



SAFETY NEWSLETTER EFNMS

POWERED BY EHSEC

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INVITATION

ROADMAP ON CARCINOGENS

MUSCULOSKELETAL DISORDERS

BEST PRACTICES

TOOLBOXES



European Federation of
National Maintenance
Societies vzw

INVITATION; ROADMAP ON CARCINOGENS MUSCULOSKELETAL DISORDERS

INVITATION!

NVDO, EFNMS and EHSEC are proud and glad to invite you as our guest for the unique Maintenance Webinar "Confined Spaces" on April 14th.

A confined space is a work location that is difficult to enter and is poorly ventilated. It is cramped, often dark, and there are few possibilities of escape. There is often insufficient oxygen, or hazardous substances that are released during the work. Examples of work that are carried out in these spaces include maintenance and cleaning work, repairs and inspections. Every year a number of people are killed or seriously injured due to working in confined spaces, often because they are unaware of the dangers, poorly trained or the correct safety arrangements have not been put in place.

Learning lessons during this (international) Maintenance Webinar;

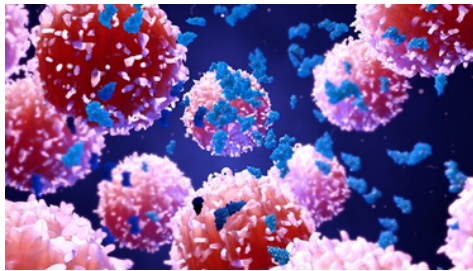
- Work permit
- Instruments
- Personal safety (including products)
- Emergency situations: prevention and aid

Please be our guest and feel free to invite your relations as well.

REGISTRATION



*"Asphyxiation is the
leading cause of death
in confined spaces"*



ROADMAP ON CARCINOGENS

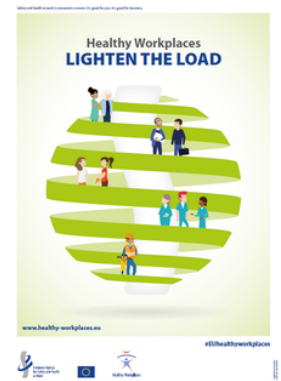
Carcinogens are substances that may cause cancer. There are several forms of carcinogens, for example chemical carcinogens, such as certain types of pesticides and industrial paint. These chemicals may cause cancer because of their intrinsic properties. In other cases, a particular process may generate exposures such as fine particles in the air from car exhaust or wood dust.

Cancer is the leading cause of death of about 100.000 European workers every year! Exposure to cancer-causing agents is the main contributing factor to this. The animation that Roadmap on Carcinogens produced earlier and can be found on the homepage of the their website as well, is a very good introduction to the subject and our quest. Check this website regularly and watch the [VIDEO](#)

MUSCULOSKELETAL DISORDERS RELATED TO TELEWORK – TIPS FOR EMPLOYERS

Telework has gained importance over the last few years. Although home-based teleworking has many potential advantages, it can also affect workers' health and aggravate musculoskeletal disorders (MSDs), if not properly managed.

This PPT focuses on home-based telework and why it should be part of every employer's risk assessment process. It also brings up how employers should establish a telework policy that includes provisions on occupational risk assessment, ergonomic equipment, working hours and expected results. [DOWNLOAD](#) the presentation and use it in your organisation!



BEST PRACTICES AND TOOLBOXES

FIVE EMERGENCY MAINTENANCE BEST PRACTICES ALL PLANT EMPLOYEES SHOULD FOLLOW!

Every facility must have a plan and available resources to deal with emergency maintenance. Those plans have to incorporate certain safety guidelines. Since it's an emergency, pre-planning is essential. The lack of an emergency plan could lead to severe financial losses as well as human casualties. A well-thought-out and well-organized emergency response plan will help to eliminate these issues. It will prevent fatalities, reduce equipment maintenance costs, improve asset reliability and help mitigate potential environmental hazards. OH&S organised five safety measures all employees should keep in mind during emergency maintenance.

A well-thought-out and well-organized emergency response plan will help prevent fatalities, reduce equipment maintenance costs and help mitigate potential environmental hazards.

Five Safety measures



TOOLBOXES

The purpose of a toolbox meeting is to promote safety within a company. ... After all, he/she is primarily responsible for the safety and health of his/her employees. At a toolbox meeting, one or two topics are usually discussed. The topics can be diverse.

To help you to start the discussion, EFNMS Safety Committee developed three toolboxes:

1. [Legionella Prevention](#)
2. [Noise at Work](#)
3. [Vibration at Work](#)

We invite you to start the discussion in your organization with these short toolboxes.
TIP: make it part of the regular work meeting.



"We cannot change our bodies, but we can change the workplace to fit us"

