

# HEALTH, SAFETY & WELLBEING NEWS

## *Helping you thrive at Strathclyde*

### Occupational Health, Safety and Wellbeing Newsletter

Issue 1: Autumn 2017

We would like to welcome you, to this, the 1<sup>st</sup> issue of the University of Strathclyde's Health and Safety Newsletter. In each edition you will find news on a range of issues including changes to University written guidance, upcoming events and details of new services, all of which aim to ensure your Health, Safety and Wellbeing. In this issue we welcome our newly appointed University Secretary and Compliance Officer, Dr. Veena O'Halloran. Veena has oversight of a whole host of activities including Health and Safety and Risk Management. We also have an Occupational Health Service Highlight which will draw your attention to the new Physiotherapy Service that is currently being introduced. We hope that you enjoy this first edition!

## WELCOME



We welcome the appointment of Dr Veena O'Halloran in her new role as University Secretary and Compliance Officer. Veena brings a wealth of experience from her previous roles at Dundee, Aberdeen and Edinburgh Universities, and of course previously here at the University of Strathclyde as the Director of Student Experience and Enhancement Services. We wish Veena continued success in her new role.

### **Veena O'Halloran, University Secretary and Compliance Officer**

'Many thanks for taking the time to read this newsletter which has been designed to provide you with the University's latest health, safety and wellbeing news. Our intention is to publish the newsletter three times a year to coincide with the SACSOH meeting schedule. I do hope that this first edition will be of interest and that you'll feel inspired to contribute to future editions. Finally, I would like to say a huge thank you to all staff for your continued support of health and safety matters and for helping to provide a safe and secure environment in which we can all thrive.'



### **Rachel Doyle, Head of Occupational Health, Safety and Wellbeing**

## **OCCUPATIONAL HEALTH AND SAFETY POLICY STATEMENT**

The Court of the University of Strathclyde is fully committed to ensuring, so far as is reasonably practicable, the occupational health, safety and wellbeing of all its staff and those affected by its work activities including students, visitors, members of the public, third parties and contractors.

The Occupational Health and Safety Policy Statement outlines how the University intends to organise itself to maintain legal compliance and to promote a positive and sustainable safety culture in which everyone plays their part.

The Occupational Health and Safety Policy Statement can be found [here](#).

### **In This Issue:**

- Welcome
- New OHSaW Documentation
- Occupational Health Service News
- Centre For Sport and Recreation News
- Upcoming Events and Training
- Know Your Risk Assessors
- Faculty news
- Induction reminders
- H&S Alerts
- OHSaW Team News
- Contacts



**Technology and Innovation Centre**

## New Occupational Health and Safety Documentation

The University of Strathclyde's corporate vision of being a leading international technological university requires the University to conduct its activities in a proactive way that prevents injury/ill health to all who engage with us. A major influence on this vision is the provision of comprehensible written documentation to allow all those undertaking activities at the University to comply with legislation, achieve best practice and ultimately work safely. OHSaW are currently undertaking a major re-development of the current Local Rules and Guidance documents which will be released, over time, as Management Standards, Information Sheets and Forms.

One of the aims of this re-development process is to provide a simpler, straightforward occupational health and safety management system that is easy to understand, navigate and implement.

Management Standards will give key members of staff a clear understanding, where applicable, as to the role they are expected to play to fully implement the system.

### UPCOMING RELEASES:

**THE FIRST AID STANDARD** will be released this month and will see the introduction of departmental First Aiders. Training will be provided to volunteer members of staff, appointment of which will be following the assessment of local departmental First Aid needs. More details can be found [here](#).



For further information contact your DSC, or OHSaW on:

T: 2726, E: [safety@strath.ac.uk](mailto:safety@strath.ac.uk)

## Occupational Health Service Highlight

### PHYSIOTHERAPY SERVICE

Musculoskeletal disorders (MSDs), cause significant suffering and it is estimated they cause 9.5 million working days to be lost each year in the UK. In order to support the health and wellbeing of our staff the Occupational Health Service are trialling early access to an onsite Physiotherapist Service from October 2017. This service will assess, diagnose, advise and treat staff who are on sick leave and/or suffering from work related MSDs to help achieve optimal function and reduce pain. It is a limited but free service and is accessed via Occupational Health Service referral.

For more information on this service, and referral please contact Occupational Health [here](#).



### THE OCCUPATIONAL HEALTH SERVICE

Strathclyde University's Occupational Health Service (OHS) provides a range of services to protect health at work, assess fitness to work and to advise on how health issues can be effectively managed.

For further information contact:

T:4824

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

[Occupational Health Service Leaflet](#)

## Centre for Sport and Recreation

### THE CENTRE FOR SPORT AND RECREATION

The CSR can provide a range of health and wellbeing advice including:

- Physical Activity Consultations
- Physical Fitness Assessment
- Exercise Programming and Advice
- Nutrition Advice
- Pregnancy Advice
- Campus Health Walks

For further information contact::

T: 2446, E: [sport@strath.ac.uk](mailto:sport@strath.ac.uk)

### PELVIC FLOOR WORKSHOP

The pelvic floor can be weakened due to a number of factors such as:

- Psychological/life stresses
- Physical stress
- Pregnancy and hormonal changes
- Weight gain
- Gut inflammation and food intolerances

This workshop will take place on the **11<sup>th</sup> October 12.10pm-12.50pm** and aims to provide female members of staff and students an awareness of the pelvic floor and how you can make small changes to take better care of this part of your body. Former Strathclyde student, and Student Services staff member Stephanie McPherson will share her knowledge of pelvic floor function and rehabilitation. The workshop will be complemented by Pilates instructor Aileen Leishman sharing some tips and non-invasive exercise to help activate the pelvic floor.

For further information and to book your place visit [here](#) or contact:

[seona.mckenzie@strath.ac.uk](mailto:seona.mckenzie@strath.ac.uk)

## Upcoming Events

### HOME FIRE SAFETY TALKS

OSDU are running lunchtime talks to promote fire safety in your home. The session will provide awareness of the many hazards and risks that we have in our homes, better habits and routines to reduce the likelihood of a fire, and escape options and damage limitation if a fire should occur.

Book your place [here](#). Talks will run between 1-2pm on:  
26<sup>th</sup> Oct  
15<sup>th</sup> Nov  
28<sup>th</sup> Nov

### OHSaW BIG HEALTH AND SAFETY MEET

OHSaW will be hosting a 'Big Health and Safety Meet' on the morning of 23<sup>rd</sup> November in the Lord Todd. There will be a series of health and safety presentations along with workshops on First aid, Home Fire Safety and a DSE chair clinic. All members of staff with a safety role within the University will be invited to attend.

For further information contact OHSaW on:

T:2726, E: [safety@strath.ac.uk](mailto:safety@strath.ac.uk)

## Upcoming Training Courses

### OCTOBER

- 12th:** Principles and Practice of Risk Assessment
- 16th:** Use of Evac Chair
- 17th:** Departmental Fire Safety Training
- 18th:** COSHH Assessors
- 19th:** Fire Extinguisher Practical

### NOVEMBER

- 14th:** Departmental Safety Inspection
- 16th:** Principles and Practice of Risk Assessment
- 22nd:** COSHH Assessors
- 27th:** Use of Evac Chair
- 28th:** Fire Extinguisher Practical
- 30th:** Principles and Practice of Risk Assessment



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)

## Know Your Risk Assessors

Departments appoint assessors who are trained to provide advice covering a number of areas to ensure your health and safety whilst carrying out work tasks. It is important that you know who your assessors are by referring to your Departmental Safety Regulations. Assessors include:

**DISPLAY SCREEN EQUIPMENT (DSE) ASSESSORS** have an understanding of the DSE Regulations and risk assessment process for those using computers. They are able to advise on the risks associated with incorrect use of computers, suggest possible solutions, and advise on the correct setup of workstations following online self assessment.

**MANUAL HANDLING ASSESSORS** have an understanding of the Manual Handling Operations Regulations and of the musculoskeletal system, enabling them to provide competent advice on assessing risks from manual handling activities.

**COSHH ASSESSORS** have an understanding of the COSHH regulations and risks involved with using substances hazardous to health enabling them to carry out COSHH assessments or ensure such assessments are carried out to a suitable and sufficient standard.

## Faculty News

### FACULTY OF ENGINEERING OFFICE

The Faculty of Engineering Office have determined, through a needs assessment, that it would be beneficial to have a greater number of staff trained in First Aid within its offices and rooms. The Faculty Office state that 'This will ensure appropriate expertise exists to promptly handle any incidents concerning our own staff, and as we have several meeting rooms that are utilised by staff/visitors on the 6<sup>th</sup> floor of the James Weir, we will be equipped to handle any incidents that may require assistance within these areas too.' The Faculty Manager and Area Safety Convenor have been liaising with colleagues in the University's OHSaW team, and Security Services to arrange a basic First Aid training course to be delivered specifically for the staff within the Engineering Faculty Office. This 'team specific' training approach has been undertaken previously by the Faculty of Engineering Offices for fire safety training; this resulted in over 90% of the staff completing this at the same time. This is ahead of the release of the University Management Standard for First Aid and complements the existing First Aid service provided by Security Wardens to the University community.

## Inductions Reminder

### OCCUPATIONAL HEALTH AND SAFETY INDUCTIONS

All new staff are reminded to participate, as soon as possible, in the Occupational Health and Safety (OHS) Induction Part 1 which is available on MyPlace.

New postgraduates involved in experimental research are reminded that they must participate in the relevant postgraduate induction modules which are accessible [here](#).

Line managers are also reminded that they have the responsibility of working through the relevant OHS Induction Part 2 with any new employees and postgraduates involved in experimental research.

The OHS Induction Part 1 should be completed every 3 years by all staff and postgraduates involved in experimental work if their research lasts longer than 3 years.

Please contact your line manager of Departmental Safety Convenor directly should you require further information regarding the induction process.

## HEALTH AND SAFETY ALERTS

Health and Safety Alerts are issued via the OHSaW team following incidents that may impact on the wider University community. These may be incidents that have occurred within the University of Strathclyde or UK-wide alerts that have been brought to our attention. They include details of the incident along with recommendations and required actions.

Alerts are sent out via e-mail to Departmental Safety Convenors and can also be found on the OHSaW website, [here](#). Recent Health and Safety Alerts include:

### August 2017: Magnesium Hexahydrate

Following a recent event at another Scottish University, all departments are required to check if they have any of the affected stock of material listed in this Safety Alert - [HSAAlert - Magnesium Hexahydrate](#)

### June 2017: Hotpoint Fridges/Freezer

Due to the recent incident at Grenfell Tower in London, all departments are required to check if they have the potentially affected model of fridge/freezer within their areas of responsibility. Information can be found on actions to be taken [HSAAlert - Hotpoint Fridge/Freezer](#).

## Occupational Health Safety and Wellbeing Office News



Congratulations to Wes Boulstridge, the University's Fire Safety Adviser, who was awarded a Strathclyde Medal at the medal ceremony on the 8<sup>th</sup> September. The award recognises Wes's valuable contribution to the University's values in his work and

collaboration with Scottish Fire and Rescue Service.



Congratulations to Pamela Loughlin, who has recently been appointed the University's Risk and Resilience Manager. More information on Pamela's role and the importance of Risk and Resilience Management at the University can be found [here](#). We

wish Pamela all the best in her new role at Strathclyde.

Title	Name	E-mail	Ext
Head of OHSaW	Rachel Doyle	<a href="mailto:r.doyle@strath.ac.uk">r.doyle@strath.ac.uk</a>	2080
Risk and Resilience Manager	Pamela Loughlin	<a href="mailto:pamela.loughlin@strath.ac.uk">pamela.loughlin@strath.ac.uk</a>	2428
Health and Safety Adviser	Arnold Clements	<a href="mailto:a.clements@strath.ac.uk">a.clements@strath.ac.uk</a>	2079
Chemical Safety Adviser	Gillian Simcox	<a href="mailto:gillian.simcox@strath.ac.uk">gillian.simcox@strath.ac.uk</a>	5739
Fire Safety Adviser	Wes Boulstridge	<a href="mailto:wesley.boulstridge@strath.ac.uk">wesley.boulstridge@strath.ac.uk</a>	2121
Radiation Protection Officer	Richard Wright	<a href="mailto:richard.wright@strath.ac.uk">richard.wright@strath.ac.uk</a>	4673
Biological Safety Adviser	Sarah Carroll	<a href="mailto:sarah.carroll@strath.ac.uk">sarah.carroll@strath.ac.uk</a>	5740
Health and Safety Co-ordinator	Lorna Millar	<a href="mailto:lorna.millar@strath.ac.uk">lorna.millar@strath.ac.uk</a>	3370
Departmental Secretary	Irene Bryson	<a href="mailto:i.bryson@strath.ac.uk">i.bryson@strath.ac.uk</a>	3370
Risk and Resilience Secretary	Josephine Hamilton	<a href="mailto:josephine.hamilton@strath.ac.uk">josephine.hamilton@strath.ac.uk</a>	2020
Safety Training Co-ordinator	Greig Dick	<a href="mailto:greig.dick@strath.ac.uk">greig.dick@strath.ac.uk</a>	2726
Occupational Health Advisor	Jan Duke	<a href="mailto:jan.duke@strath.ac.uk">jan.duke@strath.ac.uk</a>	5836
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).