

National Irish Safety Organisation

# Update!



*NISO is a not-for-profit voluntary body,  
dedicated to the promotion of health  
and safety in Irish workplaces*

WINTER 2017

## All Ireland Occupational Safety Quiz 2017

**NISO/NISG  
Occupational  
Safety Quiz  
Launch of NISO  
Young Person's  
H&S Quiz**



National Irish Safety Organisation

# Update!

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Editorial enquiries to: The Editor, NISO, A11 Calmount Park, Calmount Avenue, Ballymount, Dublin 12. Tel: 01 465 9760 Fax: 01 465 9765 Email: [info@niso.ie](mailto:info@niso.ie)

Design & Print: Print Bureau Tel: 01 4733 567 [www.printbureau.ie](http://www.printbureau.ie)

## President's message

As we begin another year we should all keep in mind that there are still too many fatal accidents and injuries in our workplaces. On average in 2016, we had one person per week dying from work-related activities. Last year also saw a marked increase in road fatalities. We all need to make greater efforts to reduce this needless waste of life.

Recently we have heard ministers talking about the economy and fiscal space when attempting to justify the reduction in resources for the HSA and the Gardaí. The result of these policies has, in our view, contributed to the increase in fatalities. We want to hear these ministers talking instead about our people, our community and our society, putting resources into accident prevention and thereby reducing this high number of deaths. Our people are this country's most important asset. Over the last few years our government has spent hundreds of millions on investigations and inquiries into various events and alleged wrongdoings when a fraction of this money could have been used to prevent many of these same events.

### Upcoming events in 2017

In NISO we are looking forward to a very busy 2017. In addition to our regular activities - providing information and running workshops,

seminars and training courses for our members - we are also finalising plans for the All Ireland Safety Awards and Awards Workshops which will be taking place nationwide throughout January and February.

The 54th Annual NISO Conference will take place on 13 October in the Radisson Blu Hotel in Galway with the Safety Awards dinner taking place later that evening.

Preparations are well underway for the All Ireland Safety Quiz regional heats which will take place ahead of the All Ireland Quiz finals on 22 April 2017 in Sligo.

### National NISO AGM

The National NISO AGM will take place on 22 April 2017 in Sligo. As regional AGMs are taking place around the country I would appeal to our wider membership to consider joining one of our regional committees. On average regions meet about six times per year, usually in conjunction with a seminar or workshop. It is a great way to develop contacts with other safety-focused people and to contribute to promoting best safety practice and accident prevention.

There are eight NISO regions nationwide - East, Midlands, Midwest, North East, North West, South, South East and West - so come on and join your local



Harry Galvin, president, National Irish Safety Organisation

region. Any of our Head Office staff will put you in touch with your local committee members.

### 2017 Programme of Work

We are currently planning our work programme for 2017 and if there is some area of safety, health and welfare at work you wish us to address please let us know. The NISO secretariat, led by Ted O'Keeffe, and volunteers in each of the eight NISO regions would be delighted to hear suggestions and new ideas to promote safe working.

We are a member based and focused organisation and the more we have members participating the stronger the organisation becomes.

I wish you all a safe, healthy and successful 2017. So stay safe and keep promoting safe working practices.

Harry Galvin  
president, National Irish

# New initiative to improve worker health and safety launched by the EU

The European Commission has launched a new initiative to promote Occupational Safety and Health (OSH) in the EU. Building on past efforts, the Commission's new initiative aims:

- to better protect workers against work-related cancer
- to help businesses, particularly SMEs and micro-enterprises, in their efforts to comply with the existing legislative framework
- to put a bigger focus on results and less on paperwork.

The EU has been a front-runner in high standards of worker protection against health and safety risks at work over the last 25 years. Since 2008, the number of workers who died in an accident at work dropped by almost one quarter, and the percentage of EU workers reporting at least one health problem caused or made worse by work decreased by nearly 10%. However, it is estimated that about 160,000 Europeans die from illnesses related to their work every year. Keeping workers safe and healthy in the workplace by safeguarding and updating the high European standards is a top priority.

Following up on its commitment to continue to improve occupational



health and safety, the Commission will undertake the following key actions:

- Set exposure limits or other measures for another seven cancer-causing chemicals. This proposal will not only benefit workers' health, but also sets a clear objective for employers and enforcement authorities to avoid exposure.
- Help businesses, notably small and micro enterprises, in their efforts to comply with health and safety rules. Research shows that 1 in 3 micro enterprises does not assess workplace risks.
- The Commission will work with

Member States and social partners to remove or update outdated rules within the next two years. The aim is to simplify and reduce administrative burden, while maintaining workers' protection. This modernisation should also support better enforcement on the ground.

The proposal and changes were developed in close consultation with stakeholders at all levels, notably social partners.

*Source: ec.europa.eu*

## Reduction in work-related fatalities in 2016

Forty-four people were killed in workplace accidents in 2016, representing a 21% reduction on the 56 fatalities reported in 2015, according to figures released by the Health and Safety Authority.

### Key figures from 2016

The number of farm fatalities remained high with 21 reported in 2016 compared to 18 in 2015.

Construction fatalities were down to nine in 2016 from 11 in 2015.

There was a reduction in the number of fishing-related deaths down to three in 2016 from five in 2015. The

transportation and storage sector had one fatality compared to four in 2015.

Across all sectors, accidents involving vehicles accounted for nearly half (20) of all fatalities in 2016.

The county with the highest number of fatalities in 2016 was Cork with eight reported, followed by Kerry and Meath with four each.

The majority of work-related deaths (30) involved 25-65 year old males. However, nine men over 65 were killed in the agriculture sector.

Addressing the continued high accident rate in the agriculture sector, Martin

O'Halloran, CEO, HSA, said: "The vast majority of sectors experienced a reduction in fatalities last year. However, it is clear that there is a systemic problem with safety on our farms. For the last seven years the agriculture sector has recorded the highest number of fatalities. Safety must become an integral part of farming culture, rather than an afterthought. Our farm safety walks and knowledge transfer groups are designed to effect long-term behavioural change and it is only through this type of transformation that we will see a significant reduction in farm deaths."

*Source: www.hsa.ie*



## Safety Alert: Bosch Grinders GWS20 and GWS22 Manufactured June-August 2015

The Health and Safety Authority has been made aware of a safety-related product recall by Bosch Power Tools for angle grinders.

The recall affects the following angle grinders (Products);

- series GWS 20, and GWS 22 from the production period June through to August 2016

The company has ascertained that, due to a faulty component, the cutting or grinding disc together with the fastening

fixture (spindle) could become detached during operation on a number of angle grinders. This could lead to serious injury to operators or others.

Bosch has decided to recall all potentially affected products with immediate effect.

Further information: Visit [www.hsa.ie](http://www.hsa.ie)

### Bosch Contact details

Service hotline: 00800 83 646 704

E-Mail: [boschservicecentre@bosch.com](mailto:boschservicecentre@bosch.com)



## Transition of first aid standards

The Health and Safety Authority (HSA) and the Pre-Hospital Emergency Care Council (PHECC) announced in November 2016 that PHECC's first aid response (FAR) standard is to become the recognised standard for occupational first aiders.

Setting the transition in a wider context, PHECC says it views the transition as a harmonisation of first aid standards in the wider community. PHECC has stated that a new initiative for 2017 is the transition of OFA instructors into FAR. OFA instructors currently have Cardiac First Responder (CFR) certification and

PHECC is looking forward to the challenge of facilitating the development of their level of competency into FAR.

It is proposed that the FAR standard will be phased in over the coming months and the OFA standard will be phased out.

This will be done in such a way as to allow those who are in the system to continue until their period of recognition expires, after which no new recognition will be granted under the OFA system.

This, the agencies envisage, will allow time for the instructors to become either registered with PHECC as a Recognised Institution (RI) or to register with an existing RI that has indicated its willingness to work with people transitioning from OFA.

As yet, there appears to be some confusion around this transition and how it will all work out in practice and the knock on effect for OFAs, training organisations and OFA trainers. Visit the HSA website [www.hsa.ie](http://www.hsa.ie) and the PHECC website, [www.phecc.ie](http://www.phecc.ie) for further information and updates.

## Expected increase in asbestos-related deaths

Asbestos-related deaths are expected to hit a record high in the next few years as the recovering economy sees an increase in building renovations and refurbishments.

Notifications to the Health and Safety Authority (HSA) about asbestos finds increased from 164 in 2010 to 290 up to the middle of December this year. Darren Arkins, a senior inspector with the HSA, said that the vast majority of notifications were coming from the private sector and were expected to rise over the coming years.

Recent high-profile discoveries of asbestos have included:

- Leinster House, where major

refurbishment works are under way;

- A warehouse in Arklow, Co Wicklow, where a roof fire led to local people being warned to stay indoors;
- A quarry, also in Co Wicklow, where blasting exposed asbestos-containing rock later dispatched to building sites for use in paths and driveways.

However, Mr Arkins said small projects also presented serious risks. "The residential side is a key concern for us. We have to up the level of awareness with homeowners," he said.

Deaths from asbestosis, a fast-developing disease caused by exposure to high doses of asbestos, are

exceptionally rare in Ireland but cases of pleural mesothelioma, a cancer of the lung linings caused almost exclusively by inhaling tiny amounts of asbestos fibres, often decades earlier, are on the rise.

The National Cancer Registry recorded 20 cases in 2005 but that rose to 34 in 2014 and the registry expects it to leap to 68 cases per year by 2020 as workers exposed to asbestos up to the 1980s when its use ceased, finally begin showing symptoms.

There is no cure for mesothelioma which usually kills within a few years of diagnosis.

Source: [www.irishexaminer.com](http://www.irishexaminer.com)

# NISO Welcomes New Members

National Irish Safety Organisation would like to welcome each of the organisations that have joined recently. As a not for profit organisation with charitable status, your membership of NISO supports our endeavours to promote health and safety in Irish workplaces.

Contact NISO on 01 465 9760 or email [info@niso.ie](mailto:info@niso.ie) for further information on NISO membership or to receive a copy of our Membership Brochure.

## New Members

Organisations to recently join NISO include:

- Aryzta Food Solutions (AFS)
- Burren Precast Concrete Ltd. T/A Carlow Concrete
- Conack Construction Ltd.
- DevineAir Limited
- Dublin Zoo
- Effective Software
- GMB College
- McPro Civil Construct
- Primark Ltd.
- Renewables Academy Ltd.
- Rob Roe
- Safety Solutions Swift Ltd.
- Tecomet
- Vincent Ruane Construction LTD

## FEATURED MEMBERS



Conack Construction Ltd. are a leading building and civil engineering contractor with offices in Limerick, Cork and Dublin with a reputation for delivering quality projects in a safe manor throughout Ireland. As a Safe-T-Cert accredited company we take our responsibility in relation to Environmental, Health & Safety very seriously, we see safety as an essential part of a successful company and allows for further growth and expansion. We are fully committed to ensuring that the highest standards of both workmanship and Health & Safety are maintained on all projects. We have worked as main contractor PSCS and PSDP on a wide variety of projects throughout Ireland. [www.conackconstruction.com](http://www.conackconstruction.com)  
Tel: 061 310002.



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# It's always been a mystery to me – why there isn't a bigger stink about stress?

Strain and stress (when your concentration is impaired and hijacked by an event or adverse behaviour) causes under-performance. This is the consequence of not being able to focus attention and concentrate on tasks you want to do. The implications for safety must be obvious. If your mind isn't focused, and you limit your ability to concentrate, you place yourself and others at risk.

## Impaired concentration

Of course, some people deliberately don't concentrate on their tasks, believing routine activities can be done on auto-pilot. Take driving, for example - you can feel strain and stress whilst driving because of negative or adverse thoughts coming into your head, and your inability to get rid of those thoughts. Your concentration is hijacked. You are in no position to take evasive action should an event occur on the road. You're not resilient against adverse events affecting the task you've chosen to do – drive from A to B.

You may, also, choose not to concentrate on the task you're carrying out by deciding to concentrate on other tasks. Choosing to send and receive texts or talking into your mobile phone are tasks you've chosen to do whilst doing another task, driving. Sending and receiving texts, for example, create the expectation of a response, so the temptation is to keep engaged with your mobile

even if nothing is happening, to the detriment of your concentration on driving.

The mind cannot concentrate on two tasks simultaneously. However, the mind can concentrate on two or more tasks consecutively, which is what those undertaking multi-tasks are doing.

## Pressure and tension

At the other end of the stress spectrum is pressure and tension. Far from causing impairment to concentration, pressure, when you are in control of it, helps to intensify your concentration. You discover you're more alert, aware and prepared to take action. However, you have to feel in control of your pressure which means knowing that it will come to an end and then you won't need to concentrate so intensively. If you can't keep in control of your pressure you may experience tension – when the pressure goes on longer than you anticipate and you can't do anything about it, you feel tense. Tension also helps concentration because we don't like feeling tense and want to get rid of the sensation. We concentrate intensively when experiencing tension; so intensively, in fact, that we may block out many other sensations such as people talking to us or feel irritation at the intrusion. Far better to leave people alone who feel tense. From a safety perspective, people who feel strain and stress are at risk of failing

to concentrate effectively on the tasks they have chosen to focus on. For some of these, they may choose to try and focus on more than a single task at the same time, and place themselves at risk of not being able to react fast enough to avoid an adverse event should one task come against a problem.

People who feel under controlled pressure and tension are more likely to be alert to any possible adverse event, and be able to respond to it effectively.

## The role of management

The role of managers in preventing their teams experiencing events that may cause stress is paramount. Sadly, many managers appear unaware of their role in managing people and the conditions under which people are expected to work. They may also be the cause of individual stress amongst their teams and therefore place individuals at risk to adverse events and behaviours.



Derek Mowbray

This, of course, can be remedied by helping managers see their role as being much broader than managing projects - the most common form of management. A manager's role is to get the best out of their teams by creating the conditions in which their teams can thrive. This means preventing individuals from being exposed to situations where their concentration is diverted from their prime tasks, and by helping individuals understand that concentration is key to their safety as well as their performance.

*Derek Mowbray is an Organisation Health Psychologist, Chartered Psychologist, Visiting Professor in Psychology at two UK Universities and Chairman of The WellBeing and Performance Group.*

*He has a doctorate in the psychology of leadership. He specialises in the primary prevention of stress at work, using the framework The WellBeing and Performance Agenda.*

*During his previous life he has held top leadership positions in several organisations in the UK, including Northern Ireland. He has, also, been an Independent Technical Expert to the European Commission.*



# NISO Young Person's Health and Safety Quiz



Launch of the NISO Young Person's Health and Safety Quiz in Athlone. (L to R): Chris McCormack, Vice Chairperson, NISO Midlands Region; Myra M Loughlin, Teacher, Moate Community College; Harry Galvin, President, NISO; Eithne Benson, Teacher, Ladies Bower Secondary School, Athlone; John Flanagan, Chairperson, NISO Midlands Region.

The Midlands Region of the National Irish Safety Organisation (NISO) has embarked on a first of its kind Health and Safety Quiz competition geared towards "Young Persons" as defined in Health and Safety Legislation. The Official launch took place following the NISO Midlands Regional AGM on Tuesday 17th January 2017.

This pilot project was initially aimed at Transition Year Students but has been expanded to include all "Young Persons". A total of 12 local Secondary Schools in the Westmeath, Longford, Roscommon and Offaly area have been approached and asked to each provide at least one

team of three members for the project. Heats and Quiz competitions will be held in the schools and Question Books will be provided by NISO.

The Quiz Final will be held at the Athlone Institute of Technology in May and prizes ranging from IT Gear (Tablets), Cash, Sports Gear, Crystal Trophies, a Plaque for winning school and the John Flanagan Perpetual Cup for the winning team will be on offer. This Cup has been named in Mr Flanagan's honour in recognition of the incredible amount of time and effort he has put into the NISO All Ireland Safety Quiz down through the years.

It is envisaged that a successful pilot will result in this new Competition being rolled out over the entire Country, spanning eight Regional Branches and providing the opportunity to schools and students to become "All Ireland Champions".

This is primarily a fun event in which young people will engage in a social and competitive way but with the underlying purpose of educating the younger generation on health and safety issues.

For further information or to get involved contact NISO on 01 465 9760 or email [info@niso.ie](mailto:info@niso.ie).

## Occupational Health and Safety Mini Quiz

Test your health and safety knowledge with this mini quiz and see if you have what it takes to compete in the All Ireland Occupational Safety Quiz!

1. Does a higher flash point mean that a liquid is more flammable?
2. In the safety context, how is "rough boisterous behaviour" referred to?
3. With regard to health and safety, what does "PPE" stand for?
4. With regard to Manual Handling, what does the acronym T.I.L.E stand for?
5. What dangerous material and dust may be encountered when stripping insulation from old steam boilers?
6. Fire: If you smell burning but cannot trace the source of the smell, what do you do?
7. Noise: What is the name for the unit of measurement of sound pressure level?
8. What is a Code of Practice?
9. A skin lesion may lead to dermatitis – what is a skin lesion?
10. What category of worker is most exposed to accidents?

Answers overleaf



# All Ireland Occupational Safety Quiz 2017

Take part in the All Ireland Occupational Safety Quiz and raise health and safety awareness in your workplace in a fun and informal way!

## Quiz Format:

**Regional Heats:** Participating teams (comprising of 4 persons) will compete in either the Novice or Previous Entrants categories in Regional Heats. The competition is in a Table Quiz format (no individual questions). The winning teams from each category will proceed to the All Ireland Finals in the Radisson Blu Hotel, Sligo, on Saturday, 22 April 2017.

**All Ireland Occupational Safety Quiz Finals:** The winning Novice and Previous Entrants teams from the regional heats will compete for the title of All Ireland Champions in the Quiz Finals. The two top teams from both categories will emerge as the winners and runners up of the All Ireland Occupational Safety Quiz 2017.

## How to book:

Visit [niso.ie](http://niso.ie) and book online under events/all-ireland-safety-quiz, call 1850 SAFETY / 01 465 9760 or email [info@niso.ie](mailto:info@niso.ie).

## Answers to the Mini Quiz (Page 7)

1. No – less flammable
2. Horseplay
3. Personal Protective Equipment
4. Task, Individual, Load, Environment
5. Asbestos
6. Sound the alarm
7. A decibel
8. Practical guidelines on the ways to achieve the lawful standards and objectives.
9. Damage or injury to the skin
10. The young and inexperienced.

## Results:

**1-3 correct answers:** Safety Hazard! You'll need to brush up on your safety knowledge to get through the quiz!

**4-6 correct answers:** Safety Savvy! Get studying and you could do well in the Regional Heats!

**7-8:** Safety Champ! You could be well on your way to the All Ireland Finals!

**9-10:** Safety Legend! You could lead your team to All Ireland Safety Quiz Glory!

## All Ireland Safety Quiz Final Saturday, 22 April 2017; 14:30hrs; Sligo.

To qualify for the All Ireland Safety Quiz Finals, you need to participate and win the relevant category in one of the eight regional or Northern Ireland quizzes as listed below.

### NISO Western Region [covering counties Galway, Mayo, Roscommon]

9 February 2017; 20:00hrs; Oranmore Lodge Hotel, Oranmore, Co. Galway.

### NISO Midland Region [covering counties Laois, Longford, Offaly, Westmeath]

7 March 2017; 20:00hrs; Bridge House Hotel, Tullamore, Co. Offaly.

### NISO North East Region [covering counties Cavan, Louth, Meath, Monaghan]

9 March 2017; 19:00hrs; The Errigal Hotel, Cootehill, Co. Cavan.

### NISO North West Region [covering counties Donegal, Leitrim, Sligo]

16 March 2017; 20:00hrs; The Clayton Hotel, Sligo

### NISO South Eastern Region [covering counties Carlow, Kilkenny, Tipperary South, Waterford, Wexford]

21 March 2017; 20:00hrs; Viking Hotel Waterford, Cork Road, Waterford.

### NISO Eastern Region [covering counties Dublin, Kildare, Wicklow]

22 March 2017; 19:00hrs; The Gresham Hotel, Dublin 1.

### NISO Mid West Region [covering counties Clare, Limerick, Tipperary North]

23 March 2017; 20:00hrs; Greenhills Hotel, Limerick.

### NISO Southern Region [covering counties Cork, Kerry]

28 March 2017; 20:00hrs; Oriel House Hotel, Co Cork.

### NISG Northern Ireland [covering counties Antrim, Armagh, Derry, Down, Fermanagh, Tyrone]

24 March 2017; 19:00hrs; Wellington Park Hotel, Belfast.

## 2016 winners

Previous Entrants:  
Thermo King Ingersoll-Rand, Galway



Novice: M + W Group, Dublin



## 2015 winners

Previous Entrants:  
Bord na Móna, Littleton



Novice:  
Phoenix Energy Services, Antrim







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# Gas Detection Systems



John Wilson, sales manager, Vistec

Gas detection is being seen more and more as a vital part of the life safety system in a building, and with good reason. These days practically all buildings have the boilers set on auto and the only time that someone goes into the boiler room is to switch the boilers off for the summer or for boiler maintenance. Under these circumstances, a gas leak could go undetected for several weeks, or even months, with potentially catastrophic results. Even if the boiler room is well ventilated, minimising an explosion risk, the company will feel the effects in its pocket as its gas bill soars.

A gas detection system will protect against a leak going

undetected. At its simplest, it consists of a gas sensor, mounted at the appropriate height for the target gas, connected to a control panel which is in turn connected to a slam shut valve on the gas line. When gas is detected by the sensor a signal is sent to the control panel which trips the alarm relays, shutting the slam shut valve and isolating the gas supply. Remote indication of a gas alarm may also be registered on the fire alarm, BMS or by activating strobe sounder units.

The cheapest form of gas sensor is the semiconductor type which is adequate for most boiler room applications but is subject to some limitations. They are not target specific and do not have a linear response. They may also be activated by solvents, such as in oil based paints or cleaning products. They are vulnerable to humidity and may cause nuisance alarms if there is a build up of steam around the sensor. Catalytic sensors are more expensive, but are less susceptible to humidity and to interference from other sources. They have a linear response and so two or

more alarm trip points may be set at the control panel. As well as flammable sensors carbon monoxide detection should also be considered. Carbon monoxide sensors may be connected to the same control panel. Depending on the sophistication of the control panel, different devices may be tripped by a carbon monoxide alarm. A strobe or strobe sounder outside the boiler room door to warn of a carbon monoxide alarm may potentially be a life saver.

## Gas detection in kitchens

Apart from boiler rooms, kitchens also present a gas leak hazard. In recent years there has been a swing away

from using gas detection in kitchens and instead using gas proving. A gas proving system isolates the gas supply at the end of the day at a slam shut valve. In the morning the chef switches on the system which opens the valve. The system measures the gas pressure on both sides of the valve and if the downstream pressure is within a pre-set tolerance the valve is held open. If the pressure is below the expected value the valve is shut and an alarm activated. The more modern gas proving systems are interlocked with the intake and extract fans and will not supply gas until both of these are on.



Sample of a gas leak detection system with remote sensors.





## Gas detection in laboratories

Another area where gas detection is invaluable is in laboratories, in colleges or industry. Laboratories present their own dangers, with toxic or asphyxiant gases in regular use. Inert gases such as nitrogen and argon are detected through oxygen depletion with sensors located at the appropriate height for the target gas. Carbon dioxide is detected by a specific infrared sensor. The accepted practice is to locate the control panel outside the room being monitored so that it is not necessary to enter a potentially hazardous environment to reset the system. Strobe sounders are located both inside and outside the room above the doors to warn of an alarm. Solenoid valves may be fitted on the gas lines and the control panel can send a signal to the BMS to ramp up the extract fans. To

avoid confusion the strobe sounders should be a different colour to the fire alarm and use a different tone.

## Limited access

For areas where access is limited such as clean rooms, confined spaces or sumps in waste water treatment plants, a sample line system may be used. In these systems the gas sensor is located outside the area being monitored and air is drawn from the area being monitored by a pump, fed across the gas sensor and returned to the monitored area. Various protections may be included in the sample line, such as water traps and flame arrestors to protect the sensor from environmental damage and all maintenance is carried out at the control panel.

Gas detection systems should be regularly serviced – most manufacturers recommend

twice a year. A service includes calibration and full function test. Flammable gas sensors generally last five to eight years, depending on the operating conditions. Carbon monoxide sensors should last approximately four years and oxygen sensors 18 to 24 months.

The above is a brief overview of the more common uses of gas

detection and the type of systems used in different situations. In designing a gas detection installation it is important to take into account the size of the area being monitored, the expected target gas, any interference gases, the air flow in the area and the alarm matrix. Only once all of these have been ascertained can a suitable gas detection system be recommended.

*Vistec was founded in 1983, initially to supply and service Asti gas detection products, which were manufactured in Shannon, Co. Clare. As demand grew it became apparent that another supplier was required, with a wider portfolio of products. Vistec were appointed Irish distributor for GDS Technologies of Leeds in 1997 and have represented their products since then.*

*Vistec supply and service gas detection systems throughout Ireland and our staff have over 65 years experience in the industry.*

*If you have any queries on gas detection please email us on [info@vistec.ie](mailto:info@vistec.ie)*

## Share your thoughts...



If you have any health and safety ideas, experiences, stories or tips that you would like to share with NISO Update readers, we would love to hear from you!

Please send an email expressing your interest in contributing to NISO Update to Geraldine at [gbrady@niso.ie](mailto:gbrady@niso.ie).



# IOSH reinforces farm safety message



Expert knowledge around farm safety and health was shared with agricultural workers during an event hosted and funded by IOSH Ireland Branch and its Rural Industries Section.

More than 120 people gathered at Mountbellew Agricultural College, Co Galway, to hear advice from industry leaders and watch live demonstrations of best practice around a variety of common agricultural tasks.

Hints and tips on the correct use of chainsaws and tractors, as well as livestock management, farm building maintenance and slurry safety, were all offered up by experts from the college, Teagasc, Coillte, Height for Hire and IOSH.

The event also included an interesting and poignant input on farm safety by Martin O'Halloran, Chief Executive of the Health and Safety Authority (HSA).

IOSH Ireland Branch Chair, Liam Howe spoke about the necessity of "cultural change" and "state of mind" positioning, leading to behaviour change in the farming workplace.

Liam said: "The practical demonstrations aimed to provide workers with useful knowledge that they could take away and apply back on their farms.

"We also wanted to get them thinking about what they could do to promote occupational safety and health more widely among their communities."

IOSH would like to thank Teagasc, Mountbellew Agricultural College and its Principal Tom Burke for the use of the college's facilities and staff on the day.

The event, which took place on 16 November 2016, was the second of its kind to be staged by the branch and Rural Industries Section. They previously worked with IOSH Northern Ireland Branch to put on a similar event in 2015 at Teagasc's Ballyhaise Agricultural College, in Co Cavan.

It is part of a concerted effort by IOSH's branches in Ireland and Northern Ireland to promote farm and farmer safety, and support the work being done around the issue by both the HSA and Health

and Safety Executive for Northern Ireland (HSENI).

One of IOSH Northern Ireland Branch's latest initiatives has been to sponsor a 2017 calendar which promotes child safety on farms.

The "Avoid Harm on the Farm" calendar has been released by HSENI, and features winning entries from its child farm safety poster competition this year.

Over 5,000 schoolchildren from more than 100 schools submitted entries to the "Be Aware Kids" competition, highlighting common farm safety issues including slurry gas, working at height, livestock and farm machinery.

IOSH Northern Ireland Branch is one of a number of Farm Safety Partnership (FSP) Affiliate organisations to have sponsored the calendar, with ABP Group, AES UK & Ireland, Asda and the Northern Ireland Safety Group among the other sponsors this year.

Richard McIvor, chair of IOSH Northern Ireland Branch, said: "We are extremely pleased to be able to pursue this with the backing of IOSH. It is a real privilege to contribute to this vital cause.

"Working in partnership to promote agricultural safety remains a key focus of our activities. Our vice-chair Jackie O'Neill is currently developing the branch's strategy to take this forward into 2017 and beyond.

"We will continue to support HSENI in raising awareness of this issue, and hope that the calendar will go some way towards helping not only children, but also their parents and carers, become more aware of the risks associated with agriculture."

The calendar was officially launched by HSENI Chairman George Lucas, who said: "The poster competition and calendar is a great learning tool for the pupils in thinking about the dangers and steps they can take to be safe on the farm."

Visit <https://www.hseni.gov.uk/publications/farm-safety-calendar2017> to download the calendar.

**New global standard**  
Elsewhere, safety and health experts across the world remain committed to ensuring a proposed new international standard for

occupational safety and health is "as good as we can all make it".

Work on the development of the ISO 45001 draft international standard (DIS) continues apace, with further progress having been made during a recent meeting in Lithuania of the standard's ISO PC 283 development committee.

Many of the nearly 3,000 individual comments made during a consultation on the ISO 45001 DIS earlier this year were resolved at the work group meeting, but further work is required to iron-out some remaining issues.

An additional work group meeting has been scheduled for 6-10 February 2017 in Austria. As a result, the release of the final ISO 45001 standard is not expected until the end of October 2017 at the earliest.

IOSH is a liaison body for ISO 45001 and was represented at the meeting in Lithuania by its head of policy and public affairs, Richard Jones.

Speaking after the recent meeting, Richard said: "The importance of this new standard and its potential to improve health and safety worldwide, mean that the drive and enthusiasm for completion are really strong and the commitment of this international work group is very notable.

"Spending additional time at this crucial development stage so that all voices are heard and international agreement reached, will pay dividends in the long-run. It's about creating a standard that is as good as we can all make it."



A further draft of the standard, which reflects the changes made in light of the consultation responses, will also be publicly consulted on, with this now expected to be in June 2017.

Richard said: "As a result, the earliest publication date for ISO 45001 is the end of October 2017, but it could be in early 2018, if a Final Draft International Standard is required."

The new ISO 45001 standard had originally been planned for publication in October 2016. In May 2016, however, the work group was notified that the DIS had narrowly failed to gain approval from the national standards bodies working on its development. The work group members were therefore tasked with addressing the consultation comments with a view to

providing a second DIS for consultation by the New Year, with June 2017 pencilled in as the new publication date. The additional drafting work required means the work group has reassessed the date for publication.

Once published, ISO 45001 will give organisations a universally-accepted framework for improving employee health and safety, reducing workplace risks and creating healthier, safer working conditions.





# Legislation/New Publications

## Statutory Instruments

### Safety, Health and Welfare at Work (Electromagnetic Fields) Regulations 2016 [S.I. No. 337/2016].

The purpose of these Regulations is to transpose into Irish law the provisions of Directive 2013/35/EU of the European Parliament and of the Council of 26 June 2013 implementing the minimum health and safety requirements regarding the exposure of workers to the risks arising from physical agents (electromagnetic fields) (20th individual Directive within the meaning of Article 16(1) of Directive 89/391/EEC and repealing Directive 2004/40/EC).

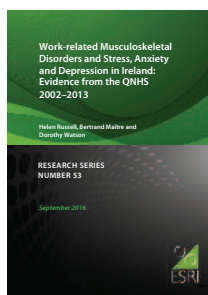
The Regulations apply the same principles as contained in the Safety, Health and Welfare at Work Act 2005 and the Safety, Health and Welfare at Work (General Application) Regulations 2007 to 2016, specifically to the issue of electromagnetic fields (EMFs) but are more explicit with regard to exposure limit values and action levels, the assessment of risks and determination of exposure, the provisions aimed at avoiding or reducing risks, worker information and training, consultation and the participation of workers and health surveillance.

The Regulations require employers to carry out an initial assessment of the risks from EMF in the place of work. This can be done with reference to an EU Commission guide and most employers will not be required to take any further action. Employers whose employees are routinely exposed to EMF at work are required to carry out a more detailed risk assessment and this shall include the calculation or measurement of EMF levels in the place of work.

## New Publications

### Work-related Musculoskeletal Disorders and Stress, Anxiety and Depression in Ireland: Evidence from the QNHS 2002–2013

New research published by the ESRI identifies workers who are most at risk of developing the two most common types of work-related illness: work-related stress, anxiety and depression (SAD) and work-related musculoskeletal disorders (MSD).



Download from [niso.ie](http://niso.ie).

### Managing food on shift work

An exploration of the eating patterns, related lifestyle behaviours and experiences of shift workers on the island of Ireland.



Download from [www.safefood.eu](http://www.safefood.eu).

### Guidance for National Labour Inspectors on addressing the risks from worker exposure to respirable crystalline silica (RCS) on construction sites.

RCS is widely encountered in

workplaces in EU countries across a number of industry sectors and is known to cause serious illnesses such as silicosis, Chronic Obstructive Pulmonary Disease (COPD) and lung cancer. Construction work is the focus of this guidance document due to its widespread presence across Europe and because of the high risks in terms of potential for exposure and the large number of workers potentially exposed.



Download from [osha.europa.eu](http://osha.europa.eu)

### Safer and healthier work at any age – final overall analysis report – Executive summary

This executive summary is based on the report on main findings of a three-year pilot project initiated by the European Parliament and directed by the EU-OSHA on the occupational safety and health challenges posed by an ageing workforce.



Download from [osha.europa.eu](http://osha.europa.eu).

### Safer and Healthier work at any age – Final overall analysis report – Information Sheet

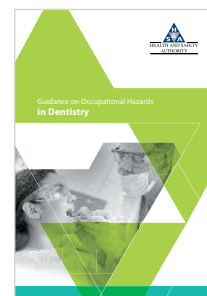
This information sheet is a concise summary of the report on main findings of a three-year pilot project initiated by the European Parliament and directed by the EU-OSHA on the occupational safety and health challenges posed by an ageing workforce.



Download from [osha.europa.eu](http://osha.europa.eu).

### Guidance on Occupational Hazards in Dentistry

The aim of this guide from the HSA is to assist in the systematic identification of occupational hazards in dentistry and to highlight protective and preventative measures that might be adopted in order to mitigate the risks posed to workers to as low a level as reasonably practicable.

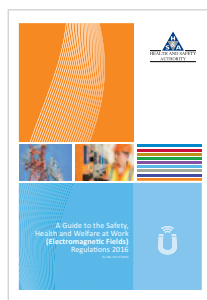


Download from [www.hsa.ie](http://www.hsa.ie).



## Guide to the Electromagnetic Fields Regulations 2016

Electromagnetic fields are generated whenever electricity is used. These guidelines explain the main provisions of the Safety, Health and Welfare at Work (Electromagnetic Fields) Regulations, 2016 (S.I. No. 337 of 2016) in a user-friendly way.

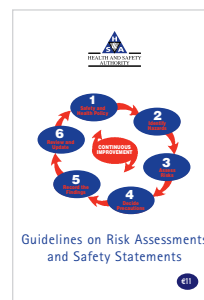


Download from [www.hsa.ie](http://www.hsa.ie).

## A Guide to Risk Assessments and Safety Statements

No matter what size your business is, you are responsible for the safety of yourself, your employees, and any other person that may be affected by your

work activities. You are also legally obliged to prepare a safety statement and carry out risk assessments for your business. To help you along check out this Guide to Risk Assessments and Safety Statements from the Health and Safety Authority.



Download from [www.hsa.ie](http://www.hsa.ie).

## A Guide to Maintaining Best Practices in Safety and Health

This guidance is aimed at business leaders, owners,



managers and those who control work activities at all workplaces.

Download from [www.hsa.ie](http://www.hsa.ie).

## Rollover Prevention: Heavy Goods Vehicles

This guide briefly describes rollover risks, for the most common HGVs found on the roads, and the risks of driving with a high centre of gravity. The guide provides information about the risks for various types of vehicles, and how to eliminate the risk of vehicle rollover by adapting driving style according to vehicle and road conditions.



Download from [niso.ie](http://niso.ie).

## Fatal Workplace Injuries by Economic Sector 2008-2016 (NACE Revision 2)

Economic sector			2008	2009	2010	2011	2012	2013	2014	2015	2016
A	Agriculture, forestry and fishing	Crop and animal production, hunting and related service activities	20	10	22	22	20	16	30	18	21
		Forestry and logging	1	1	3	0	1	0	0	1	0
		Fishing and aquaculture	1	2	4	5	7	5	1	5	3
Mining and quarrying			1	2	0	1	1	2	0	2	1
C	Manufacturing		6	1	2	2	0	1	3	3	2
D	Electricity; gas, steam and air conditioning supply		0	0	0	0	0	1	1	0	0
E	Water supply, sewerage, waste management and remediation activities		2	0	2	3	4	1	0	3	1
F	Construction		15	10	6	6	8	11	8	11	9
G	Wholesale and retail trade; repair of motor vehicles and personal goods		3	2	4	2	3	3	4	2	2
H	Transportation and storage		3	6	3	7	1	4	4	4	1
I	Accommodation and food service activities		0	1	0	1	0	0	0	0	0
J	Information and communication		0	0	0	0	0	0	0	0	0
K	Financial and insurance activities		0	0	0	0	0	0	0	0	0
L	Real estate activities		0	0	0	0	0	0	0	0	0
M	Professional, scientific and technical activities		1	1	0	2	1	1	1	0	0
N	Administrative and support service activities		0	1	0	0	1	0	2	0	2
O	Public administration and defence; compulsory social security		1	2	0	1	0	0	0	4	0
P	Education		0	2	0	0	0	1	0	0	0
Q	Human health and social work activities		0	1	1	1	1	0	0	1	1
R	Arts, entertainment and recreation		1	0	1	1	0	0	1	1	1
S	Other service activities		1	0	1	1	0	0	1	1	0
Total			57	43	48	54	48	47	55	56	44

(Source: HSA. Correct at 31 December 2016 - Note that some accidents may be under investigation and may not have been recorded yet.)  
Figures to 23 Jan 2017 show three fatalities (agriculture, construction, transportation/storage)

# National Irish Safety Organisation Events Diary



Please keep an eye on our website [niso.ie](http://niso.ie) for forthcoming courses in 2017.

## 1. NISO Safe Pass Training:

**East:** NISO Training Centre, Ballymount, Dublin 12  
Dates: 27 January; 3, 10, 17, 24 February  
Weekly: On Fridays

**South East:** Clonmel Park Hotel, Poppyfields, Clonmel, Co. Tipperary  
Dates: 15 February, 15 March; 12 April  
Monthly

**South:** Clayton Hotel Silver Springs, Cork  
Dates: 22 February; 22 March; 19 April  
Monthly

**South East:** Springhill Court Hotel, Co. Kilkenny  
Dates: 8 February; 8 March; 5 April  
Monthly

## 2. Courses scheduled at NISO Training Centre, Ballymount, Dublin 12

**Manual Handling Basic**  
Duration: half day  
9 & 23 February

**Risk Assessment, QQI L5**  
Duration: 4 days  
6-9 February; 20-23 March

**Safety Representation (NISO Cert)**  
Duration: 2 days  
13-14 February; 10-11 April

**IOSH Managing Safely**  
Duration: 4 days  
20-23 February; 24-27 April

**Introduction to H&S for the non safety specialist (NISO Cert)**  
Duration: 2 days  
1-2 March

**Health and Safety Representation (QQI L5)**  
Duration: 4 days  
6-9 March

**Manual Handling Instruction (QQI L6)**  
Duration: 5 days (3 days wk 1; 2 days wk 2)  
6-8 & 13-14 March

**Hand Arm Vibration Risk Assessment and Management Training IOSH Certificate**  
Duration: 2 days  
21-22 March

**Occupational First Aid Refresher, (NISO Cert)**  
Duration: 1 day  
30 March

**Workplace Wellbeing Course**  
Duration: 1 day  
12 April

## 3. Courses and events in the regions

### EAST REGION

**Safety Quiz**  
Date: 22 March; 19.00hrs  
Venue: The Gresham Hotel, Dublin 1

### MIDLAND REGION

**Course: NISO Introduction to Occupational Health and Safety**  
Athlone Institute of Technology  
Course length: 14 weeks/ 2 hrs p/wk  
Commencing: 6 February  
Contact: sreidy@ait.ie

**Safety Quiz**  
Date: 7 March; 20.00hrs  
Venue: Bridge House Hotel, Tullamore, Co. Offaly

**Masterclass: Workplace Wellbeing**  
Duration: Half Day  
Date: 29 March  
Venue: Radisson Blu Hotel, Athlone, Co. Westmeath

### MID WEST REGION

**Course: NISO Introduction to Occupational Health and Safety**

Limerick Institute of Technology  
Course length: 14 weeks/ 2 hrs p/wk  
Commencing: 31 January  
Contact: FLLimerick@lit.ie

**Safety Quiz**  
Date: 23 March; 20.00hrs  
Greenhills Hotel, Limerick

### NORTH EAST REGION

**Safety Quiz**  
Date: 9 March; 19.00hrs  
Venue: The Errigal House Hotel, Cootehill, Co. Cavan

**Masterclass: Workplace Wellbeing**  
Duration: Half Day  
Date: 28 March  
Venue: Crowne Plaza Hotel, Dundalk, Co. Westmeath

### NORTH WEST REGION

**Safety Awards Workshop**  
Date: 6 February; 14.00hrs  
Venue: Radisson Blu Hotel, Sligo

**Safety Quiz**  
Date: 16 March; 20.00hrs  
Venue: The Clayton Hotel, Sligo

**Masterclass: Workplace Wellbeing**  
Date: 31 May  
Venue: Radisson Blu Hotel, Sligo

### SOUTH REGION

**Safety Quiz**  
Date: 28 March; 20.00hrs  
Venue: Oriel House Hotel, Cork

**Masterclass: Workplace Wellbeing**  
Duration: Half Day  
Date: 6 April  
Venue: Radisson Blu Hotel, Little Island, Cork

### SOUTH EAST REGION

**Safety Awards Workshop;**  
15.30hrs  
Date: 1 February  
Venue: Viking Hotel, Waterford City

## Course: NISO Introduction to Occupational Health and Safety

Venue: Waterford Institute of Technology  
Course length: 14 weeks/ 2 hrs p/wk  
Commencing: 20 February  
Contact: FLLimerick@lit.ie

### Safety Quiz

Date: 21 March; 20.00hrs  
Venue: Viking Hotel, Waterford City

### WEST REGION

**Safety Awards Workshop**  
Date: 2 February; 14.00hrs  
Venue: Oranmore Lodge Hotel, Galway

### Safety Quiz

Date: 9 February; 20.00hrs  
Venue: Oranmore Lodge Hotel, Galway

**Masterclass: Workplace Wellbeing**  
Duration: Half Day  
Date: 26 February  
Venue: Oranmore Lodge Hotel, Galway

## 4. National/ All Ireland Events

**National Annual General Meeting**  
Date: 22 April 2017; 12.00hrs  
Venue: Radisson Blu Hotel, Sligo

**All Ireland Safety Quiz Finals**  
Date: 22 April; 15.00hrs  
Venue: Radisson Blu Hotel, Sligo

**NISO Annual Conference and Trade Exhibition**  
Date: 13 October 2017  
Venue: Radisson Blu Hotel, Galway

**NISO/NISG All Ireland Safety Awards Gala Dinner**  
Date: 13 October 2017  
Venue: Radisson Blu Hotel, Galway



NISO, A11 Calmount Park, Calmount Avenue, Ballymount, Dublin 12.  
Tel: 01 465 9760 Fax: 01 465 9765 Email: [info@niso.ie](mailto:info@niso.ie) Website: [niso.ie](http://niso.ie)