



Health and Safety Policy

March 2019

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Our Health and Safety Policy

St Barnabas Church
King John Ave, Bearwood, Bournemouth
BH11 9TF
October 2014
Review date: March 2020

This document has been prepared in accordance with the provisions of the Health and Safety at Work etc. Act 1974 and the regulations made under it.

The policy is in three sections:

Section A – General statement of policy

Section B – Organisation and responsibilities

Section C – Arrangements

To all employees, voluntary helpers and contractors:

The success of this policy will depend on your co-operation. It is therefore important that you read this document carefully and understand your role and the overall arrangements for health and safety.

A. General Statement of Policy

Our policy, so far as is reasonably practicable, is to provide and maintain safe and healthy working conditions, equipment and systems of work for all our employees, casual labour and voluntary helpers, and to provide such information, training and supervision as they need for this purpose.

We will also endeavour to ensure, so far as is reasonably practicable, the health, safety and welfare of all members of the congregation, contractors, visitors and others who may visit the church, churchyard and any associated buildings.

The allocation of duties for safety matters and the particular arrangements that we will make to implement the policy are set out below.

The policy will be kept up to date, particularly in the light of any changes to our buildings or activities. To ensure this, the policy and the way in which it has operated will be reviewed regularly and the appropriate changes made.

In order to ensure that health and safety matters are kept constantly under review, an item on health and safety will be on the agenda for all meetings of the Parochial Church Council, and sub-committees (where they exist) and employees and voluntary workers will be consulted on a regular basis in order to seek their views on health and safety matters.

Signed

Designated member of the PCC

Date: March 2019

Review date: March 2020

This policy should be reviewed at regular intervals. The interval will depend on the level of your activities and the extent of change. Where there is a high level of activity the policy may need to be reviewed annually. As a minimum it should be reviewed every three years.

B. Organisation and responsibilities

1 Responsibility of the Parochial Church Council

Overall responsibility for health and safety is that of the Parochial Church Council under the leadership of

The Team Vicar for each church:

Who will designate responsibility to the Health & Safety Officer and ensure that arrangements are in place to satisfy health and safety regulations and appropriate Codes of Practice. Specific responsibilities may be delegated to church personnel. As new projects emerge, the names of responsible persons will be notified and the list amended accordingly.

2 Responsibility of the Incumbent and Church Wardens

Responsibility to ensure that the arrangements outlined in this policy are carried out and updated as necessary is with the Incumbent and Churchwardens, as noted below:

3 Responsibility of the Health and Safety Officer

The following person carries the responsibility for the day-to-day implementation of the arrangements outlined in this policy:

The responsibility of the health and safety officer shall be to:

1. be familiar with health and safety regulations as far as they concern church premises
2. be familiar with the health and safety policy and arrangements and ensure they are observed
3. ensure so far as is reasonably practicable, that safe systems of work are in place
4. ensure the church and hall, if applicable, are clean and tidy
5. ensure the churchyard is properly maintained including the safety of monuments, tombstones and trees, and that grass is kept cut
6. ensure that safety equipment and clothing is provided and used by all personnel where this is required
7. ensure that all plant, equipment and tools are properly maintained and in good condition and that all operators have received the appropriate training
8. ensure that adequate access and egress is maintained
9. ensure adequate firefighting equipment is available and maintained
10. ensure that food hygiene regulations and procedures are observed.

4 Responsibility of employees and voluntary workers

All employees and voluntary workers have a responsibility to co-operate in the implementation of this health and safety policy and to take reasonable care of themselves and others whilst on church business or premises.

Employees and voluntary workers must therefore:

1. comply with safety rules, operating instructions and working procedures
2. use protective clothing and equipment when it is required
3. report any fault or defect in equipment immediately to the appropriate person
4. report all accidents (however minor), injuries, near misses or other potential safety hazards as soon as possible
5. not misuse anything provided in the interests of health and safety.

5 Responsible persons

The following are responsible for safety in particular areas:

The Health & Safety Committee will comprise of the following people from St Barnabas Sub-Committee: The group will be made up of at least the Health & Safety Officer, two church wardens and the church secretary. (See Appendix) They are responsible either by the area of the church or by activity or a combination of both.

These lists are not exhaustive.

1. By activity

Accident book/Accident reporting (1)
Fire extinguishers (2.1)
Emergency evacuation (2.4)
Portable electrical appliances (3.1)
Fixed electrical system (3.4)
Gas equipment (4)
Hazardous substances (5)
Plant and machinery (6)
Condition of floors and stairs (7.1)
Condition of churchyard (7.2)
Light bulb changing (8)
Working at high levels (9)
Food preparation (10)
Manual handling (11)
Display screen equipment (12)
Building defects/glazing (13)
Child protection (14)
Personal safety (15)
Fêtes and outings (16.1)
Contractors (17)
Choirs/music
Health and safety training

2. By area

Main body of church
Kitchens
Church Rooms
Church Office
Storage areas incl. loft space
Church Carpark and surrounding land

C. Arrangements (implementation of the policy)

This section sets out our arrangements to minimise as far as is reasonably practicable risks to the health and safety of employees, voluntary workers, members of the congregation, visitors and contractors.

1 Accidents and first aid

First aid boxes are located in: Both Kitchens

Trained / qualified first aiders are: A list is posted next to First Aid box.

The accident book(s) is / are located in: Main Kitchen

All accidents and incidents are entered in the accident book or on an Accident report form and our insurers advised. (A specimen Accident report form is available upon request.)

If the church or church hall is let to outside organisations, they are told in writing that in the event of an accident, details must be entered in the accident book. Accident books and accident records are regularly reviewed.

RIDDOR Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013

These accidents will be reported by the responsible person.

Under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR) there is a statutory requirement to report certain types of accident, dangerous occurrences and disease to the enforcing authorities. Fatal accidents, specified injuries and injuries which involve the injured person being absent from work or unable to perform their normal duties for more than seven days must be reported to the enforcing authorities. So must injuries to the general public resulting in hospital treatment, diseases and certain dangerous occurrences, as defined by the regulations. For most types of incident the responsible person must notify the enforcing authority without delay, in accordance with the reporting procedure (Schedule 1 of the Regulations). A report must be received within 10 days of the incident.

- serious injuries or dangerous occurrences (as defined by the regulations) must be reported immediately.
- accidents involving the injured person losing **more than seven consecutive days** work (excluding the day of the accident but including any days which would not have been working days) but which do not fall into the above category, must be reported within **fifteen days**
- reportable diseases, as defined by the regulations, must be reported to the enforcing authority. This will be required only if the employer receives a written diagnosis of the disease made by a doctor and the person concerned is involved with a work activity as specified in the regulations. Reportable diseases include certain poisonings, infections such as legionellosis and hepatitis, and other conditions such as certain musculoskeletal disorders.

Accident reporting

Go to www.hse.gov.uk/riddor and complete the appropriate online report form. The form will then be submitted directly to the RIDDOR database. You will receive a copy for your records.

All incidents can be reported online but a telephone service remains for reporting fatal and specified injuries only. Call the Incident Contact Centre on 0845 300 9923 (opening hours Monday to Friday 8.30 am to 5 pm).

Recording

Full details of all accidents, disease and dangerous occurrences should be recorded using the Data Protection compliant HSE Accident Book. This is necessary for monitoring purposes and is also a requirement of RIDDOR, as well as the Social Security (Claims and Payments) Regulations 1979 and Social Security Administration Act 1992.

2 Fire safety

Our policy is to fulfil our obligations under the Regulatory Reform (Fire Safety) Order 2005. In order to achieve this, we undertake the following:

- an assessment of the fire risks in the church and associated buildings and the risks to our neighbours. This is carried out either as a specific exercise or as part of our general health and safety risk assessments
- a check that a fire can be detected in a reasonable time and that people can be warned
- a check that people who may be in the building can get out safely including, if necessary, the provision of emergency lighting and fire exit signage
- to provide reasonable firefighting equipment
- a check that those in the building know what to do if there is a fire
- a regular check that our firefighting equipment is in place and is serviceable, and that there is an annual maintenance contract in place with a reputable company.

2.1 Fire extinguishers

Fire extinguishers are kept in the following locations:

Foyer: By exit door – Water, Kitchen: On wall – Blanket, ABC Powder, Main Hall: Behind sound desk – CO2, Left and Right walls – Water, Church Rooms: Foyer – Water, Kitchen - Powder

The extinguishers noted are visually checked every 3 months by H&SO/CW with a full annual check by the equipment providers.

2. 2 Fire alarm system

The fire alarm system is contracted to be checked annually, with weekly tests carried out by H&SO/Secretary

2. 3 Other fire protection equipment

Fire blanket available in kitchen area – needs replacing every 7/8 years, annually checked

2. 4 Evacuation procedure

Fire risk assessment and evacuation procedure is detailed separately.

Note: the following is a suggested evacuation plan. This must be adapted to meet your own requirements or insert your own plan

- 1** All designated fire doors must be unlocked before the service/event commences and be clearly marked as fire exits using the 'Running Man' symbol
- 2** A check must be made that all doors can be opened
- 3** A trained steward must be allotted to each door and have responsibility for persons in a specific part of the church
- 4** Responsibility for using each fire extinguisher will be allotted to named and trained stewards
- 5** If emergency lighting is not available, torches must be available for each steward
- 6** In the event of an emergency (fire/bomb threat, etc.), an announcement to leave the building will be made by the appropriate speaker at that time

7 Persons will assemble in the Community Centre Car Park

8 The emergency services will be contacted immediately by a nominated person using the telephone located in the Church Office

9 If there is no telephone available in the immediate vicinity, a mobile phone will be held by person available.

2. 5 Evacuation drills

Fire evacuation drills will be carried out every year. All employees and voluntary workers should ensure they are familiar with escape routes and ensure these are kept clear and unobstructed.

2. 6 If you discover a fire (no matter how small)

1. Immediately raise the alarm
2. Telephone the emergency services
3. Check the building for occupants
4. Attack the fire if possible and within your capability, using the appliances provided, but without taking personal risk
5. If not possible to attack the fire or if you are unsure which fire extinguisher to use, assist in the evacuation of the building, ensuring that all doors are closed behind you. The general rule is people before property
6. Evacuate to the designated assembly point
7. Ensure clear access for the emergency vehicles

3 Electrical safety

1 A list of all our portable electrical appliances is maintained by the responsible person

2 Every quarter plugs, cables and sockets will be inspected by the health and safety team to ensure that there are no loose connections, worn flexes or trailing leads. Any repairs required will be reported to the Subcommittee for action.

3 Every 6 months a visual inspection will be carried out of the fixed electrical installation by the responsible person. Any defects will be reported to the subcommittee for action

4 Every five years, our fixed electrical system will be inspected and tested by a competent contractor who is a 'Full Scope' member of the NICEIC, ECA or NAPIT. Any necessary remedial work will be carried out

5 At intervals of not more than two and a half years our lightning conductor system will be examined and tested by a competent specialist firm of lightning engineers

6 It is our policy not to sell any second-hand electrical goods unless they have been inspected and tested by a suitably qualified person and a register of such equipment is maintained

7 Misuse and abuse of electricity is a significant cause of fires and injury. Faulty electrical equipment can kill. All employees and voluntary workers must observe the following:

(i) Visually check all electrical equipment before use

(ii) Report all faults immediately to the responsible person

(iii) Do not attempt to use or repair faulty equipment

(iv) Electrical equipment should be switched off and disconnected when not in use for long periods

(v) Flexible cables should be positioned and protected so that they do not constitute a tripping hazard and are not subject to mechanical damage

4 Gas equipment safety

1 Our gas boilers and any other gas equipment is maintained and checked annually by a competent contractor who is registered with the Gas Safe Register. Any necessary work required for safety is implemented immediately

These arrangements are checked by the responsible person.

5 Hazardous substances

The responsible person will maintain a list of all hazardous substances used in the church/hall. Where possible, we have eliminated the use of hazardous substances. Where this is not possible, our safety arrangements are as follows:

For all hazardous substances, which include substances marked as 'harmful, irritant, corrosive, toxic, very toxic, flammable, highly flammable, extremely flammable, explosive, oxidising or dangerous for the environment', data sheets or product information provided by the manufacturers are used to determine the correct method of use, protective clothing needed, method of storage, and action to take in the event of an accident for example:

Name of substance:	Liquid floor cleaner 'Flash'
Hazard level:	Low
Storage:	Must be kept in locked store room off vestry
Protective clothing:	Wear overalls and gloves
Accidents:	If splashed in eyes wash immediately with copious amounts of water.

Detail all substances, noting in each case the name of substance, hazard type, method of storage, protective clothing required and procedure in the event of an accident. A hazardous substance record is available upon request. Examples of other hazardous substances you might have are: petrol, pesticides, insecticides and polishes. Some hazardous substances, such as asbestos, which may be found in boiler rooms or pigeon droppings in belfries, require specialist treatment and must only be touched or removed by specialist contractors. (You must consult the local Environmental Health Officer in such circumstances.)

Do not mix chemicals. Do not store chemicals in unmarked containers.

6 Safety of plant and machinery

The responsible person will maintain a list of all items of plant and machinery. The procedures for checking and rules for use are as follows:

- 1 Employees and voluntary workers must not operate plant or machinery that they are not trained and authorised to use
- 2 Employees and voluntary workers must not ride on any parts of machinery not intended for that use
- 3 Machinery must be switched off before any adjustments are made
- 4 After carrying out maintenance and adjustments, all guards must be replaced before the machinery is used
- 5 Before using any item of plant or machinery, a check must be made to ensure it is in a safe working condition, correctly adjusted, and there are no loose nuts, bolts or other defects
- 6 The appropriate personal protective equipment detailed below must be worn when operating any item of plant or machinery
- 7 Persons under the age of 18 may use hand tools only and are not permitted to operate any power driven item of plant or machinery
- 8 Ladders may only be used when other equipment such as tower scaffolds or mobile elevated work platforms cannot be used and for work of short duration provided they can be safely secured. This may necessitate the use of ladder ties. Persons using ladders require another person present to assist.
- 9 Any defect and damage found to any item of plant or machinery must be reported to the responsible person
- 10 All plant and machinery will be regularly maintained and a schedule kept of maintenance requirements, for example, our oil fired boiler is checked and maintained annually by an OFTEC registered engineer.
(List all your items of plant and machinery and the rules and procedures for their use, including the appropriate personal protective equipment needed. In most cases when using machinery, boots, gloves, eye protection and overalls should be worn.) In certain situations, such as when working in the bell tower, head protection and ear protection may be necessary.
Other items of plant and machinery could include the following: ladders, lawnmowers, strimmers, chainsaws. A form to list your plant and machinery is available upon request.
- 11 Persons must not work on their own unless they have a means of communication and have notified a colleague of the details of the work being undertaken and agreed a procedure to ensure their safety is checked on
- 12 The following items of plant and equipment are tested by a competent person in accordance with an inspection programme.

At present. St Barnabas has no plant equipment to be covered in this policy

7 Slips, trips and falls – condition of floors, steps and paths

In order to reduce as far as is reasonably practicable the risk of slips, trips and falls, an inspection will be made every six months by the health and safety team

- 1 all floors and stairs in the church and hall, and
- 2 all paths and steps in the churchyard. Particular note will be made of moss, algae and leaves on paths. Any defects will be reported to Subcommittee who will arrange for repairs or remedial measures to be carried out.

8 Lighting

In order to ensure that the church is adequately lit, an inspection will be made every 3 months by the health and safety team to ensure that all lights in the church, hall and churchyard are working. Any bulbs that require replacing will be reported to Sub committee

9 Working at high levels

The following areas are designated as high levels:

- bulb changing and projector maintenance
- access to loft space
- Foyer decorating / window maintenance

Only the following persons may work at high levels: health and safety approved individuals or contractors

The following procedures must be followed:

Persons competent to use ladders that are appropriate for the purpose may undertake activities only when requested or authorised by St Barnabas subcommittee

Only the following work is authorised without special agreement:

replacing light bulbs within in the Church building
clearing leaves and debris from the gutters

The appropriate training will be given and a system of recording will detail who is working where at any time.

10 Preparation of food

- 1 We ensure that we follow the appropriate regulations governing the preparation and storage of foodstuffs
- 2 We ensure that all food handlers have received adequate supervision, instruction and training
- 3 We ensure that the appropriate assessment of risks is carried out for the foods to be prepared and stored including storage at the correct temperatures
- 4 Before any preparation commences, all surfaces coming into contact with food must be washed down and disinfected
- 5 Food stuffs may only be prepared in the kitchen areas:
- 6 Only persons who have received the appropriate training may prepare and serve foodstuffs:
- 7 We ensure that all hirers who wish to provide foodstuffs are advised of the facilities and procedures
- 8 An information folder and faults reporting is available for use by all kitchen users.

11 Manual handling – lifting, carrying and moving loads

- 1 Our policy is to eliminate the need for manual handling as far as is reasonably practicable
- 2 Where it is not possible to avoid the need to move loads, we will carry out risk assessments and make use of lifting aids, including trolleys, lifts and hoists as far as possible
- 3 The necessary training will be given to all those employees and voluntary workers who are required to undertake manual handling
- 4 Only those persons who have received the appropriate training are authorised to undertake manual handling tasks.

12 Display screen equipment

Our policy is to assess the risks to all habitual users of computer workstations and to reduce those risks to the lowest level possible. The following factors will be considered when carrying out risk assessments:

- stability and legibility of the screen
- contrast and brightness of the screen
- tilt and swivel of the screen
- suitability of keyboards, desks and chairs
- the work station environment
- the user-friendliness of the software.

Daily work routines will involve periods away from the screen. Where necessary, risk assessments will be carried out by the responsible person.

13 Hazardous buildings/glazing

- 1 Our policy is to ensure that our buildings are safe and without risks to the health, safety and welfare of all who work in and use them. In order to achieve this, the buildings are inspected every quarter by the health and safety team.
- 2 Any defects noted are immediately reported to St Barnabas Health & Safety Committee and the procedures put in hand for repairs
- 3 Where necessary, temporary measures are taken to ensure that there is no risk of accident or injury until permanent repairs can be carried out
- 4 A check is made of any asbestos in the building by a competent person noting its location, type and condition. Where necessary, asbestos will be removed by a licensed contractor. Information regarding any asbestos remaining in the building is given to all contractors and anyone else who may be affected
- 5 A check is made of all glazing in the buildings to ensure that any glass in windows below waist height and in doors and beside doors below shoulder height is of a safety material or is protected against breakage. Remember that a Faculty application may be necessary. Archdeacons can often sanction temporary repairs pending permanent arrangements being approved.

14 Safeguarding

A policy is held separately on Safeguarding covering issues as set out in the current Church of England House of Bishop's Policy Document or The Church in Wales document The Cure of Souls. The activities undertaken by youth groups require special attention. Details of the numbers and ages of the young people involved in each group and details of adult supervisors must be maintained. Parental consent forms should be obtained for trips away from the parish and any particular needs of individual children noted. Similar considerations for vulnerable adults apply.

A statement upholding our procedures will be made at each annual church meeting and be suitably recorded. A permanent record will be maintained of all accidents involving children.

15 Personal safety

Risk assessments need to be undertaken to assess the risks to persons working alone in the church, travelling to and from church, accepting persons into their homes and handling cash and other valuables.

Procedures have been drawn up, including the appropriate control measures. A guidance note concerning personal safety is available from Ecclesiastical.

16 Risk assessments/activities

Risk assessments will be carried out on all areas of the church premises and all activities that carry a significant risk at regular intervals by a competent person in order to meet our obligations under The Management of Health and Safety at Work Regulations 1999.

An assessment of Safety and Health (WASH) will be undertaken every year by the Health & Safety team with an action plan supplied to the St Barnabas Subcommittee. All items will be reviewed and individually risk assessed if the risk cannot be immediately eliminated. Please see separate WASH document for specific areas to be assessed.

17 Contractors

Anyone entering church premises for the purposes of carrying out work, other than an employee or voluntary worker of the church, will be regarded as a contractor. All contractors, including the self-employed, must abide by the following:

- 1 have their own health and safety policy (where required by law) and be able to provide a copy of the same
- 2 produce evidence that they have appropriate Public and Employers' Liability insurance in place. A record of this evidence will be maintained
- 3 comply with all the requirements of this health and safety policy and co-operate with the church officials in providing a safe place of work and a safe system of operation
- 4 where plant and machinery is brought onto the church premises by contractors, they must be able to show where necessary that the equipment has been inspected and tested to ensure its safe operation
- 5 contractors may only use sub-contractors or persons other than their own direct employees with the express permission of the church officials. However, responsibility will remain with the contractors
- 6 all contractors will be given detailed instructions regarding the areas where they are permitted to work and the extent of the work they are authorised to undertake. This 'permit to work' will also specify any safety precautions they must undertake.

(A specimen Work permit is available upon request.)

Particular care needs to be taken for 'hot works' and a separate Hot work permit is available from Ecclesiastical.

CDM Regulations

The Construction (Design & Management) Regulations apply to all construction work in Great Britain. You should be aware of your responsibilities under these regulations. As a 'client' – an individual or organisation for whom construction work is being carried out, you have a number of specific duties under the CDM Regulations; however, you can appoint a competent person to assist you in the discharge of these duties if you wish. The Approved Code of Practice to the CDM Regulations summarises the duties of a client as follows:

- check the competence and resource of all appointees
- ensure there are suitable management arrangements for the project including welfare facilities
- allow sufficient time and resources for all stages
- provide pre-construction information to designers and contractors.

A project is notifiable to the HSE if the construction phase will be longer than 30 days or 500 person days of construction work, and for such projects, clients must:

- appoint a CDM co-ordinator

- appoint a Principal contractor
- make sure construction work does not start unless there are suitable welfare facilities, and a construction phase plan is in place
- provide information relating to the health and safety file to the CDM co-ordinator
- retain and provide access to the health and safety file.

18 Information and enforcement

Environmental Health Service Information:

Address

Tel

Email

Contact name if known

Employment Medical Advisory Service Information:

(The Medical Advisory Service is a part of the Health and Safety Executive and is able to provide guidance on health matters. Enter here the contact details of your regional HSE office where you can contact the Medical Advisory Service).

Address

Tel

Email

Contact name if known

HSE Books: 01787 881165

19 Health and Safety Law poster

A copy of the HSE poster 'Health and Safety Law – what you should know' is displayed in the office.

If you have any employees then you need to display the HSE poster 'Health and Safety Law – What you should know'. This is available from HSE Books or HMSO bookshops. ISBN 9780717663699.

Appendix:

Re: Responsible Persons (B:5)

The St Barnabas Health and Safety committee is comprised of the following persons:

Lol Scott-Farnell – Health and Safety Officer

David Waterman – Church Warden

Bill Evans – Church Warden

Tina Waterman – Church Secretary

Display Screen Equipment (DSE) Risk Assessment

Name: Job Title

On average, how many hours a day do you spend using DSE

Date of assessment Signature

Display Screen	Yes	No
Are the characters on the screen well defined, clearly formed and of adequate size?		
Is the image on the screen stable i.e. No flickering or other instability?		
Can the contrast and brightness be easily adjusted to suit your requirements?		
Will the screen swivel and tilt to suit your requirements?		
Is the screen free of reflective glare?		

Keyboard	Yes	No
Is the keyboard tiltable and separate from the screen (so as to allow you to find a comfortable working position)?		
Is there enough space in front of the keyboard for you to be able to support your hands and arms?		
Does the keyboard have a matt surface?		
Can you see the symbols on the keyboard keys from your natural position?		

Work Desk	Yes	No
Is the work desk large enough to allow a flexible arrangement of your work related equipment?		

Work Chair	Yes	No
Is the work chair stable and comfortable?		
When seated, do you have freedom of movement?		
Can the height and back of the seat be adjusted?		
Can you rest your feet flat on the floor when working? N.B. a footrest should only be used if you cannot rest your feet flat on the floor, it should not be used otherwise as this can result in poor posture.		

Environment	Yes	No
Is your workstation designed so as to provide sufficient space for you to change position and vary your movements?		
Do you find the room lighting satisfactory i.e. No glare or distracting reflections?		
Are there suitable window coverings to minimise sun glare if necessary?		
Is the background noise at an acceptable level ie. Not distracting ?		
Is the room temperature comfortable and free from excessive heat or draughts?		

Comments:		

Health (note that negative replies are acceptable in this section)	Yes	No
Do you suffer with any soreness in your hands, arms or shoulders that you feel are directly attributable to your work with DSE?		
Have you ever suffered from soreness in your hands, arms or shoulders?		
Do you suffer from any chronic soft tissue disorders eg. Tendonitis or carpal tunnel syndrome that you feel is due to your work with DSE?		
Have you ever suffered from any chronic soft tissue disorders?		
Do you suffer from pain(s) in your back, head or neck (including headaches) whilst at work or shortly after finishing work?		
Do you find working with DSE excessively tiring or stressful?		
Do you find you have problems with your eyes after working with DSE ie. Visual impairment, red or sore eyes ?		
Do you attribute any adverse health symptoms with your work with DSE?		
When you begin to feel tired are you able to have a break from your DSE?		

