

# Making safety the foundation of the UK's pallet network sector



The Association of Pallet Networks

[theapn.co.uk](http://theapn.co.uk)



WORLD DAY FOR SAFETY AND HEALTH AT WORK

Supporting Health & Safety Day 28th April 2023



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Group

## Opening and closing curtains safely

- Visually inspect Curtains for bulges prior to opening curtain.
- Always wear a bump cap / Hard Hat, protective gloves and good grip shoes.
- 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 two buckles of curtain 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.



## Keep yourself safe. Remember SWAPP

### S Shoes

A good grip is essential



### W Weather

Be especially careful in wind and ice



### A Always

Use the proper technique



### P PPE

Wear all of it!



### P Posture -

Protect your spine and never twist



## Did you know?

26% of all accidents in UK Hubs happen when working with curtains, nets and straps. Common causes of injury include:

Buckles flailing in the wind | Poorly maintained pole securing mechanisms | Securing and releasing buckles | Pulling curtains | Shifting loads

Restraint kit can cause injury to:



Falling loads can cause massive crush injuries



Drivers must stay in the cab or designated safe place at all times.  
**NEVER ENTER THE TRAILER LOADSPACE**

## Stay grounded!

It is essential that drivers never access the load bed of trailers. This is very dangerous because 1. You can fall or 2. A load can fall on you. If you have a problem with a load, notify the Hub team, and specialist equipment will be organised to move the pallet. **DO NOT** try to do this by yourself.

## Use your tail-lift risk assessment!

The dynamic risk assessments included in the tail-lift guidance were brought in for drivers' benefit. They ensure that the driver is never expected to do anything which they consider puts them at risk. So make every effort to consider the risk assessment and answer the questions honestly. It's your health and safety it is protecting, and your right to refuse to conduct a potentially dangerous delivery.

## Tail Lift and Pallet Truck Guidance Document

Safer tail lift deliveries



## Is your emergency data up to date?

Remember to enter your ICE – In Case of Emergency – contact info on your phone, along with any medical conditions. This means if you are ever injured, paramedics can give the most appropriate treatment, and your next of kin can be notified.



## 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 colleagues go home safe after every shift.



The Association of Pallet Networks

**Creating a Health & Safety culture**

# 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 locations of first aid equipment • Know the names of trained site first aiders

**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**

**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

THOUGHT	ACTION
A - Assess the scene and casualty	Stop and look, is it safe to approach? Think cross contamination.
A - Alert response	Ask a question, shout command and touch sholders. 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.