

# BIRD tool report

Back Injury Risks in Driving

## TSO - The Stationery Office

25 September 2023

Filter: All Respondents



# Summary report

This summary report contains results for the BIRD tool carried out by TSO - The Stationery Office.

The Back Injury Risks in Driving (Bird) is a tool aimed at employers, health and safety managers, safety representatives and health and safety inspectors. The tool will help you assess the most common risk factors and point you towards the factors you need to modify to control these risks.

This report summarises the scores for all the BIRD tool assessments across your organisations, the data from this report and all individual assessments can be extracted in Excel format for further analysis.

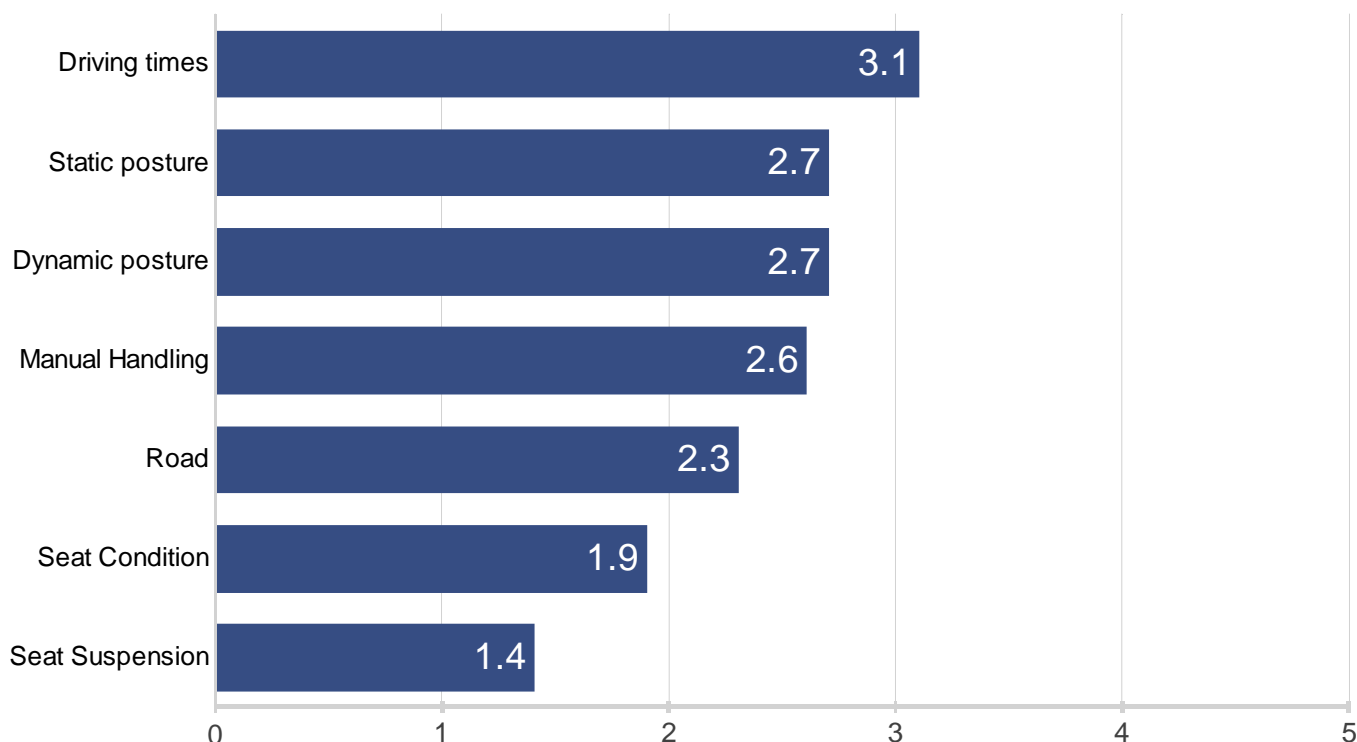
This tool is designed to collect some basic information that will help determine those issues that present the greatest risk of back injury and discomfort to drivers and provide pointers to simple improvements that may be made to reduce those risks.

This tool does not provide an alternative to detailed postural or whole-body vibration analyses, which may be necessary to understand the causes of discomfort and injury for some drivers.

Where this tool uses the term "drivers", this applies to drivers and may apply to workers who are occupants, passengers or crew of a moving vehicle.

## Average scores by section

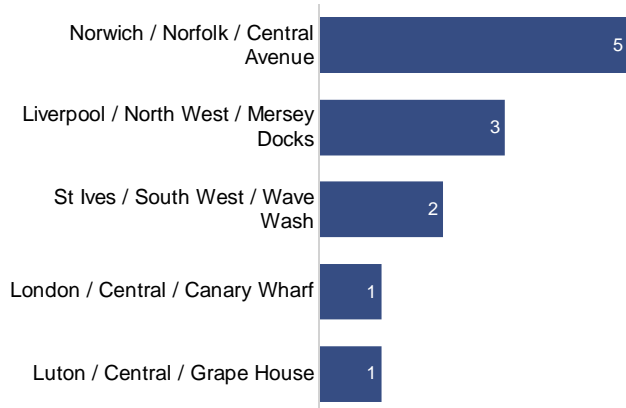
The following chart shows your mean scores for each section of the BIRD tool.



## Number of assessments completed

A total of 12 has been completed across TSO - The Stationery Office. The below charts help identify what assessments have been completed by location and assessor.

Number of assessments by location



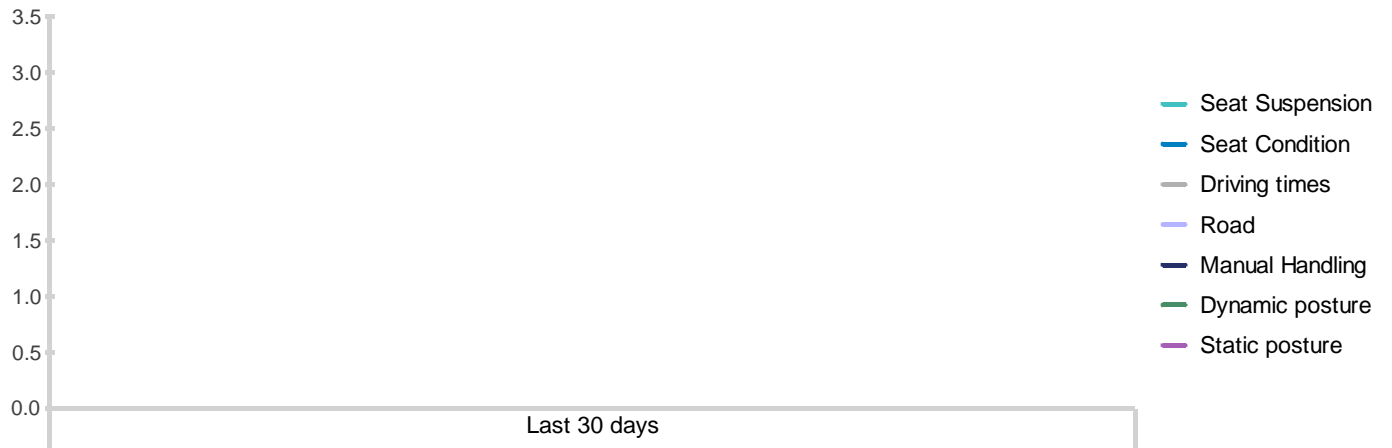
Number of assessments by assessor



## Number of assessments completed over time

Location	Last 30 days	Last 90 days	Last 180 days	Last 360 days
Total	12	12	12	12
Liverpool / North West / Mersey Docks	3	3	3	3
Norwich / Norfolk / Central Avenue	5	5	5	5
Manchester / North West / Hive Avenue	-	-	-	-
London / Central / Canary Wharf	1	1	1	1
St Ives / South West / Wave Wash	2	2	2	2
Luton / Central / Grape House	1	1	1	1
Haynes / Central / Rope Quay Belfast /	-	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-	-

## Average assessment scores over time



# Suggested priorities for improvements

When devising your action plan, start by focusing on the following key areas identified by the assessment's results:

## Static posture

Score	Activity	Site / Region / Office:	Assessor:
4	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian
4	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
3	ABCDEF (25/09/2023)	Liverpool / North West / Mersey Docks	Hollie
3	Crane operator (21/09/2023)	St Ives / South West / Wave Wash	Hollie
3	Bin Man (18/09/2023)	Luton / Central / Grape House	Hollie
3	Test 1 (15/09/2023)	Norwich / Norfolk / Central Avenue	Ian
2	DELIVERY - London (25/09/2023)	London / Central / Canary Wharf	Hollie
2	Monday Testing (25/09/2023)	Norwich / Norfolk / Central Avenue	Carl
2	Test 25th Sept (25/09/2023)	Norwich / Norfolk / Central Avenue	Ian

Score	Activity	Site / Region / Office:	Assessor:
4	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian
4	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
3	Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Wendy
3	Bin Man (18/09/2023)	Luton / Central / Grape House	Hollie

## Dynamic posture

Score	Activity	Site / Region / Office:	Assessor:
4	DELIVERY - London (25/09/2023)	London / Central / Canary Wharf	Hollie
4	ABCDEF (25/09/2023)	Liverpool / North West / Mersey Docks	Hollie
4	Crane operator (21/09/2023)	St Ives / South West / Wave Wash	Hollie
3	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie

Score	Activity	Site / Region / Office:	Assessor:
3	Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Wendy
3	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian

## Manual handling and work breaks

Score	Activity	Site / Region / Office:	Assessor:
4	Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Wendy
4	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
3	asd (15/09/2023)	Norwich / Norfolk / Central Avenue	Ian
2	Monday Testing (25/09/2023)	Norwich / Norfolk / Central Avenue	Carl

Score	Activity	Site / Region / Office:	Assessor:
3	Crane operator (21/09/2023)	St Ives / South West / Wave Wash	Hollie
3	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian
3	Bin Man (18/09/2023)	Luton / Central / Grape House	Hollie

## Road conditions and vehicle stability

Score	Activity	Site / Region / Office:	Assessor:
4	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian
4	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
3	DELIVERY - London (25/09/2023)	London / Central / Canary Wharf	Hollie
3	Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Wendy

Score	Activity	Site / Region / Office:	Assessor:
4	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian
3	Crane operator (21/09/2023)	St Ives / South West / Wave Wash	Hollie
3	Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Wendy
2	Bin Man (18/09/2023)	Luton / Central / Grape House	Hollie

## Driving times

Score	Activity	Site / Region / Office:	Assessor:
5	Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Wendy
5	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian
5	abcdef (15/09/2023)	Norwich / Norfolk / Central Avenue	Ian
4	DELIVERY - London (25/09/2023)	London / Central / Canary Wharf	Hollie
4	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
3	Monday Testing (25/09/2023)	Norwich / Norfolk / Central Avenue	Carl
2	Bin Man (18/09/2023)	Luton / Central / Grape House	Hollie

Score	Activity	Site / Region / Office:	Assessor:
4	DELIVERY - London (25/09/2023)	London / Central / Canary Wharf	Hollie
3	Crane operator (21/09/2023)	St Ives / South West / Wave Wash	Hollie
3	Test 1 (15/09/2023)	Norwich / Norfolk / Central Avenue	Ian

## Seat condition

Score	Activity	Site / Region / Office:	Assessor:
4	Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Ian
4	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
3	Crane operator (21/09/2023)	St Ives / South West / Wave Wash	Hollie
2	DELIVERY - London (25/09/2023)	London / Central / Canary Wharf	Hollie

Score	Activity	Site / Region / Office:	Assessor:
4	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
2	Bin Man (18/09/2023)	Luton / Central / Grape House	Hollie

## Seat suspension and setup

Score	Activity	Site / Region / Office:	Assessor:
3	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie



Score	Activity	Site / Region / Office:	Assessor:
3	Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Wendy
3	jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Hollie
2	Test 1 (15/09/2023)	Norwich / Norfolk / Central Avenue	Ian
1	ABCDEF (25/09/2023)	Liverpool / North West / Mersey Docks	Hollie
1	Monday Testing (25/09/2023)	Norwich / Norfolk / Central Avenue	Carl
1	Test 25th Sept (25/09/2023)	Norwich / Norfolk / Central Avenue	Ian

# Scores by risk factor

This section helps identify common risk factors across all assessments. The below tables show a combined count of risk factors across all assessments completed.

## Static posture

Factor	Green	Amber	Red
Back support	10	2	-
Reach: arms	9	2	1
Reach: legs	7	2	3
Headroom	8	-	4
Visibility	7	2	3

## Dynamic posture

Factor	Green	Amber	Red
Twisting at neck and lower back - regular twisting	8	2	2
Twisting or tilting of head - regular twisting and tilting	6	2	4

## Manual handling and work breaks

Factor	Green	Amber	Red
Lifting	7	3	2
Pushing/pulling	9	2	1
Rest breaks	8	1	3

## Road condition and vehicle suitability

Factor	Green	Amber	Red
Suitability of vehicle for road surfaces	10	1	1
Road surface obstacles (bumps and jolts)	7	1	4
Vehicle rolling (side-side) or rocking (fore-aft)	8	2	2
Driving speed	8	3	1

## Driving times

Factor	Green	Amber	Red
Driving time per week	4	2	6
Off-road driving (per day)	3	1	3
Driving on made roads or equivalent surfaces	7	-	-

## Seat condition

Factor	Green	Amber	Red
Seat coverings	9	-	3
Seat padding	9	-	3
Fore-aft control	9	1	-
Backrest control	7	2	1
Seat suspension control	9	-	1

## Seat suspension set up

Factor	Green	Amber	Red
Seat suspension set up	7	-	1
Awareness of weight-adjust control	7	1	1
Suspension travel condition	6	1	1
Damper condition	7	2	-

# Scores by location

This section helps identify common themes across all assessments completed. The below tables show a combined count of risk factors across all assessments completed.

## Static posture

	Green	Amber	Red
Site / Region / Office:			
Liverpool / North West / Mersey Docks	-	2	1
Norwich / Norfolk / Central Avenue	4	1	-
Manchester / North West / Hive Avenue	-	-	-
London / Central / Canary Wharf	1	-	-
St Ives / South West / Wave Wash	-	1	1
Luton / Central / Grape House	-	1	-
Haynes / Central / Rope Quay Belfast /	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-

## Dynamic posture

	Green	Amber	Red
Site / Region / Office:			
Liverpool / North West / Mersey Docks	-	2	1
Norwich / Norfolk / Central Avenue	5	-	-
Manchester / North West / Hive Avenue	-	-	-
London / Central / Canary Wharf	-	-	1
St Ives / South West / Wave Wash	-	1	1
Luton / Central / Grape House	1	-	-
Haynes / Central / Rope Quay Belfast /	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-

## Manual handling and work breaks

	Green	Amber	Red
Site / Region / Office:			
Liverpool / North West / Mersey Docks	1	-	2
Norwich / Norfolk / Central Avenue	4	1	-
Manchester / North West / Hive Avenue	-	-	-
London / Central / Canary Wharf	1	-	-
St Ives / South West / Wave Wash	-	2	-
Luton / Central / Grape House	-	1	-
Haynes / Central / Rope Quay Belfast /	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-

## Road condition and vehicle suitability

	Green	Amber	Red
Site / Region / Office:			
Liverpool / North West / Mersey Docks	1	1	1
Norwich / Norfolk / Central Avenue	5	-	-
Manchester / North West / Hive Avenue	-	-	-
London / Central / Canary Wharf	-	1	-
St Ives / South West / Wave Wash	-	1	1
Luton / Central / Grape House	1	-	-
Haynes / Central / Rope Quay Belfast /	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-

## Driving times

	Green	Amber	Red
Site / Region / Office:			
Liverpool / North West / Mersey Docks	1	-	2
Norwich / Norfolk / Central Avenue	2	2	1
Manchester / North West / Hive Avenue	-	-	-
London / Central / Canary Wharf	-	-	1
St Ives / South West / Wave Wash	-	1	1
Luton / Central / Grape House	1	-	-
Haynes / Central / Rope Quay Belfast /	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-

## Seat condition

	Green	Amber	Red
Site / Region / Office:			
Liverpool / North West / Mersey Docks	2	-	1
Norwich / Norfolk / Central Avenue	5	-	-
Manchester / North West / Hive Avenue	-	-	-
London / Central / Canary Wharf	1	-	-
St Ives / South West / Wave Wash	-	1	1
Luton / Central / Grape House	1	-	-
Haynes / Central / Rope Quay Belfast /	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-

## Seat suspension set up

	Green	Amber	Red	No suspension fitted
Site / Region / Office:				
Liverpool / North West / Mersey Docks	1	2	-	-
Norwich / Norfolk / Central Avenue	4	-	-	1
Manchester / North West / Hive Avenue	-	-	-	-
London / Central / Canary Wharf	-	-	-	1
St Ives / South West / Wave Wash	1	-	-	1
Luton / Central / Grape House	-	1	-	-
Haynes / Central / Rope Quay Belfast /	-	-	-	-
Northern Ireland / Castle Quarter Road	-	-	-	-
Cardiff / Wales / Piper Avenue	-	-	-	-

# All assessments

The table below shows scores for all assessments.

Activity	Site / Region / Office:	Department:	Assessor:	Static posture	Dynamic posture	Manual Handling	Road	Driving times	Seat Condition	Seat Suspension
jp-fish (14/09/2023)	Liverpool / North West / Mersey Docks	Fishing	Hollie	4	3	4	4	4	4	3
Test 1 (15/09/2023)	Norwich / Norfolk / Central Avenue	Warehouse	Ian	3	2	2	1	3	1	2
abcdef (15/09/2023)	Norwich / Norfolk / Central Avenue	Construction	Ian	1	2	2	2	5	1	0
asd (15/09/2023)	Norwich / Norfolk / Central Avenue	Haulage	Ian	2	1	3	1	1	1	1
Bin Man (18/09/2023)	Luton / Central / Grape House	Energy	Hollie	3	2	3	2	2	2	3
Fishing Vessel 1 (18/09/2023)	St Ives / South West / Wave Wash	Fishing	Ian	4	3	3	4	5	4	0
Dockside 1 (21/09/2023)	Liverpool / North West / Mersey Docks	Ports	Wendy	3	3	4	3	5	2	3
Crane operator (21/09/2023)	St Ives / South West / Wave Wash	Construction	Hollie	3	4	3	3	3	3	2
Test 25th Sept (25/09/2023)	Norwich / Norfolk / Central Avenue	Warehouse	Ian	2	2	2	2	1	1	1
Monday Testing (25/09/2023)	Norwich / Norfolk / Central Avenue	Energy	Carl	2	2	2	1	3	1	1
ABCDEF (25/09/2023)	Liverpool / North West / Mersey Docks	Energy	Hollie	3	4	1	1	1	1	1
DELIVERY - London (25/09/2023)	London / Central / Canary Wharf	Warehouse	Hollie	2	4	2	3	4	2	0

The Bird Tool is designed to help identify possible measures to reduce the risks of back injury related to driving. The scoring for each assessment helps prioritise those control measures. See <http://www.hse.gov.uk/vibration/WBV> for more information

## What next?

Assessments form only part of your whole-body vibration risk assessment. Identifying areas for improvement is just the start of your programme to reduce back injury risks and to enhance performance and wellbeing.

If you need support taking further steps, HSE specialists are uniquely placed to advise you in the prevention of risk. For example, we are available to help you to train your managers or provide specialist advice.

Read more about our products and services at: <http://solutions.hse.gov.uk/>