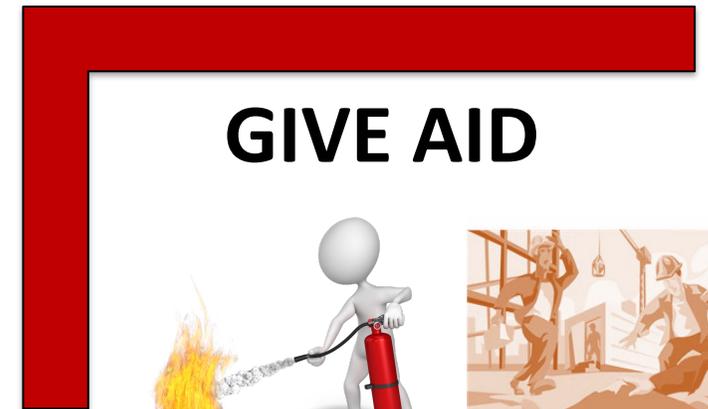


**GIVE THE ALARM
CALL FOR HELP**



Alert emergency services

3



GIVE AID



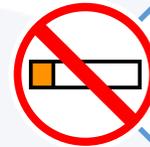
Put out the fire
(If possible)

How to prevent fires?

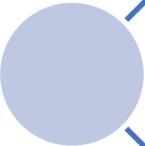
Your behaviour is important:



Immediately wipe up any spillage of flammable liquids



Respect the prohibition against smoking or using open flames



Do not obstruct access routes for fire engines



Make sure you switch off electrical equipment after use



Take a look at the **emergency plans** and **keep in mind** the location of hydrants, fire extinguishers, exits



Store flammable substances away from sources of heat or ignition



Report any anomalies, deficiencies, dangerous behaviour



Do not overload power outlets



What to do in case of fire?

KEEP CALM and notify the fire team and colleagues in accordance with the emergency plan

If you are on your own, call for help Emergency Number

Go to the meeting point

In the presence of smoke, protect your nose and mouth with a handkerchief and walk crouched on the floor



What not to do in case of fire?

DO NOT push other people or run

DO NOT go back to collect personal belongings

DO NOT use water to put out a fire of electrical

EMERGENCY MANAGEMENT FIRST AID



Emergency management: first aid





What to do in case of an incident at work?

Immediately call the workers from the first aid team

If you are alone call The emergency number



What not to do in case of an incident at work?

Mistakes made during rescue can cause irreparable damage to the injured person

DO NOT move the injured person

DO NOT give any medicine or beverages

DO NOT try to recover with splashes of water or slaps to the face



In the workplace there must always be a first aid kit and **medication pack**.

Find out where it is!

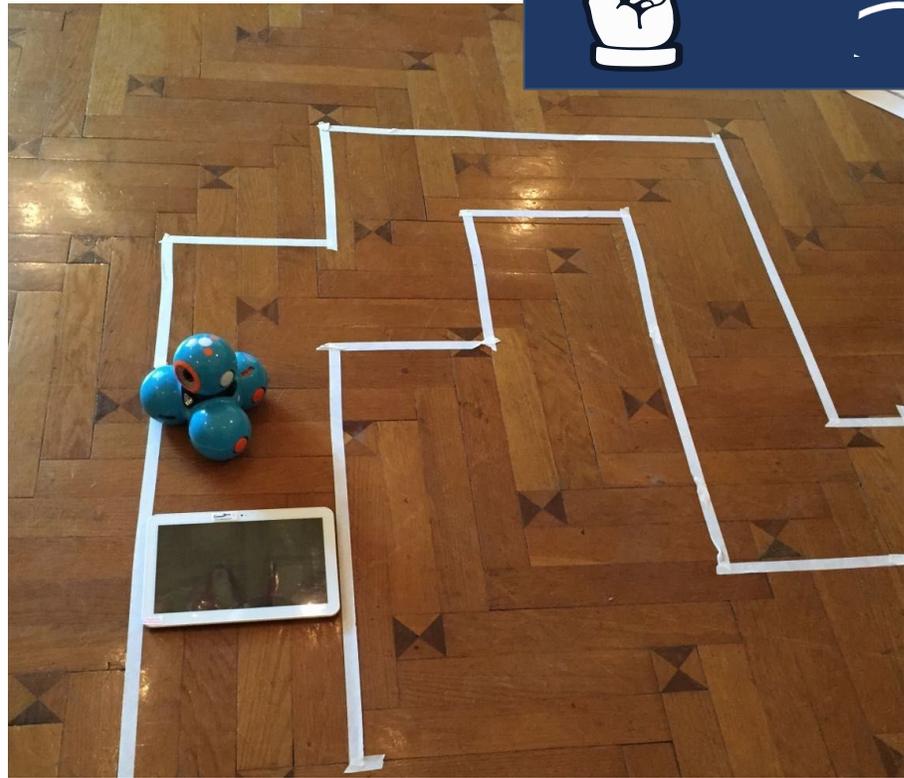
ALCOHOL INTAKE



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Simulate completing a road path with
and without the use of the **Drunk
Buster Goggles**



START

How did they affect you?

How many incidents are associated with alcohol intake?

110.000
in a
year

301
in a
day

13
in an
hour



How many FATAL injuries at work are due to alcohol-related causes ON AVERAGE?



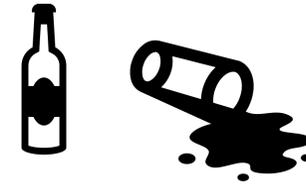
1000 fatal accidents reported per year

15-20% due to alcohol-related causes

150-200 per year

How does the risk of accidents / injuries change in the event of alcohol consumption?

There is a risk of accidents and injuries



blood alcohol level 0 - 2 mg /L

- at low alcohol consumption

alcohol by 1.5 mg / L

- increases progressively up to **25** times for those who have drunk compared to those who are sober and are in the same working conditions.

Alcohol as an **additional risk factor**

Alcohol is an additional risk compared to those already existing in the workplace, especially in the construction sector

... bumping into things

... falling from height

... making a mistake

... drink driving accidents



Group Exercise

After dividing into groups of 4 or 5 people, please share an example (a personal one or something that happened to a friend or a colleague) in which **alcohol intake** had a negative impact on safe behaviours.





Group Exercise

- *In what situation did you/he/she drink? (Who? Where?)*
- *What behaviour/action did you fail to perform due to alcohol intake?*
- *What happened?*
- *How did colleagues and/or superiors intervene?*
- *What could have been done to work in a safer way?*
- *What were the consequences? (for oneself and for one's work?)*



FAKE

Cliché about alcohol

Alcohol increases strength...

- ✓ Those who consume alcohol immediately have reduced brain and motor skills

Alcohol makes for strong blood...

- ✓ Alcoholics often suffer from anemia or a lack of heemoglobin in the blood

Alcohol protects from cold...

- ✓ It causes the dispersion of body heat with greater speed and therefore less ability to withstand the cold

Alcohol gives security...

- ✓ Reduces reaction times

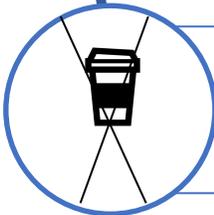
Alcohol increases virility...

- ✓ Reduces testosterone production

Breaking down alcohol in the body



The time the body takes to break down alcohol depends on the amount taken and on other individual factors



Contrary to common belief, neither physical efforts, nor coffee nor cold accelerate the elimination of alcohol from the blood



FROM 1 TO 2 HOURS TO BREAK DOWN 1 ALCOHOLIC UNIT (12 g of alcohol), the equivalent of 1 glass of wine or a can of beer or a glass of spirits

Alcohol test Alcohol measure



PROBABILITY OF ACCIDENT/INJURY RELATED TO ALCOHOL CONSUMPTION

ALCOHOL	LIKELIHOOD (%)
0.5	2
0.8	5
1.5	25

While under the influence of alcohol, you are at increased risk of:

**IMPROPER USE OF
EQUIPMENT OR MACHINES**



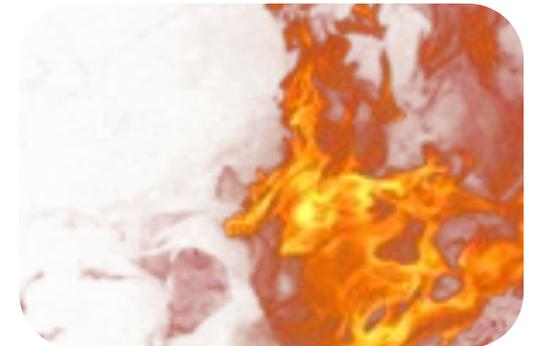
**ROAD
ACCIDENTS**



FALLS



FIRE



The decrease in the perception of danger leads to an increase in the risk of incidents in every work environment, even for trivial reasons



Why does alcohol make work activities dangerous?

DIRECT EFFECT



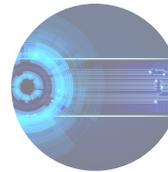
Induces feeling of tiredness



Causes psychomotor coordination problems



Slows down reaction times



Alters and reduces vision



Reduces concentration, attention and judgment



Alters the perception of danger, with the overestimation of one's abilities

Factors that can **lead to an increase in alcohol consumption**

Some risk factors that can induce alcohol intake in the workplace:

Too much or too little to do

Long or irregular work patterns (shifts)

Pressure from colleagues

Working alone or without a manager / head office / department head

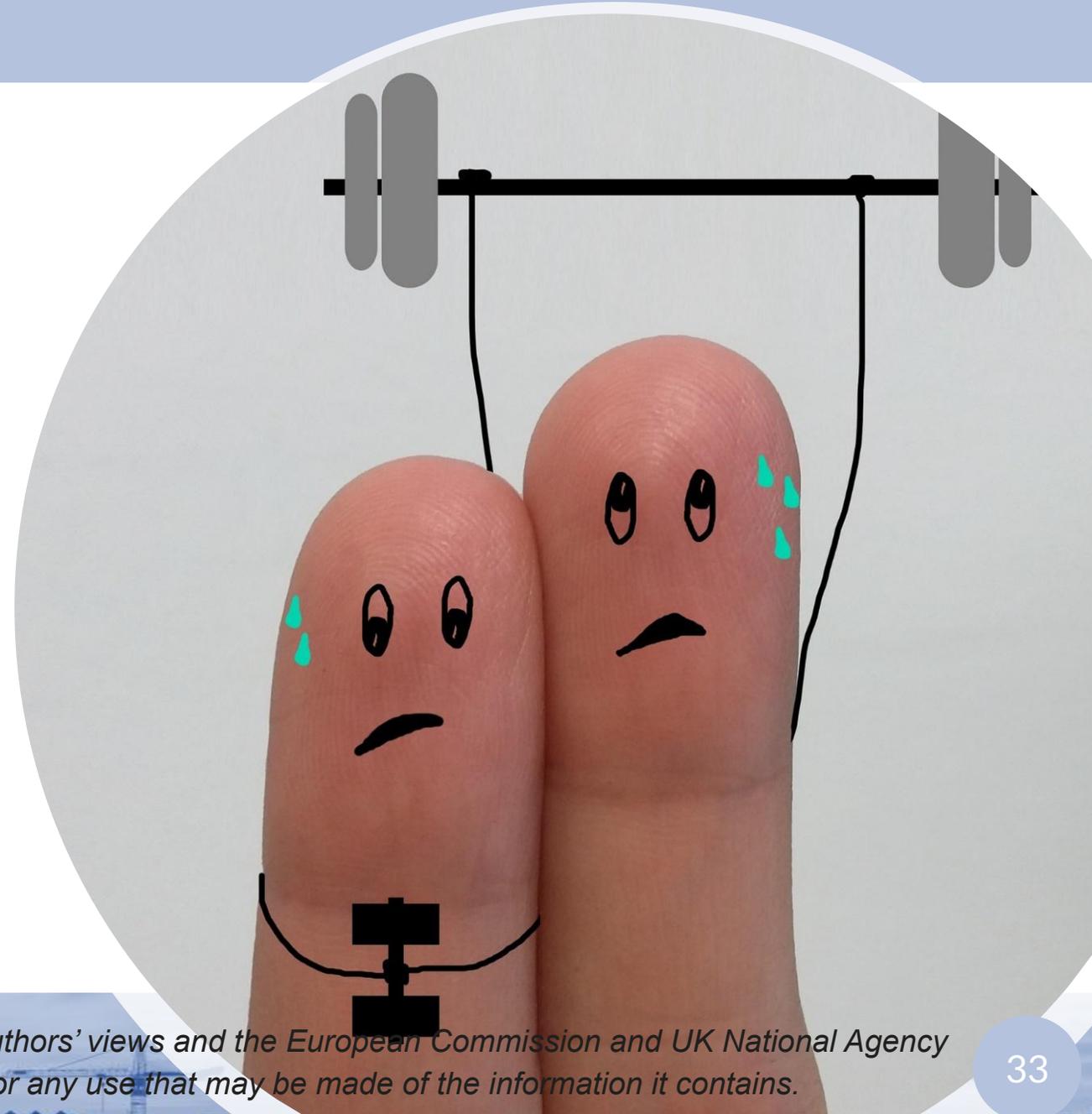


Repetitive tasks

Tasks that are either too demanding or not demanding enough

Jobs where alcohol is readily available

COPING WITH FATIGUE and STRESS MANAGEMENT





Exercise “Time challenge”

**Circle in as many indicated
elements you can
3 minutes**



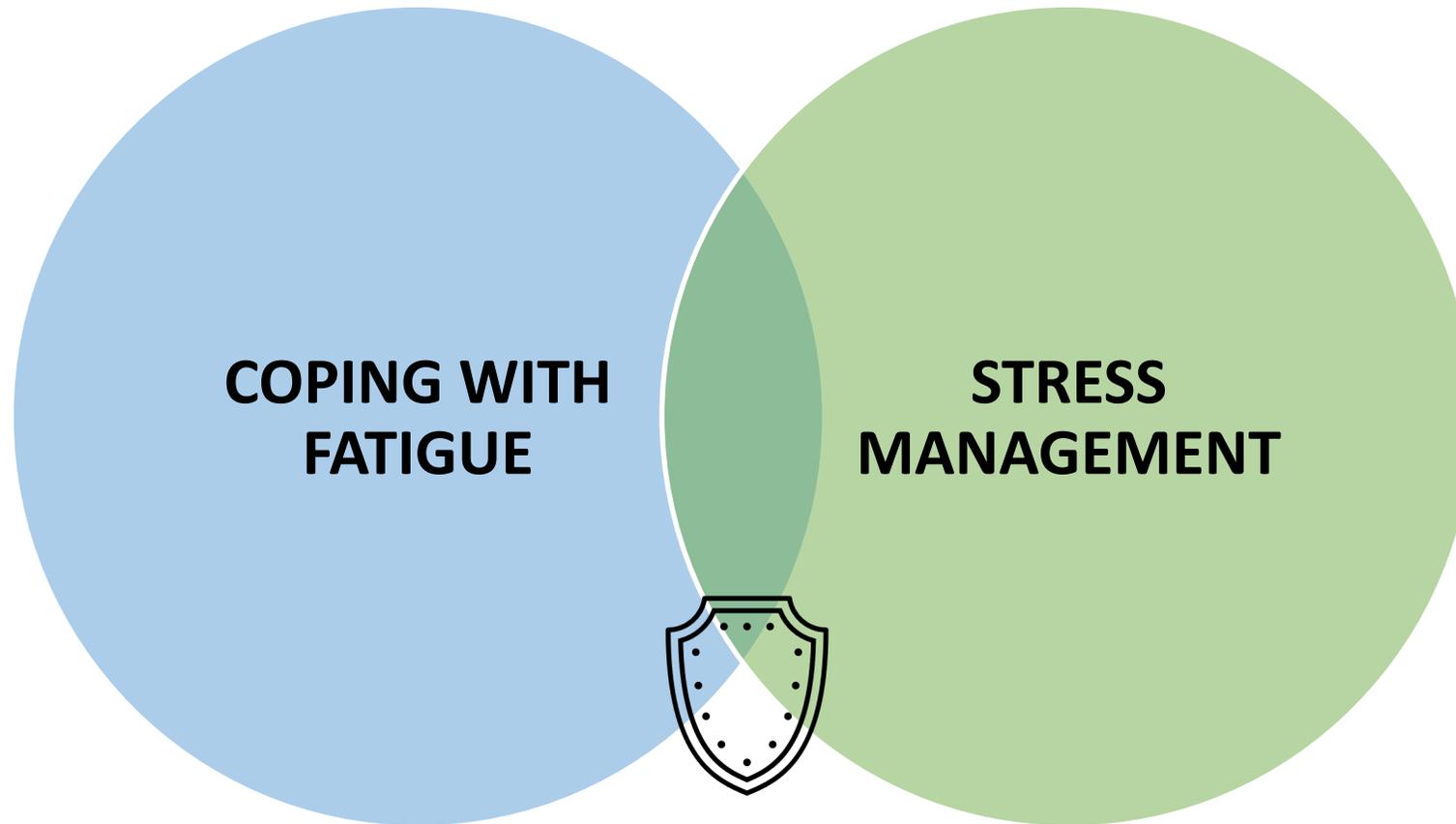
EXERCISE ON THE EFFECT OF TIME CHALLENGE (TRAINER ONLY)

- 1) Print the first page on a paper and pages from 2 to 5 on a second one, printed front and back
- 2) Explain exercise's logic: to identify the number of indicated element in each line, writing the result in the first column. At the end of the exercise, in the second column, a scoring schedule will be given with the correct answers. Ask participants if they understood the instructions.
- 3) Make sure that participants complete the practice, checking for mistakes.
- 4) As soon as every participant completed the training, tell them that the real test is about to begin and distribute the second paper
- 5) Ask participants to work quickly and paying attention and give them exactly 3 minutes to complete the exercise
- 6) At the end of every minute, ask participants to make a mark
- 7) When the time runs out, ask participants to put down pens
- 8) Make participants compare the number of right and wrong answers made during the first minute with those made during the last one with the scoring schedule.



									_____	5
									_____	5
									_____	3
									_____	4
									_____	7
									_____	4
									_____	5

THE TWO NON-TECHNICAL SKILLS INVOLVED



Coping with fatigue

In the construction sector there is a strong physical component that must be taken into account

Fatigue: decline in mental or physical performance, due to prolonged exertion, lack of sleep or changes to the biological clock.



Effects of Fatigue

REDUCED ABILITY TO:

- Focus and prevent distractions
- Think analytically and creatively
- Make decisions
- Recall events and their sequences
- Maintain vigilance
- Control emotions
- Consider the complex situations
- Recognize the risks
- Coordination of hand-eye movements
- Communicate effectively

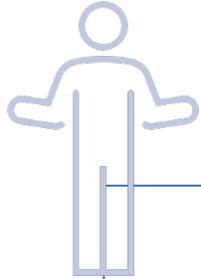


Effects of Fatigue

- Increases the risk of workplace injuries
- Prevents the person from working safely
- More likely to make mistakes
- Increases risk acceptance behaviour
- Makes you work less effectively
- Decreases motivation
- Causes you not to pay attention



Risk Factors



INDIVIDUAL FACTORS THAT ARE LINKED TO LIFESTYLE

- Lack of sleep or changes to the biological clock
- Low sleep quality/sleep disorders
- Travel time
- Family needs
- Social life
- Second job
- Alcohol/drug abuse
- Stress caused by factors external to work

AT WORK

- Length of shifts
- Improper work planning
- Shift time (e.g. night time)
- Inadequate breaks
- Staying awake for long periods
- Performing work that is exhaustive from a physical or mental point of view
- Insufficient recovery between work shifts

HOW DO YOU KNOW IF YOUR COLLEAGUES ARE TIRED?



They yawn constantly



They tend to fall asleep at work



They have memory problems



They are unable to concentrate



They have difficulties communicating effectively



They have a reduced capacity for decision making and judgment



They have reduced hand-eye coordination or slow reflexes

FATIGUE PREVENTION: WHAT CAN I DO?

- Sleep
- Schedule breaks (e.g. do not work during your lunch break)
- Exercise
- Eat healthy food
- Drink water
- Avoid binge drinking (excessive drinking)
- Don't work long hours



STRESS MANAGEMENT

The **ability** to **manage** stress and stressful situations in the workplace.

+ STRESS
+ INCIDENTS



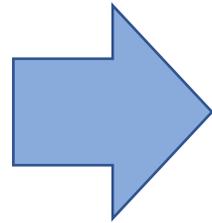
The **physical** and **mental workload** is linked to more **injuries** and **near misses**

What can help you cope with stress and fatigue?

Control over your work

Support from your boss

Support from colleagues



Safe behaviours



Reduced number of injuries



Reduced number of near misses

- *When a stressful event occurs, people use coping strategies*



It is important to consider



Analyse/**become aware of the causes** of fatigue and stress



Identify the **consequences** of fatigue and stress



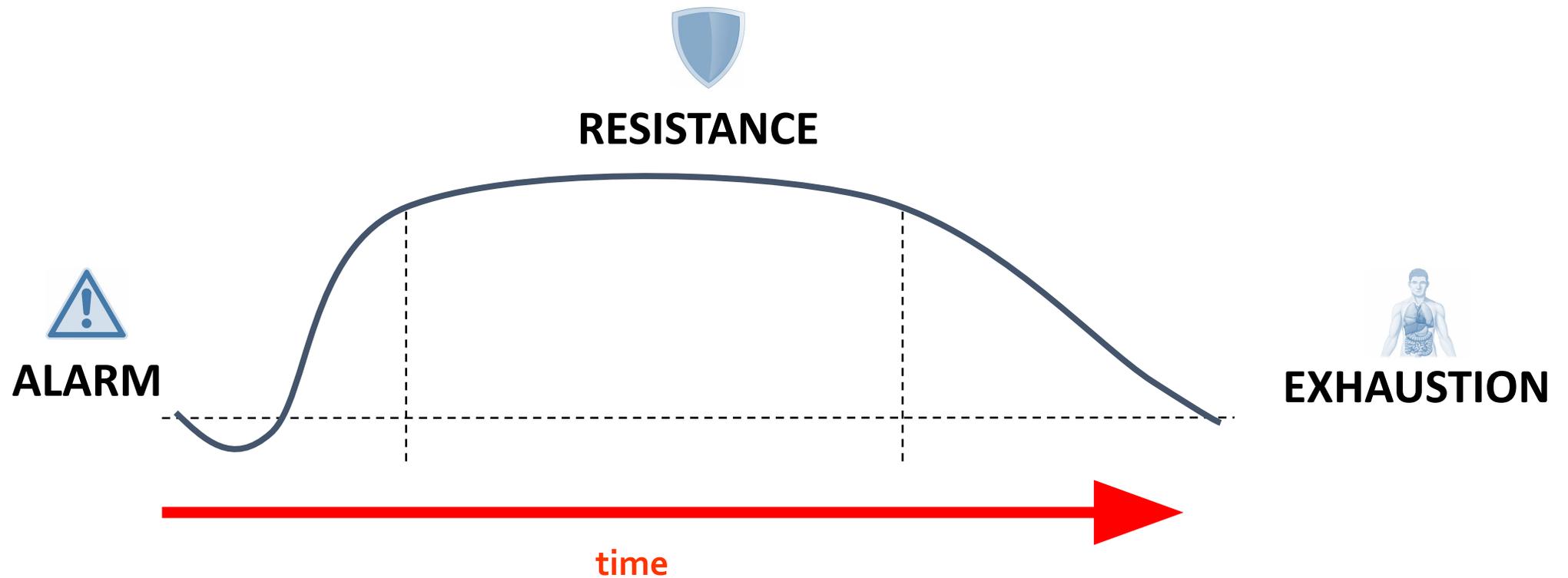
Use **coping strategies**

Some prejudices about stress...

FAKE

- ✘ The symptoms of stress **are only in our head**: they cannot harm us
- ✘ Stress affects **only weak** people
- ✘ **Everyone responds** to stress in the **same way**
- ✘ **You can tell when you start** to become too stressed and strained
- ✘ It is **easy** to **identify the causes** of stress
- ✘ When I feel stressed and tense, **I just have to sit down and relax**
- ✘ Stress is **always harmful**

What happens when stress occurs?



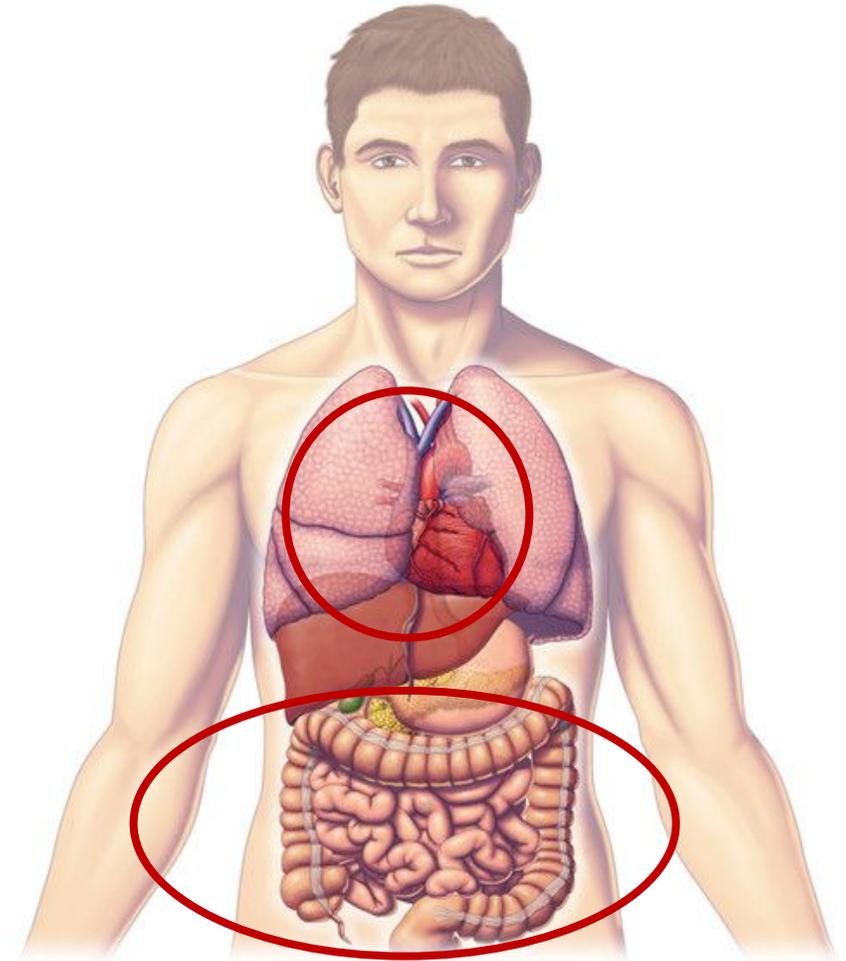
When are stress and fatigue harmful?

- When they go on for a **long time**
- There is **no possibility to rest**
- Fatigue and/or stress situations are **frequent**
- The situation of fatigue and/or stress **cannot be avoided**



LONG-TERM EFFECTS OF FATIGUE

- Cardiac problems
- Diabetes
- High blood pressure
- Reduced fertility
- Anxiety
- Depression
- Gastrointestinal disorders

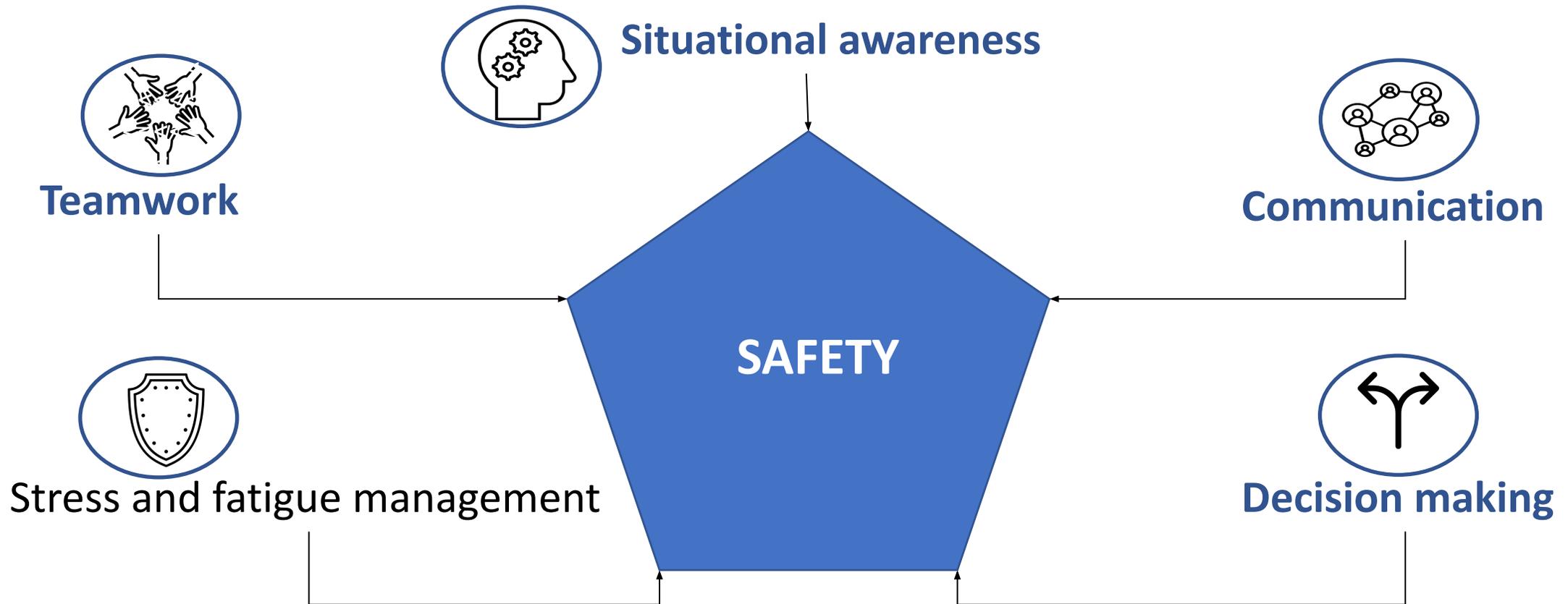


Contents learned in this lesson



- ✓ Emergency management
- ✓ Alcohol intake
- ✓ Management of fatigue, stress and time pressure

NTS of this lesson



WHAT HAVE WE LEARNED?

- What did you find most **useful/interesting** in the course
- What did you **learn**?
- What **worked well**?
- What did you **appreciate most**?

FINAL TEST

Provide the test instructions here



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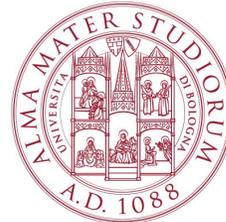
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WALL 5 - Contents of the online platform



SLIDES



1 ACTIVITY

