



# Safety focus 2025



The Association of Pallet Networks



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# The importance of safety in our Hubs



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The Hub teams work very hard to keep everyone safe. But we know we can't do it without YOU!

## REMEMBER:

- Always put your own safety first.
- Follow the safe loading guidelines.
- Take care with curtains, nets and restraints.
- Do not climb into loadbeds to try to fix or move pallets.
- Always report any problem and wait for the team.
- Falling pallets can kill.
- Falling from height can kill.
- Don't let it happen to you.

## Did you know?

One quarter of all Hub injuries happen when drivers are using curtains, nets and straps.

Always wear full PPE and follow the guidance opposite for the safe use of curtains and restraints

We're working constantly to lower the number of injuries - will you work with us?

Hard hat or  
bump cap  
Protective  
gloves  
Hi-Vis jacket  
Safety  
footwear

PPE  
prevents  
injury



## Protect your hands, head and back when moving curtains!

- Always wear a bump cap/hard hat, protective gloves and safety footwear.
- Release tensioner at one end. Undo the buckle or strap nearest the end pole, then release and remove end pole.
- Undo the rest of the buckles in order, always keeping your body behind the fastened buckles. This way, you won't be in the way of any load which falls.
- Using two hands, release the foot of the free pole.
- Stand at the end still attached, grasp the curtain buckle and pull backwards. Don't try to slide the entire curtain - do it in sections.
- Remember support poles are under a lot of tension. When releasing a pole do NOT stand in front of it. Always stand to the side, so you are out of any hinge-swing area.
- Use your body weight to do the work. Do not twist your body.
- Secure the curtain at the rear of the vehicle if possible.
- To close and secure the curtain, follow the same instructions in reverse.



# MENTAL HEALTH MATTERS



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Everyone should protect their mental health, just as we have to protect our physical health. Anxiety, depression, stress and other mental health issues can affect our quality of life and our safety. It's just as important to acknowledge and get help for mental health issues, as it is for a broken leg or diabetes.

There's evidence that some men are still reluctant to talk about their mental health. HGV and van drivers have a significantly higher suicide rate than men of the same age in other sectors. Your mind and your feelings are as important a part of you as your body. Speak up if you need help. We'll support you.

## SIMPLE WAYS TO PROTECT YOUR MENTAL AND PHYSICAL HEALTH - AND YOUR SAFETY

Mental and physical health are intertwined. When we feel bad physically, we are more likely to have negative feelings - and when our mood is low, we are often less motivated to look after ourselves physically. Many of the things we do to keep our bodies healthy also have a profound affect on our mental health, and they also help to make us safer when working and driving.

**Prioritise sleep.** Enough good quality sleep is essential for brain health, which governs our moods and ability to cope with everyday stresses. Aim for between seven and nine hours.



**Eat well.** Having enough fibre, fruit and veg, wholegrain or unprocessed carbs and protein keep our energy levels higher than processed foods and foods with high levels of fat and sugar. You wouldn't expect trucks to run well on the wrong fuel - nor can your body or brain.



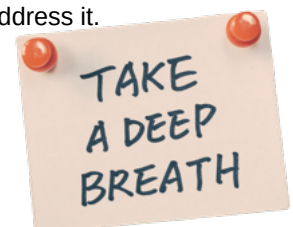
**Drink plenty of water.** It's tempting not to drink water when you are busy working or driving, but even mild dehydration degrades your cognitive ability - and your safety.

**Get enough physical activity** in your day. If you work on a fork-lift or behind the wheel of an HGV, you will be sitting down for long periods. That's not great for your health - or your mood. Take a quick walk every chance you get, jog on the spot, or go up and down a couple of flights of stairs. You can even do exercises sitting in the cab. It's important for circulation, lung health and so much more - but movement also boosts mood and improves mental health.

**Talk to someone.** If you really feel low or have concerns about your mental health, tell someone. It could be a friend, a boss, your doctor or a complete stranger through a mental health chat line. There are also online forums for people who are feeling low, or who know what it's like and can support others. Remember, mental health issues happen to everyone and are no reflection on personal strength or weakness. It's part of being human. Check out [andysmansclub.co.uk](http://andysmansclub.co.uk) or the Campaign Against Living Miserably ([www.thecalmzone.net](http://www.thecalmzone.net))

**Recognise your mood.** Sometimes it's useful to just check in with ourselves: are we stressed? Anxious? Angry? Sometimes we are so busy we forget to notice how we feel. Once you've noticed you can address it.

**Do breathing exercises:** Take some deep slow gentle breaths in and out, without forcing it. Concentrate on how your chest and stomach move when you breathe. Deep breathing activates your parasympathetic nervous system - a natural destressor.



**Try a meditation** while you wait. There are many meditation apps which you can use when waiting for loading, or during breaks (not while working or driving). Meditation lowers blood pressure, improves brain health and generally improves mental and physical health.

If you need to talk to someone urgently and don't want to or can't speak to a colleague, you can call:

**NHS 111 or Samaritans on 116 123, 24 hours a day  
or Shout (text SHOUT to 85258)**

## FREE GUIDES TO PUTTING THE HEALTH IN HEALTH AND SAFETY



**DRIVER ROADWORTHINESS:**  
Managing physical and mental health and wellbeing in at-work drivers



Driving for Better Business  
AN AWARDS-WINNING FREE PROGRAMME FROM NATIONAL HIGHWAYS

There are new guides to managing health and wellbeing for managers and drivers at [drivingforbetterbusiness.com](http://drivingforbetterbusiness.com). They are produced and funded by National Highways so they are free to use.

Although they are aimed at managers, there is lots of information in there for drivers or anyone else who does a safety critical job and wants to know how their physical and mental health affects their safety risk, and how they can keep themselves healthy, safe and feeling great.

Check out **Driver Roadworthiness: managing physical and mental health and wellbeing in at-work drivers** and the **Driver Roadworthiness: Mental health toolkit for managing at-work drivers**



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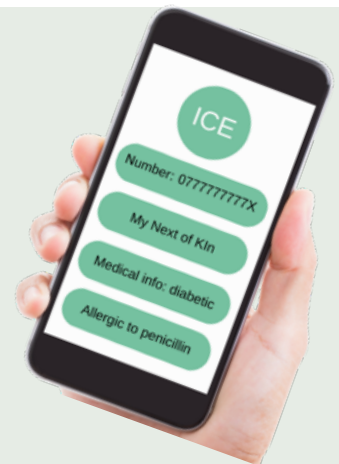
## Have you signed up?

Take the health and safety pledge today! You can pick up your certificate at any Hub during World Health and safety Week. Let's make sure you and all your team go home safe after every shift.



### Top tips

- Keep your 'In Case of Emergency' (ICE) details on your phone.
- Always use the dynamic risk assessment app before doing a tail-lift delivery



## MEDICAL EMERGENCY

- Check for any signs of immediate danger to yourself and others
- Follow D.R.S.A.B.C.D. technique AND alert site trained First Aider
- Render assistance to the casualty and make them comfortable
- If the injury has resulted from a fall, DO NOT move them
- And where possible - do not leave casualty unattended

•Know where the first aid equipment is kept

•Know the names of the trained first aiders at that site

**Basic Life Support**

- D** Dangers?
- R** Responsive?
- S** Send for help
- A** Open Airway
- B** Normal Breathing?
- C** Start CPR  
30 compressions : 2 breaths
- D** Attach Defibrillator (AED)  
as soon as available, follow prompts

**Continue CPR until responsiveness or normal breathing return**

Thought	Action
A - Assess the scene and casualty	• Stop and look, is it safe to approach? Think cross contamination.
A - Alert response (AVPU)	• Ask a question, shout command and touch shoulders. If no response, shout for 'Help!'
A - Airway	• Head tilt and chin lift. Check mouth. Keep head tilted and chin lifted.
B - Breathing	• Look, listen and feel for breathing for up to 10 seconds. With chin lift both on and off.
C - Circulation	• Look for significant bleeds. Check clothing and ground.

### DIAL 999 for ambulance attendance

- Stay calm and answer all their questions to the best of your knowledge
- Advise the manager of the current situation
- Secure the area and prevent other persons from entering the immediate area