



Health and Safety Update

Presented by Linda Gill Ryan *H.Dip SHWW Dip T&E MIMI Grad IOSH*

Welcome

- Thank you for the opportunity to share this information with you. I hope you find it to be useful for yourself and indeed for your team.
- My name is Linda Gill Ryan and I have worked in the world of Health and Safety as an advisor and trainer for almost 20 years. I work across all sectors including food manufacturing, transport and distribution, heavy manufacturing, retail and the motor industry. Having worked in these industries myself, it is a real pleasure to return and assist all levels within the organisation with their training and consultancy needs.
- Outside of that, my other passion is the world of pre hospital care. I am a Volunteer Rapid Responder with the National Ambulance Service and I am based in my now home town of Dunlavin, Co. Wicklow. Here we offer interim care to an ill patient until the Ambulance Service arrives.



Health and Safety Our Legal Obligations



Employer (Section 8 SHWW Act 2005)	Employee (Section 13 SHWW Act 2005)
<ul style="list-style-type: none">▪ Provide a safe place of work	<ul style="list-style-type: none">▪ Take care of one self
<ul style="list-style-type: none">▪ Provide safe systems of work	<ul style="list-style-type: none">▪ Take care of others
<ul style="list-style-type: none">▪ Provide safe plant and equipment	<ul style="list-style-type: none">▪ Report defects in plant, equipment, work processes
<ul style="list-style-type: none">▪ Provide information, training and instruction	<ul style="list-style-type: none">▪ Attend training and partake in the programme
<ul style="list-style-type: none">▪ Provision of PPE	<ul style="list-style-type: none">▪ Wear and use PPE for its intended purpose
<ul style="list-style-type: none">▪ Provision of Safety Statement and Risk Assessment	<ul style="list-style-type: none">▪ Must not be under the influence of intoxicants



During COVID 19 Emergency



Workplace Based Employees	Home Base Employees
<ul style="list-style-type: none">▪ Only essential workers are permitted to be at work	<ul style="list-style-type: none">▪ You have the same responsibility to your team as if they were at work
<ul style="list-style-type: none">▪ If you are at work, strict protocol must be adhered to and all provisions are to be in place for this	<ul style="list-style-type: none">▪ Have employees adequate resources within reason?
<ul style="list-style-type: none">▪ Social distancing is a MUST and this is to be considered in relation to the size of your workplace	<ul style="list-style-type: none">▪ Are your employees aware of the importance of still taking their breaks as normal?
<ul style="list-style-type: none">▪ Hygiene procedures MUST be in place and notification of this posted in all relevant areas	<ul style="list-style-type: none">▪ Is there a provision in place for contacting your employee, i.e. Zoom, similar?
<ul style="list-style-type: none">▪ REMEMBER Wash your hands / Sneeze into your elbow / NO shaking hands / No physical contact	<ul style="list-style-type: none">▪ Have you asked your employee to assess their home workspace from a health and safety perspective?
<ul style="list-style-type: none">▪ Reduce hours / rotating shifts where possible	<ul style="list-style-type: none">▪ Have you consider your employees Mental Health?

Employee Mental Health Awareness

Whether working in the office or working from home, an employees Mental Health is and should be foremost in our minds and now more so than ever before. I spoke with a fellow advisor / business owner recently and he noted that when he is speaking to his customers, his fellow colleagues and indeed his friends, he is doing so with care and compassion. His words to me were:

“Linda people are suffering right now, some a little and some a lot. We may not be aware of this thus our tact and mindfulness of this at all times”

- Ensure your employees know that they are not alone when working from home thus the importance of daily contact in some form
- Ensure your employees know that there is support for them if they need it. Remember, there are personal, financial and health challenges for us all at this difficult time
- When we all return to “Normal” whatever that will be, remember to follow up and engage with your employees to see how things are
- And finally remember that we are all in this **TOGETHER** and remember that we **WILL** get through this



A Business Owner Reminder !



“Clients do not
come first.
Employees come
first.
If you take care of
your employees ,
they will take care
of the clients.”

Richard Branson

Useful Links

More Info



- Hand Washing <https://youtu.be/lsgLivAD2FE>
- Personal Hygiene <https://youtu.be/5JYhm9oa-DM>
- Social Distancing <https://youtu.be/10-uuijhF4Q>

- HSE Link (COVID 19) <https://www2.hse.ie/coronavirus/>

- HSA Link (COVID 19)
https://www.hsa.ie/eng/news_events_media/news/news_and_articles/coronavirus.html

- WHO Link (COVID 19) <https://www.who.int/>

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water

 World Health

Be **READY** for #coronavirus

WHO is giving advice on how to protect ourselves & others:



Be **SAFE** from coronavirus infection

Be **SMART** & inform yourself about it

Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19



Thank You

My contact details are as follows should you have any additional queries, concerns:

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