



Environmental  
Geotechnical  
Specialists

# INSITE 79

NEWS AND VIEWS FROM ROGERS GEOTECHNICAL SERVICES



Welcome to Insite, keeping you up to date with industry news and RGS as we celebrate entering our 20th year in business.

**ROGERS GEOTECHNICAL SERVICES LTD ARE SITE INVESTIGATION SPECIALISTS** offering ground investigation and geotechnical services to developers, builders, structural and consulting engineers, architects, insurance companies, local authorities, piling and foundation engineers, private individuals and other geotechnical consultants.

## new rgs videos and... action!



## ▲ Why we Updated our videos

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Recently, RGS underwent a brand refresh, which saw several key assets updated to include our new, more colourful company logo. As part of our journey through this process, we realised our videos also needed some attention - after all, we created our originals almost twenty years ago!

Yet revamping the videos was about more than having the right logo. In particular, our company video tells the world who we are - and it's a different story from the original version, first told in 2003. Today, RGS is a team providing a wide range of specialist geoenvironmental services UK-wide that invests in people, the community and sustainability. And while we remain grounded, we're ever so proud of our work *and* how we go about it - what better way than moving film to tell our tale!

## ▲ Understanding RGS in depth!

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We love our new company video and think it's an excellent watch for businesses who've not heard about RGS. That said, we encourage all of our long-standing clients to watch it and tell us what you think! Perhaps we offer a service or two you didn't know about - and if so, we welcome you to chat with the RGS team to find out more!

## ▲ A valuable land investigation service!

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Our second new video focuses on our land investigation report and how it helps clients by providing trusted, valuable insights about the land they're working with before they build. It explains the several-week discovery process, including desktop research, site investigation, testing and analysis, and the valuable data this generates for developers, architects, builders and local authorities. Take a look and tell us what you think!



## ▲ The folks making it happen!

Here's saying a huge 'Thank You' to our trusted partner, Andy Green from Leagus film production for all his hard work on our new videos. Andy has collaborated with RGS since the very beginning and understands the niche market in which we play incredibly well, not to mention knowing our team inside and out! When you're next looking for an experienced creative videographer to tell your company story or explain more about a product or service you provide, we cannot recommend Andy highly enough!



If you want to know more about Leagus' work click [here](#) to visit their website!

Do you need help with a ground investigation or geotechnical service?

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H&S MATTERS

### Hazardous Substances



This edition, we're talking **hazardous substances** in our regular Health and Safety feature - how to identify and work with them to keep your workplace and people free from accidents.

Many chemicals in the workplace pose a risk to human health and the environment. Any company using such substances must take extra care to prevent illness or injury to staff and visitors.



## ▀ What can happen when staff **encounter a substance** they shouldn't.

↗ skin irritation

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↗ **lost consciousness** caused by toxic fumes

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↗ asthma

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↗ **infection** from biological agents

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↗ **long-term illnesses** such as cancer

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Factories, laboratories and farms use hazardous substances regularly, but you will find them in other workplaces such as retailers and offices. Such substances must be used, stored and disposed of correctly to avoid damage to health or the environment.

## ▀ Taking **control** of hazards.



No business owner wants their employees to fall ill or worse. Legal suits often follow, damaging the company's financials and reputation.

But there's another benefit to implementing control around hazardous substances, and that's having your staff feel safe. Nobody wants to work in conditions where they feel their safety is compromised – and nor should they! Keeping your people safe makes them feel better equipped to work and happy to show up and perform their daily tasks.



# Control of Substances Hazardous to Health Regulations 2002 (COSHH).

COSHH is key to the safe use, storage and disposal of chemicals and, therefore, a critical document for business owners, Health and Safety Officers – and anyone working with or close to chemicals.

By following the eight safety steps laid out in COSHH, you can protect your staff from harm.

## COSHH 8 Steps:

### 1. Assess the Risk

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Look at each of the substances your team uses at work. How often is it used, and for how long? Can it be swallowed or inhaled? Look at the COSHH Essentials web page for recommendations about the hazards you need to control.



It's your responsibility as an employer to assess risk. If you still need to figure out how best to do so, use an external H&S specialist. Remember to keep any findings, too, so the assessment works as a living document to revisit if work circumstances change.

### 2. Select Precautions

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If you have found health risks, you must consider the precautions your company needs to keep people safe. Again, the COSHH Essentials web page can help, as can practical advice from the substance manufacturer or any trade associations working in your industry.

### 3. Prevent or Control Exposure

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Consider first if your substance is necessary. Can you change the work process to remove its need altogether? Or is there a safer alternative to use in its place?



'Seven steps to successful substitution of hazardous substances, published by HSE, is a worthwhile read to understand where you might implement changes to increase safety.

Where no substitutes are apparent, COSHH asks that any substances considered hazardous be adequately controlled.

This means:

- LIMITING its exposure to staff
- PROVIDING suitable PPE to those in contact with the substance
- ENSURING work areas are ventilated

EXPOSURE TO RISK SUBSTANCES known to cause cancer, genetic damage or asthma must be reduced to a 'practical' minimum.



## 4. Use and Maintain Controls

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COSHH asked that you maintain control of equipment and report any defects. This process includes training your staff on how to do so.

At a minimum:

- TEST equipment such as ventilators and PPE regularly
- KEEP evidence of your tests for a minimum of 5 years

## 5. Monitor Exposure

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Monitoring the air in areas where you use certain substances is critical to safety.

This is particularly so for substances which might cause harm if control measures failed or deteriorate; or where their use exceeds the accepted exposure limit.

(See Schedule 5 of the COSHH regulations for details of the substances to look out for).

You must retain all records of exposure monitoring for five years.



## 6. Survey Health

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As an employer, you are required to carry out health surveillance where an employee has:

- WORKED with substances as per Schedule 6 of
- COSHH, or
- BECOME exposed to a substance with links to a specific condition
- or disease

Where appropriate, health surveillance by a professional might be required. A nurse or trained H&S supervisor may, for example, check for a skin defect such as dermatitis or ask the employee about any difficulty breathing.



## 7. Plan for Emergencies

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Since working with hazardous substances is considered a risk, preparing for a worst-case scenario is essential. This means preparing an appropriate and immediate response and making all emergency procedures known to staff and the emergency services.



## 8. Train Your Staff

Arming your staff with the correct information is critical.



YOU ARE RESPONSIBLE FOR PROVIDING:

THE NAMES of hazardous substances and their associated risks

FINDINGS of any risk assessments

PRECAUTIONARY ADVICE advice about handling certain substances, including the correct PPE

THE CORRECT emergency procedures to follow

### What substances are covered by COSHH?

➤ CHEMICALS Hazard Information and Packaging for Supply Regulations 2002 (also known as CHIP). Such items are labelled as hazardous and come with a safety data sheet.

➤ BIOLOGICAL agents often used in farming / sewerage works / hospitals.

➤ DUST which exceeds a level specified in COSHH.

➤ Certain GASES, MEDICINES, PESTICIDES and COSMETICS.

Note: Some substances pose a risk but fall outside of COSHH. Asbestos and lead, for example, have their own set of regulations.

If you would like more information about the safe use of hazardous substances at work, [click here](#) to visit the HSE website.



## Another **UKAS** accreditation!



Recently, we completed our UKAS accreditation for the fifth year running, making sure our laboratory in Shelley remains ready to support our clients with data forged from trusted, reliable testing.

In short, having an accredited laboratory allows us to model and assess ground samples taken at our project sites quickly and accurately, assuring our clients of the answers they need to progress with their planning or building works efficiently.

UKAS accreditation involves assessing our many processes against national and international standards. Receiving UKAS approval tells our prospects and clients they are in safe hands with RGS - a company who proves its status repeatedly as a high quality, competent, transparent, and safe service provider to the construction industry.

Thanks goes to our entire team for its ongoing commitment to quality no matter how large or small the project. It really does mean the earth to our clients!

Proper site investigations matter - don't leave your build at risk!

CALL OUR HELPFUL TEAM TODAY ON **01484 604354**

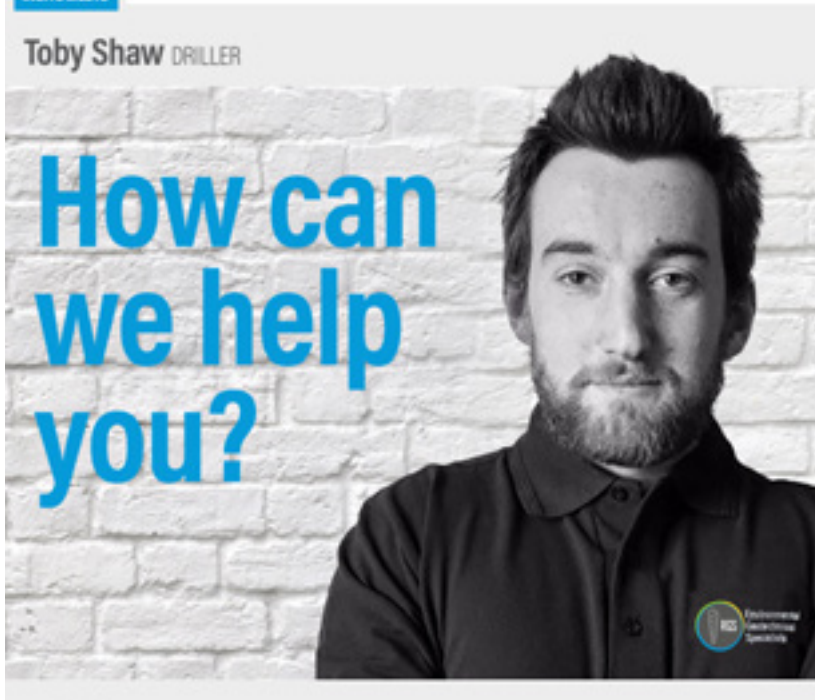
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Toby Shaw DRILLER

# How can we help you?



Once an RGS lab technician, and now, many years later, back as one of our Fieldworks team! In this special edition of Insite meets, we celebrate Toby's return and ask him about his current role, plus his time spent exploring the earth from the south side!

**What does your role involve? Describe a typical day.**

The one constant to my days is an early start - usually between 5.30am and 6.30am. That's when I arrive at the yard to check the day's equipment against the work instruction before setting off to 'anywhere' in the UK! Once at a site, tasks range from windowless sampling, digging trial pits to confirm a building foundation's depth and the materials built on, setting up compounds, sampling and logging material for in-house testing, and liaising with the engineers to ensure we complete every job to the client's satisfaction.

There is lots of variation, which I thoroughly enjoy.



**How does your role help our RGS clients?**

Our team extrudes the physical samples that provide the client with data needed to build a home, a retaining wall, or environmental samples for possible remediation strategies. With us, our clients can avoid entering a building project with limited knowledge, which can cause them costly issues later.



**What do you enjoy most about what you do?**

Travelling to different sites around the UK is a great experience. I get to meet many different people - clients, subcontractors, or staff at the facilities we are visiting - and complete various types of groundworks projects, both of which I love. It means no two days are the same, and I'm always learning and developing my skills.

**If money was no object...**

Easy. I would buy a van, convert it into a live-in campervan and travel the world. With a dog or three for company!





**Talking of travelling... You were overseas for almost three years! Where did you get to?**

I spent my whole time away in New Zealand, which was always my plan. After a pit stop in Auckland, I flew to Christchurch, where I bought a campervan and drove from Bluff (South Island) to Cape Reinga (North Island) and back again! I funded my travels by working at different places on route - a kiwi fruit orchard and dairy farm in Pukehina and peach and cherry orchards in Clyde. Abel Tasman National Park on the South Island was impressive for many reasons, as was getting 'lost' in the bush. NZ is such a beautiful country, and I would recommend to anyone to allow plenty of time there if visiting. There is a LOT to take in!

**Which place did you enjoy the most and why?**

I loved staying in Alexandra. It sits amid the mountainous region towards the bottom of the South Island, around an hour from Queenstown - a town popular among skiers and snowboarders. I was 'adopted' by a fantastic family, the Dixons, who took me under their wing during the first Covid lockdown (I went on to stay with them throughout my entire time in NZ). It was here I worked for Central Testing Services (CTS), a geotechnical provider - it was incredible to experience geotechnical standards and practices from a New Zealand perspective! I don't think I would have stayed there so long was it not for the wonderful people, including the Dixons, who treated me like one of their own.





**You originally worked in the RGS laboratory and now you're a Fieldworker. How does your travelling experience help you in your latest role?**

Working at CTS in NZ gave me a different perspective on how countries undertake their lab and fieldwork, and it allowed for a broader knowledge of the industry. Also, meeting so many new people while travelling and the confidence this has given me helps enormously in my current role, where I'm constantly dealing with others, all with different needs. RGS always supported my progress, but the Toby they work with today has many more skills in his toolbox than the original Toby, and I know they will continue developing me further. It's a positive place to be - at least until that lottery win and the next campervan dream becomes real!

How can our team help yours today? From desk studies and drilling to topographical surveys and training...

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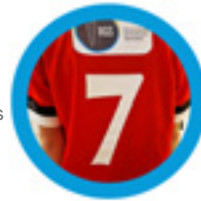
## Come on you warriors!



Last edition, we told you about a new local youth team RGS has sponsored this year, the Clifton Rangers U11 Warriors.

And what a cracking start to the season it's been for the team, made up of juniors from Brighouse, West Yorkshire - some only having joined the squad in September - and now with back-to-back wins under their belt!

We've really enjoyed watching their games to date, keeping a keen eye initially on a certain 10-year-old called 'Joe' (note: he's our MD Emma's soon-to-be stepson... number 7!) who is positively thriving as a Warrior. Not that you'd expect much else from a young man who lives and breathes football - and scored 44 goals one season at his former club! Joe was ready for a new challenge this year, and the highly reputable Clifton Rangers have allowed him to step up a level and progress his game further.



Aside from Joe, the team's other new sign-ups this year have looked mightily impressive too! Lydia and Ava - also training with the Bradford City and Manchester United academies, respectively - both went incredibly well during the team's recent 4-1 victory over Battyeford U11s. A rock-solid defender, Lydia performed numerous crucial tackles to clear the ball and prevent her opponents from scoring. Ava played brilliantly in the mid-field, constantly on the move, tackling and setting up the team's attackers to find the back of the net.



Key to any team's success, of course, is each component playing its part. From the sidelines, we can see clearly this is what the Warriors do so well, each player taking responsibility and then making connections with another individual at the right moment. As their coach said after the latest win, the success would likely continue if they keep playing this solidly as a unit. He also said how Joe, now on the wing, is the team's missing piece - which his cheerleaders at RGS are thrilled to hear!

Here's hoping all the players continue the season as they started while enjoying the many benefits of team sport - physical, mental and social. Go, WARRIORS!

RGS are site investigation and geoenvironmental experts. For ground works guidance and a competitive quote...

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**DID YOU KNOW?**

RGS **loves** being social!



**From our own backyard happenings... to movements much further afield...**

Our social media team is constantly scouring the planet to bring you up to date news, views and comments from our incredible geoenvironmental world!

Stay informed! Follow us on Facebook, Twitter and LinkedIn!



## Karate, **Christmas** and Driving Safely!



### Next time...

- We meet **AMBER ALLSOP**, RGS Project & Engineering Support by day and U21 World Karate Federation athlete by night!
- **H&S MATTERS** offers valuable tips and workplace guidance about Driving Safely.
- **RGS WRAPS UP** a successful 2022 - and **REVS UP** for our official **TWENTY YEARS CELEBRATIONS** in 2023!





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# SEAMLESS APPROACHABLE

We'll **definitely** use RGS again!

We'd love to hear client feedback  
**about our services!**

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