Manual Handling and Noise in the Workplace
A Joint BPF/ HSE Health & Safety Seminar

Tuesday
13th November
2007

PTL,
Telford

Manual Handling:

Musculoskeletal disorders (MSDs) are the most common occupational illness in Great Britain, affecting 1 million people a year. They include problems such as low back pain, joint injuries and repetitive strain injuries of various sorts. Injuries associated with manual handling have a major contribution to the overall MSD prevalence figure.

This seminar will outline the legal duties on controlling risks from manual handling, and provide practical examples to help you assess and control the risks.

Noise:

Many common processes in the plastics processing industry are noisy, granulators, IM machines, extrusion line cut-off saws for example. So are you doing enough to protect your employees from losing or damaging their hearing? If all you are doing is providing them with hearing protection, then chances are – you’re not. Do you know what you can do to reduce noise, and how to do it?

HSE is targeting its activity on noise in the plastics sector. It has produced some guidance on good practice in controlling noise in plastics, and HSE inspectors will be challenging employers on noise control, using the good practice guidance as a benchmark. Have you done enough? Could and should you do more?

This BPF / HSE Seminar will provide answers to the above questions, show you how to protect your employees and equip you with the necessary information to ensure your company knows how to comply with the legislation.
SESSION 1: Manual Handling

10:00 Chairman’s Introduction and Overview

10.15 How the BPF can help you
Anthony Roberts — Public Affairs Executive, BPF

A brief overview of how the BPF can help the plastics processor achieve compliance with H&S Regulations and some of the resources available to members.

10.30 Manual Handling: An Overview of Regulation
Chris Quarrie – HM Specialist Inspector (Ergonomics), HSE

HM Specialist Inspector Chris Quarrie provides an overview of the manual handling regulations and provides case studies and exercises to demonstrate the practicalities of manual handling risk assessment.

11.30 Tea/Coffee Break

12.00 An Innovative Approach to Effecting Behavioral Change in Manual Handling:
Dave Snowdon – Managing Director, Pristine Condition

Dave Snowdon is a former Olympic weightlifter and world record holder. He was Conditioning Advisor to two Olympic Games, BWLA Staff Coach, former National Coach and lecturer to the London Medical College.

This session will dispel the common myths and fallacies associated with manual handling and replace them with realistic and achievable principles. Dave Snowdon will convey a very serious message using an innovative style designed to be memorable and to provoke long term behavioural change.

12.30 Materials Handling Made Safe - Equipment Available to Reduce Manual Handling
Hugh Freer, MasterMover

MasterMover International are the market leading manufacturer of pedestrian electric tugs for moving wheeled loads from 50kg to 100,000kg safely and efficiently. They have a great deal of experience in supplying to the plastics industry.

Hugh Freer will provide a series of case studies from the plastics industry where electric pedestrian tugs have been successfully used to reduce the need for manual handling.

13:00 Lunch Break
SESSION 2: Noise

13:45 Effectively Managing Noise Risks  
Tim Ward, HM Principal Specialist Inspector (Noise and Vibration), HSE

HM Principal Specialist Inspector Tim Ward will provide a outline of managing noise risks and good practice on controlling noise in the plastics industry.

14.15 Practical Noise Control Engineering  
Peter Wilson, Industrial Noise and Vibration Centre

An introduction to practical noise control engineering, incorporating a series of relevant case studies from the plastics industry.

15:00 Occupational Noise Assessments  
Hayley Roberts, Help and Reassurance H.A.R

Hayley Roberts (Dip EM, AIEMA, Dip SM, Tech IOA) will provide an introduction to the health surveillance element of compliance with the Noise at Work Regulations 2005. This presentation will cover topics such as baseline checks, reporting results of checks to employees, the accurate keeping of health records and what to do when an employee’s hearing appears damaged.

15:20 Achieving ISO Certification  
Roderick Hogarth, IMSM

A brief introduction as to how your company can achieve ISO Certification through IMSM and the benefits that this can bring.

15:35 Q&A

15:50 Specialist Tour of PTL Facilities
REGISTRATION FORM FOR SEMINAR 13th November 2007
PLEASE FAX OR POST BACK TO THE ABOVE ADDRESS

**BPF MEMBER**

No. Delegate spaces that you wish to reserve

---

**DELEGATE NAMES:**

---

**COMPANY NAME**

---

**Address**

---

**Phone**

---

**EMAIL**

---

**PRICE:**

- F.T STUDENT/ACADEMIC — £70.00 + VAT
- BPF MEMBERS — £90.00 + VAT
- AFFILIATE MEMBERS — £110.00 + VAT
- NON BPF MEMBERS — £130.00 + VAT

---

**Method of Payment:**

- [ ] Cheque (enclosed)
- [ ] Visa
- [ ] MasterCard
- [ ] Switch

---

**Credit Card #**

---

**Security #**

---

**Exp. date**

---

**Issue Number**

---

**TOTAL (EX VAT)**

---

**VAT**

---

**TOTAL:**

---

**Card Holders Address**

---

**Signature**

---

**Terms and Conditions**

All payments must be completed by the commencement of the seminar. A VAT receipt will be issued on receipt of your payment and forwarded as well as joining instructions.

**Cancellation:** If you are unable to attend after having confirmed your registration, please inform us in writing so that your registration may be transferred to any member of your company.

**Refunds:** A charge of 20% will be made on written cancellations received before 2nd November 2007 — No refund will be given after the this date.

The British Plastics Federation is a company limited by guarantee. Registered in England no 282883