

# HEALTH, SAFETY & WELLBEING NEWS

## *Helping you thrive at Strathclyde*

### PRINCIPAL PROF. SIR JIM MCDONALD LEADS THE WAY IN FIRST AID!

The University Principal and Vice Chancellor, Professor Sir Jim McDonald, is visibly demonstrating the University's commitment to strengthening First Aid provisions at the University of Strathclyde by attendance at the Emergency First Aid at Work Course.

The University Occupational Health and Safety Standard for First Aid was released in September 2017 and has seen the introduction of local First Aiders within departments to strengthen the continuing service already provided by Security.

Click [here](#) for further info on First Aid at Strathclyde.



#### Also In This Issue:

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### The Inaugural Big Health and Safety Meet 2017

The Inaugural Big Health and Safety Meet was held on the 23rd November 2017 in the Lord Todd Building, and was attended by over 60 delegates from across the University.

The event opened with a warm welcome from the University Secretary and Compliance Officer, Dr. Veena O'Halloran followed by an inspirational talk from Court Member Jeremy Beeton on his role in the London Olympics.



Dr. Veena O'Halloran



Jeremy Beeton

Head of OHSaW, Rachel Doyle, expressed thanks to those attending who play an every day role in ensuring a safe and healthy working environment. Rachel also took time to highlight the successes over the past year whilst touching on the Occupational Health, Safety and

workshops. Mark Smith, Community Resilience Facilitator from the Scottish Ambulance Service, brought a light hearted touch to the serious subject of cardio-pulmonary resuscitation and gave a demonstration on how to use an automated external defibrillator (AED/defibrillator).

Wes Boulstridge, the University Fire Safety Adviser gave a Home Fire Safety talk which raised awareness of the many hazards and risks that we have in our homes, and how to reduce the likelihood of a fire.

Scott Bottomer from ergonomics company Posturite held a DSE clinic, which included advice on the importance of keeping active during the working day, including helpful tips and a demonstration of a sit-stand desk.

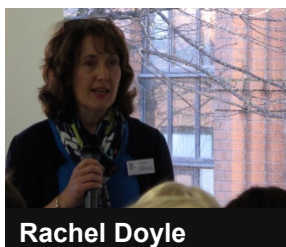
Colin Flynn, Wellbeing Manager, provided delegates with an interesting finish to the event with a mindful eating session where delegates were given the opportunity to mindfully enjoy chocolate!

The Big Health and Safety Meet 2017 also saw the launch of the 'Don't Dismiss a Near Miss' reporting campaign and the Safety Suggestion Scheme. More details can be found later in this issue.

Following the final comments to close the Inaugural Big Health and Safety Meet delegates enjoyed a buffet lunch, provided by Nourish Catering, with an opportunity to socialise with colleagues.

We look forward to seeing you all again for the 2nd Big Health and Safety Meet..... date and details will follow.

If you have any feedback on the Big Health and Safety Meet, or suggestions for the next meeting, please contact us by e-mailing [safety@strath.ac.uk](mailto:safety@strath.ac.uk) or by calling X2726.



Rachel Doyle

Wellbeing 5-year strategy.

Pamela McDaid, Health and Safety Convenor for the Faculty of HaSS gave an insight into the safety management system that she has successfully implemented within the Faculty.

The day continued with a series of warmly received

The second of this type of course took place at the University of Strathclyde on the 31<sup>st</sup> October 2017, with eight Court Members plus the Head of Occupational Health, Safety and Wellbeing attending. Near the close of the course attendees were asked to identify any future steps and actions needed as a result of being made more aware of their leadership role as the governing body of the University.

Occupational Health Service  
Leaflet

If you are using a fixed workstation, it is important that your desk and your chair are set up correctly for you to prevent any pain or other issues developing. A quick guide can be found [here](#). All staff and postgraduate students should ensure they complete the [online DSE assessment](#). A range of options are available to ensure your working environment is appropriate. If you need further information, please contact your departmental DSE Assessor.

Some of the events are run by our colleagues who offer their own free time and talents to support the week making the event very special. This year look out for the contributions from the Sustainability Team – there's a lot going on. Information and booking available on line from the 9<sup>th</sup> March. See The Weekly Digest for details.



Report postcards will shortly be sent to all departments for use, alongside an S1 Form, following a new miss event. The postcard can also be found here - [Near Miss Postcard](#).

E: [safety@strath.ac.uk](mailto:safety@strath.ac.uk)

## Upcoming Training Courses

### MARCH

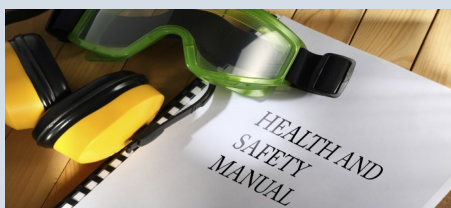
20<sup>th</sup> Departmental Safety Inspection  
 21<sup>st</sup> COSHH for Assessors  
 27<sup>th</sup> Departmental Safety Inspection

### APRIL

5<sup>th</sup>-6<sup>th</sup> Mental Health First Aid  
 10<sup>th</sup> Principles and Practice of Risk Assessment  
 16<sup>th</sup> Use of Evacuation Chair  
 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> IOSH Managing Safely  
 18<sup>th</sup> COSHH Assessors Training  
 26<sup>th</sup> Departmental Fire Safety  
 27<sup>th</sup> Fire Extinguisher Practical

### MAY

14<sup>th</sup> Use of Evacuation Chair  
 15<sup>th</sup> Principles and Practice of Risk Assessment  
 16<sup>th</sup> Departmental Fire Safety  
 23<sup>rd</sup> COSHH Assessors Training  
 24<sup>th</sup> Managing Work Related Stress



For further information on training courses please visit the online Development and Training booking system [here](#).

T: 2726

E: [safety.training@strath.ac.uk](mailto:safety.training@strath.ac.uk)

## IOSH Managing Safely



The Centre for Lifelong Learning is now facilitating the internationally-recognised Institution of Occupational Safety and Health (IOSH) Managing Safely course.

The course is of benefit to any staff member in a management role (e.g. research leader, area/facilities manager, project manager) and those fulfilling the role of Departmental Safety Convenor. It runs over three one-day sessions, and is designed to get managers up to speed on the practical actions they need to take to effectively manage health and safety matters within their teams. Through a combination of clear examples, recognisable scenarios, practical exercises and interactive discussions, it provides managers with the knowledge, skills and tools required to manage safely, and leads to internationally-recognised certification through IOSH.

The first of this type of course was held in November/December with ten staff from Estates Services attending. Feedback comments were generally positive. The second course in January 2018 had eight attendees from departments as diverse as, DMEM, TIC, Information Services, Faculty of HaSS, PNDC and Economics.

Participation will help support the development of a positive health and safety culture within departments, which in turn will help ensure that staff and students remain healthy and safe to work or study effectively. The next courses are planned for the following dates:

**Monday 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> April 2018, 9am-5pm**

**Monday 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> June 2018, 9am-5pm**

Places may be booked through the DAT System and the cost to departments is £295 per person, which represents excellent value compared to commercial rates.

## New Health and Safety Documentation



From the 1<sup>st</sup> of January 2018, the Ionising Radiation Regulations 1999 have been replaced with the **Ionising Radiation Regulations 2017**. These new regulations incorporate changes that are required from the Basic Safety Standard Directive (BSSD) 2013. The major changes relating to the dose limit

applies to the eyes of workers, and the introduction of a three tier notification system for informing the HSE of any use of ionising radiation.

The impact of the changes for the University will be minimal. The University is required to notify the HSE of all work involving ionising radiation by the 5<sup>th</sup> of February. Work to ensure that the University remains compliant is currently being undertaken by the RPO and departmental personnel. The University management standard for ionising radiation has been reviewed to provide up to date advice and guidance on what is required of departments.

For further information contact your Departmental Radiation Protection Supervisor or the [University Radiation Protection Officer](#).

## Team JUMP



The University of Strathclyde is the first Scottish university to implement the JUMP programme. JUMP is a Sustainability and Wellbeing scheme for employees which aims to reduce carbon emissions and boost employee wellbeing.

The University has recruited up to 250 employees to pilot the scheme for a 5 month period from February 2018. Team

JUMP rewards employees for taking part in activities based on a range of Sustainability and Wellbeing related themes including energy, travel, resources, engagement, wellbeing and sustainable labs. Teams will compete for both green points and awards by taking part in activities relevant to their Sustainability and Wellbeing aspirations.

For more information on future plans for the JUMP programme and general Sustainability enquiries contact the [Sustainability Team](#).



## Occupational Health, Safety and Wellbeing Office News



OHSaW are delighted to welcome newly appointed Paul Graham to the role of Health and Safety Manager. Paul joined the team on the 5<sup>th</sup> February and brings with him a wealth of operational experience of managing a broad range of risks within events, construction industries and public bodies.

Paul will support operational managers to successfully manage health and safety at a campus/faculty level as well as supporting the specialist advisers within the OHSaW team.

If you would like to contact Paul please e-mail [paul.graham@strath.ac.uk](mailto:paul.graham@strath.ac.uk) or call X3375.



We would like to congratulate Greig Dick on passing the SVQ Level 3 in Business Administration. Greig is a modern apprentice in the OHSaW office. During his time at Strathclyde Greig has made valuable contributions to the team as Training Co-ordinator and Departmental Support Assistant.

Greig says 'To achieve this I was required to gather evidence to prove that I can work at the required SVQ standards with my evidence being assessed against the national standards. I thoroughly enjoyed completing my qualification during which I gained some valuable knowledge and skills to help me within my job.' We wish Greig all the best as his career progresses here at the University.

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Health and Safety Manager	Paul Graham	<a href="mailto:paul.graham@strath.ac.uk">paul.graham@strath.ac.uk</a>	3375
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Fire Safety Adviser	Wes Boulstridge	<a href="mailto:wesley.boulstridge@strath.ac.uk">wesley.boulstridge@strath.ac.uk</a>	2121
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Risk and Resilience Secretary	Josephine Hamilton	<a href="mailto:josephine.hamilton@strath.ac.uk">josephine.hamilton@strath.ac.uk</a>	2020
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Occupational Health Nurse	Sarah Hunter	<a href="mailto:s.hunter@strath.ac.uk">s.hunter@strath.ac.uk</a>	5882
Occupational Health Secretary	Jacqueline Gordon	<a href="mailto:jacqueline.gordon@strath.ac.uk">jacqueline.gordon@strath.ac.uk</a>	4824

### WE WOULD LOVE TO HEAR FROM YOU!

If you would like to make a contribution to the newsletter contact: OHSaW, Room GH820, Graham Hills Building, 50 George Street, G11 1QE. T: 2726, E: [safety@strath.ac.uk](mailto:safety@strath.ac.uk).