

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 2018

IN THIS EDITION:

IOSH Gig Workers' Survey
Ergonomics Risk Management

**THE GIG
ECONOMY**

National Irish Safety Organisation

Update!

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Members visit niso.ie to download previous copies of the NISO Update!

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President's message

Busy Start to the Year for NISO

As spring commences our work in NISO continues at a fast pace. In addition to our normal activities – providing information, running workshops, seminars and training courses for our members – we are running our regional safety quizzes in preparation for the All Ireland Safety Quiz finals on 14 April. Regional AGMs are also happening, as are the All Ireland Safety Awards Workshops.

We have also commenced planning for our 55th Annual Conference “Safety: The Heart of the Matter” which will take place in Killarney on 12 October. If you would like to see any particular item covered at conference please let us know and we will put your suggestion before the conference committee.

2017 Statistics

The Health and Safety Authority (HSA) has reported that there were 47 work-related fatalities during 2017. This is a reduction on previous years, however, agriculture is again a serious cause for concern with 24 deaths in this sector - an increase from 21 in 2016. The safety message is not getting home to our colleagues in farming. We all need to use our knowledge and connections with the agricultural community to improve safety on our farms.

In addition to the above, the Road Safety Authority (RSA) reported 158 deaths on our roads, which was a reduction from 187 in 2016. While these improvements are welcome we cannot be happy with a situation where 205 people lost their lives in workplace and road accidents in 2017.

We in NISO welcome these improvements and fully support the calls from Martin O'Halloran, CEO, HSA, for

extra inspectors, and Moyagh Murdock, CEO, RSA, for extra Gardaí to be deployed in the traffic section. Both the HSA and the Gardaí suffered reductions in staffing levels during the recession, however, with the welcome increase in employment, extra resources are required to promote and enforce safe working and driving. The HSA needs extra resources immediately to enhance our safety performance.

Martin O'Halloran to Retire

Over the Christmas period news emerged that Martin O'Halloran is planning on retiring as CEO of the HSA. Martin will be a great loss to the HSA as well as being missed by the wider safety community. Martin has spent most of his working life promoting safety and health, both in his time in the commercial sector and in the Health and Safety Authority. He was one of the original signatories to the NISO Articles of Association in 1992 and has remained a great friend and supporter of NISO.

During his term as CEO he has led many modern initiatives to encourage an open dialogue between employers, employees and his inspectors with the very clear message - if your company has safety issues we will work with you to address these issues but if you are not willing to work with us to resolve these safety issues then we can and will use our enforcement powers. Together we can keep your workers safe.

As President of NISO and on behalf of NISO members and on behalf of the wider safety community I wish to express our thanks and appreciation to Martin for all his efforts to improve safety in Ireland and wish him a very happy retirement.

NISO in 2018

As I finish this article let me



Harry Galvin, president, National Irish Safety Organisation

remind everyone that NISO is very much a membership organisation. Each of our eight regional committees and our executive committee is made up of volunteers who believe in promoting safety and health. We are always seeking to encourage new members to join our committees as new members bring new life to the organisation. On average committees meet about six times per year for about two hours with most meeting combined with seminars or workshops.

NISO is 55 years in existence this year and over that time we have had many wonderful volunteers give freely of their time, knowledge and experience to improve safety and health for all workers in Ireland. Founded in 1963, some 26 years before the establishment of the Health and Safety Authority, our original volunteers showed great foresight in safety promotion in the workplace. Consider joining with us and sharing your knowledge and experience, you will also make new friends across the regions and with these new friends will come new ideas and knowledge.

So stay safe and keep promoting safe working practices.

Harry Galvin,
President, National Irish Safety

EU-OSHA to launch 2018–19 campaign

The EU-OSHA is preparing to launch its 2018-19 campaign entitled Healthy Workplaces Manage Dangerous Substances in April 2018.

The objectives of the 2018-19 campaign are:

- To raise awareness of the importance of preventing risks from dangerous substances, helping to dispel common misunderstandings.
- To promote risk assessment by providing information on practical tools and creating opportunities to share good practices, focusing specifically on:
 - eliminating or substituting dangerous substances in the workplace,
 - the hierarchy of prevention measures (i.e. following the hierarchy outlined in legislation so that the most effective type of measure is always selected).



- To heighten awareness of risks linked to exposure to carcinogens at work by supporting the exchange of good practices; EU-OSHA is a signatory to the covenant committing to the EU Carcinogens Roadmap.
- To target groups of workers with specific needs and higher levels of risks by providing tailored information as well as examples of good practices. The risks might be higher because these workers are inexperienced, uninformed or physically more vulnerable, or

because they frequently change jobs, or work in sectors where awareness of the issue is low, or because of a higher or different physiological sensitivity (e.g. in young apprentices, or differences between men and women).

- To increase knowledge of the legislative framework that is already in place to protect workers, as well as highlighting policy developments.

To find out more visit osha.europa.eu.

Work-related Vehicle Safety Plan 2016–2018

The Health and Safety Authority (HSA) has expressed its concern about the high level of injuries being reported as a result of unsafe practices around the use of work-related vehicles. As the HSA brings the Work-related Vehicle Safety Plan into 2018, the areas it will be targeting include:

- work-related vehicle safety issues related to specific vehicle types,
- specific high risk vehicle activities,
- high risk sectors such as in agriculture, construction, transport, retail and wholesale and manufacturing,
- specific work occupations, and
- common vehicle safety risks found across all work sectors, for example, driving for work in cars and smaller vehicles such as vans and off road vehicles.

This will involve targeted prioritised sector-specific interventions and more general interventions common to all work sectors where vehicle risk is prevalent. For example, driving for work is a work activity that most work sectors need to address, whereas higher risk activities such as loading, unloading and load securing are more predominantly found in specific sectors such as transport, construction, manufacturing and retail and wholesale.

For further information visit www.hsa.ie.



Countdown to REACH 2018

The countdown is now on for the REACH registration deadline of 31 May 2018.

Who is affected by this deadline?

- Manufacturers of more than one tonne of chemicals per year
- Importers of more than one tonne of chemicals a year from a country outside the EU
- Manufacturers and importers of a product (mixture, article) may have to register the substances contained individually.

If you have pre-registered substances that you manufacture or import from a country outside the EU for more than one tonne, but less than 100 tonnes per year, and if you have not registered them yet, the REACH registration deadline of May 31, 2018 applies to you.

To learn more visit echa.europa.eu.

SAFETY ALERT

Sanli Chainsaw SCS4950

The Health and Safety Authority (HSA) has issued the following safety alert to advise owners and distributors of the portable chainsaw make Sanli SCS4950 that the importation company, Tucks O'Brien Ltd., have agreed to a voluntary recall of this product.

The recall is a result of market surveillance testing carried out by the HSA that revealed serious safety defects with this machine.

The testing revealed that the dimensions of the front handle did not meet requirements. More importantly however, the chain catcher (a critical safety device) cracked during testing.

What to do

With immediate effect, the chainsaw

involved should no longer be used or provided to others.

Should you stock or have resold a potentially affected product or passed it on to others, you are requested that you follow the recall process (see www.hsa.ie) and pass this safety warning on to any product recipient as quickly as possible.

Visit www.hsa.ie for full details on the action required on the safety alert but **please note Tucks O'Brien Ltd. are solely responsible for managing this recall. All queries or clarifications must be made directly with Tucks O'Brien Ltd., not the HSA.**

Contact Details

Tucks O'Brien Ltd. Ph: 01 4677000

Email: marketing@tucksobrien.ie



Work related fatal accidents statistics for 2017

The Health and Safety Authority (HSA) has released figures for the number of work related fatal accidents reported during 2017. There were 47 workplace fatalities in 2017 compared to 46 in 2016.

Key fatality statistics include the following:

- There were 24 deaths in agriculture, making it the eighth year in a row that this sector recorded the highest number of work related fatalities.
- The construction and transport sectors had the next highest number of fatalities with six each.
- Across all sectors, accidents involving vehicles accounted for 21 of all fatalities in 2017. Falls from height (six) was the next most common cause.

- Most fatalities (28) involved 18-65 years old males; 14 men over 65 were killed in the agriculture sector.
- Dublin, Cork and Mayo were the counties with the highest number of fatalities in 2017, with six each.
- There was one child fatality (agriculture).
- Of 47 fatalities reported, 18 were

self-employed persons, 15 were employees, seven non-workers and seven family workers.

Of the 24 deaths in agriculture, 14 of these fatalities were elderly farmers. This makes elderly farmers the most likely to be involved in fatal work accidents in Ireland.

Source: www.hsa.ie



NISO Best Student in EHS Management, AIT



L to R : Dr Sean Reidy (AIT), Chris McCormack (AIT), Harry Galvin (NISO President), Tony Buckley (Best Student on BSc in EHS Management course), Dr Carol O'Donnell (Head of Department of Life and Physical Sciences, AIT), John Flanagan (NISO Midlands Branch, Chairperson).

Congratulations to Tony Buckley who was recently presented with the NISO Award for the best student on the BSc in EHS Management Course in Athlone Institute of Technology.

National TY Schools Safety Table Quiz 2017



Athlone Community College winning TY quiz team in the 2017 Midland Region final of the TY Safety Quiz. Adam Cummins, John Feeney and Brian Kelly receiving their trophy and prizes from Mr Harry Galvin (National President of NISO, Dublin) and Mr John Flanagan (Quiz Master and Chairperson of NISO Midland Branch, Tullamore).

The second Midland Region TY Schools Safety Table Quiz was organised by the Midland branch of National Irish Safety Organisation (NISO) and hosted recently by AIT. The venue was the Nursing and Health Sciences Building.

Eleven teams including Our Lady's Bower Secondary School, Moate Community School, Athlone Community School, Mercy Secondary School, Ballymahon and Marist College competed for the trophy and prizes. They were competing for the "John Flanagan" Cup.

The winning team was from Athlone Community College consisting of Adam Cummins, John Feeney and Brian Kelly. The Moate Community School team of Tara Geoghegan, Lauren Lawlor and Ciara Maxwell were runners up followed by two Our Lady's Bower teams who were runners up in third and fourth place.

The winning team members each received an electronic tablet, a €100 cheque and a trophy, along with a trophy for the school. The runner up team members each received a €50 cheque, a sports voucher and a trophy along with a trophy for the school.

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!

- Accidents: What should you do if you receive any injury at work?**
 - Go home
 - Tell your boss
 - Report to the first aid department
 - Sign yourself off from work for the day
- Accidents: If an employee is always having minor accidents and incidents what action should you take?**
 - Move them to a less hazardous job
 - Suspend them
 - Fire them
 - Make fun of them
- Chemicals: True or false: Sniffing chemicals is a safe means of identification.**
 - True
 - False
- Chemicals: Select four ways by which poisons may enter the body**
 - Ingestion
 - Inhalation
 - Telepathy
 - Absorption
 - Osmosis
 - Injection
- Construction: Select two ways in which you remove material and waste from a height?**
 - Throw and aim for a skip
 - Lower properly using a hand line
 - Empty it down a chute
 - Carry it down a ladder
- First Aid: Under what circumstances is it permissible to move a seriously injured person?**
 - Never move a seriously injured person
 - If there is further danger by leaving them where they are.
 - If they are uncomfortable
 - If they ask you to move them
- First Aid: Abnormally low body temperature is called what?**
 - Hypothermia
 - Homeothermia
 - Normothermia
 - Hyperthermia
- Flammable Liquids: Does a higher flash point mean that a liquid is more flammable?**
 - Yes
 - No
- How much notice must the Health and Safety Authority give before entering a premises for the purpose of an inspection?**
 - 2 weeks
 - 1 week
 - 24 hours
 - None
- According to the HSA, workplace accidents and injuries are costing the Irish economy how much each year?**
 - €3 million
 - €30 million
 - €3 billion
 - €30 billion

Answers on page 8

NISO Welcomes New Members

National Irish Safety Organisation would like to welcome all 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 for further information on NISO membership and to receive a copy of our Membership Brochure.



New Members

Organisations to recently join NISO include:

- Brockley Group Limited
- Buildsmart Plus Limited
- Carpark Lining
- Crowley Services
- DCON
- Excel Landscapes
- HealthCo
- Irish Rail
- Keelings Retail
- MFM Plant Hire
- Mom Services Limited
- Moroney Engineering Ltd.
- Purcell Construction Ltd.
- SK Masonry

FEATURED MEMBERS



Car Park Lining is one of Ireland's leading line marking contractors with Leinster and Munster depots.

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+353 (0)1 611 155



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Approx. 3,800



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- 860,000 passengers carried
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- 328,000 kilometres travelled
- 638 carriages in our fleet
- 2,400 kilometres in our Network

Health and Safety: The Safety Management System is kept under review and is updated on an ongoing basis.

Our mission: Operating safe, customer-focused, sustainable services across Intercity, DART and Commuter which benefit our economy, communities and our customers.



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Email: moroneyeng1@eircom.net.
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All Ireland Occupational Safety Quiz 2018



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 up to four persons) will compete in either the Novice or Previous Entrants categories in the 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 Clonmel Park Hotel, Clonmel, Co. Tipperary on Saturday, 14 April 2018.

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 2018.

How to book:

Visit niso.ie and book online under events/all-ireland-safety-quiz; call 1850 SAFETY / 01 465 9760 or email info@niso.ie.

Answers to the Mini Quiz (Page 5)

1. C
2. A
3. False (Chemicals should never be sniffed as a means of identification as some chemicals can be harmful even below the threshold smell.
4. A, B, D, F
5. B, C
6. B
7. A
8. B
9. D
10. C

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, 14 April 2018; 14.30hrs; Clonmel, Co. Tipperary.

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]

8 February 2018; 20:00hrs; Oranmore Lodge Hotel, Oranmore, Co Galway.

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

2 March 2018; 19.00hrs; Wellington Park Hotel, 21 Malone Road, Belfast.

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

8 March 2018; 19.00hrs; The Gresham Hotel, Dublin 1.

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

8 March 2018; 20.00hrs; Greenhills Hotel, Limerick.

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

8 March 2018; 20.00hrs; The Errigal Hotel, Cootehill, Co. Cavan.

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

13 March 2018; 20.00hrs; Bridge House Hotel, Tullamore, Co. Offaly.

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

15 March 2018; 20.00hrs; The Clayton Hotel, Sligo.

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

27 March 2018; 20.00hrs; Viking Ramada Hotel, Cork Road, Waterford.

NISO Southern Region [covering counties Cork, Kerry]

28 March 2018; 20.00hrs; Radisson Blu Hotel, Little Island, Co. Cork.

2017 winners

Previous Entrants:
BioMarin International Ltd.

BIOMARIN

Novice:
BioMarin International Ltd.

BIOMARIN

2016 winners

Previous Entrants:
Thermo King Ingersoll-Rand, Galway

THERMO KING

Novice:
M + W Group, Dublin

M+W GROUP

NISO Member Spotlight

Mary Gouldsbury, Health and Safety Officer, Longford County Council. Having worked as a Health and Safety professional between the pharmaceutical sector and the public sector, Mary Gouldsbury brings a wealth of experience to the profession. Passionate about positive leadership, she believes that inclusion creates a good health and safety culture. She has won awards, contributed to various publications, is a member of health and safety committees within the public sector at a national level and is completing her second Masters.



What has been the highlight/greatest achievement of your career?

I am very proud of winning the Silver Award at the NISO/NISG 26th Annual Safety Awards, making Longford County Council the first public sector organisation to win the top three in the history of the awards.

What advice would you give to someone starting out in health and safety?

Be empathetic and never give up – the beginning is always the hardest.

What's the best piece of advice you have received regarding health and safety?

Get up, dress up and always be professional.

If you didn't work as a health and safety professional what career path would you have chosen instead?

So many choices, I'd be a scientist or work in the legal professional.

What's your favourite way to relax?

Running early in the morning and swimming in the evening.

Describe your ideal holiday

When I was younger I travelled so that is easy – I would go with my family to Coogee Beach in Australia and I would enjoy every minute.

What was the last book you read?

Stephen Hawking – Black Holes

What was the last movie or TV series that you really enjoy?

Paddington – great laughs ☺

Describe your favourite meal

Thai Green Curry cooked at home.

If you had a motto for life what would it be?

For the Safety Professional – Never assume, always ask.

For Life – There is no greater currency than time, be careful not to waste it.



Coogee Beach, Australia



Employer-worker care pledge follows gig workers' survey

Gig economy workers, temps and workers on zero-hours contracts report receiving fewer protections for their health and wellbeing at work than their permanent, full-time colleagues, according to findings from a survey published by IOSH.

Many are working when sick, working unpaid overtime and going throughout the year without a paid holiday, the IOSH-commissioned Opinium survey found.

From health advice and counselling to fire safety inductions and the issue of personal protective equipment, non-permanent workers say they come out second best.

With companies such as Uber and Deliveroo in the news for the way they employ gig workers, and the publication last year of the Government-commissioned Taylor Review into modern work practices, the employment or hiring of non-permanent workers is under scrutiny.

Following his review, Matthew Taylor backed IOSH's call for a 'day one agreement' between employer and non-permanent worker that includes a pledge to protect the worker's health and wellbeing.

IOSH director of strategic development Shelley Frost said: "Workplace health risks don't discriminate according to your employment status. When you think of work-related stress, fire risk – these are all posing the same threat to permanent and non-permanent workers.

"There shouldn't be discrepancies between permanent employees and non-permanent workers in employers' measures to safeguard their safety, health and wellbeing.

"When it responds to the



Taylor Review, we want the Government to consider these findings and the very real health risks faced by workers outside of permanent, full-time employment.

"We would welcome up-front agreements between employers and non-permanent workers that set out the same level of care for their health and wellbeing as permanent employees, and linked to their role."

Key findings from the IOSH-Opinium online survey of 500 non-permanent workers:

- Two-thirds are working without sick pay (64%), with a half of these working when sick to ensure they are paid
- 43% are working without holiday pay – with many relinquishing holiday to ensure they are paid
- A quarter of respondents are working unpaid overtime
- A third of non-permanent workers have access to occupational health support compared to

more than half (54%) of their permanent colleagues

- One half (53%) receive a full induction process, including fire exits, compared to two-thirds of their full-time, permanent co-workers
- Two-thirds of non-permanent workers and three quarters of business leaders interviewed believe that more needs to be done in the education system to prepare young people for the new world of work
- Respondents showed strong support for an up-front agreement between employer and non-permanent worker, with parity on workplace precautions for health and wellbeing being the most important feature (89%)

Mr Taylor, Royal Society of Arts chief executive, said: "This survey demonstrates that there should not be any barriers to flexible workers enjoying the same standards of safety and health as their

permanent colleagues. Often it is as much down to the carelessness or thoughtlessness of the employer.

"Of course, there are cowboys, there's bad practice. What's happening is that people don't think enough or care enough that flexible workers are covered."

MA student and gig worker Steph Hartland, 21, said: "My current company provides excellent training and really make sure that you are able to do your job well before you start, they encourage you to provide feedback on your clients to make sure it's a positive working experience for everyone involved.

"By contrast my previous employer really just didn't care, they made me feel like just a piece in a puzzle, they were totally disconnected from their staff, and really made you feel awful. After I was forced to work with the noro-virus, and had to go home, for a long time after they didn't give me anymore work."

New qualification to help safety and health drive good business

A new business-focused qualification for a new generation of safety and health professionals has been launched by IOSH.

The NCFE IOSH Level 3 Certificate in Safety and Health for Business was designed from scratch based on needs analyses and calls from training providers and members for a qualification able to equip practitioners to meet emerging challenges.

Developed in collaboration with highly respected awarding organisation NCFE, it offers a completely new approach grounded on technical knowledge and business insight. It is structured in a way that can be relevant for the widest range of businesses and individuals in the UK and overseas.

Safety and Health for Business ensures up-and-coming practitioners are well-prepared for the world of work. After completing the course, delegates will have the right qualification requirements to be eligible

for Associate or Technical IOSH membership, dependent on experience.

Safety and Health for Business ensures up-and-coming practitioners are well-prepared for the world of work. After completing the course, delegates will have the right qualification requirements to be eligible for Associate or Technical IOSH membership, dependent on experience.

The IOSH Training & Skills team has already received many enquiries from potential training providers and the first of these have been approved, as well as significant interest from prospective delegates who have already undertaken the *Managing Safely* course.

Dina Alkhalidi, head of customer engagement at IOSH, says: "We have been really pleased with how Safety and Health for

Business has struck a chord among so many trainers, safety and health practitioners and senior business leaders. We are working with training providers, educators and large multinationals in the UK and overseas to help them explore the benefits of offering Safety and Health for Business to their staff or customers."

Leading employers, including construction multinational Laing O'Rourke and Thames Water in the UK, were consulted during development of the qualification, which is regulated by Ofqual – the Office of Qualifications and Examinations Regulation.

John Green, group safety director at Laing O'Rourke, said: "I saw a significant and troubling gap in traditional safety teaching which

covered the technical skills but omitted to cover the human side of safety.

"Traditional programmes also see safety as a 'war on error', the focus of which is deficit management. The new qualification sees safety more as a business enabler – the role of safety being to support business success."

Karl Simons, head of health, safety, security and wellbeing at Thames Water, said: "This Level 3 qualification stands out as a qualification developed from IOSH listening to business professionals and reflects what is needed. The qualification is underpinned by IOSH's supportive and guiding competency framework, which will be valuable in steering an individual's and their company's professional development in health and safety.

"Delegates attending this course will see that it reflects business needs and enables them to achieve a certificate and become a proud and confident health and safety professional.

"Businesses sending their employees on this course will have individuals who fully understand health and safety and are confident in their decision making to protect all working for and on their behalf."

Information for potential training providers and larger businesses offering their own in-house training is available at bit.ly/2Da3OYC while details for individuals interested in taking the qualification can be found at bit.ly/2CWijSk



Ergonomics Risk Management in the Workplace

Frank Power, Ergonomist (Inspector) with the Health and Safety Authority, writes about managing ergonomic risks in the workplace to address musculoskeletal injuries and ill health.



Frank Power, Ergonomist (Inspector), Health and Safety Authority

There are some jobs that involve specific tasks requiring extended reaches or overhead work that are difficult activities to sustain. By using ergonomic principles to design these tasks more people should be able to perform the job without the risk of injury.

Ergonomics is the science of fitting the job to the human in order to improve human performance, comfort and health. Ergonomics recognises that good workplace design will take account of the capabilities of the people that do the work. An ergonomic improvement in a workplace setting removes risk factors that lead to musculoskeletal injury and allows for improved human performance and productivity.

The health of workers is not always taken into account in the design or planning of work activities. The evidence suggests that there is still a high prevalence of musculoskeletal injury and ill health in the Irish workplace. According to Central Statistics Office figures, there are 2 million people at work in Ireland and a breakdown of these figures shows that over fifty percent of people work in the manufacturing, wholesales & retail, transport & storage, health, construction and hotel

Case Study:

A designer specified that stone cladding was to be placed on the face of a building and considered options for carrying out this activity to avoid the risk of injury to workers. A system of work was developed where a vacuum handling aid was used to lift stone cladding units that weigh up to 130kg into place. This is a better way of working taking into account the need to avoid the physical risk factors for workers if they had to manually lift such units.

sector. The Health and Safety Authority (HSA) non-fatal statistics show that nearly one in every three accidents reported in these sectors are injuries due to manual handling activities.

The ESRI reported that occupational illness rates have increased from 21.7 per 1,000 workers in 2001 to 27.1 per 1,000 workers in 2012 with musculoskeletal disorders representing over 50% of all occupational illnesses. The increased prevalence of occupational illnesses led the HSA to develop a three year strategy which included a focus on health risks in the workplace with the following objectives:

- Increase the knowledge and understanding of occupational health and welfare risks
- Raise awareness of the value of controlling occupational health risks and promoting

positive health and well-being

- Ensure legal compliance through proportionate enforcement
- Influence the EU agenda on laws and policy on occupational health

To support the implementation of the health strategy as it relates to ergonomics, there are a number of interventions that have been introduced including the roll out of training to inspectors within the Authority on the use of ergonomic risk assessment tools such as the Health and Safety Executive (HSE) Mac Tool. Ergonomic Risk Assessment workshops were hosted by the HSA and the Irish Ergonomics Society in 2017 to increase the knowledge and understanding of ergonomic risks and methods of quantifying and controlling them through the use of the HSE Mac Tool.

The Authority continues to develop sector specific guidance on managing ergonomics risks, available to download for free at www.hsa.ie. The cornerstone of all these interventions is the need for effective management of ergonomic risk. Effective management of ergonomics risk is essential to address the high rate of musculoskeletal injury and ill health and there are some key factors for its successful implementation at workplace level including:

- Knowledge of the nature of work carried out
- Ability to effectively communicate and consult with staff
- Ability to use evidence based risk assessment tools (e.g. Use of Manual Handling Assessment (MAC) Tool)
- Ability to develop appropriate or innovative solutions to reduce or eliminate risk factors



including force, repetition and awkward posture

- Ability to transfer knowledge of new control measures or

- solutions in place
- Ability to influence management

This approach allows those who are managing health issues at work to develop skills in good communication, problem solving, critical thinking and creative thinking. In 2016 the Authority published a document titled “Ergonomics Good Practice in the Irish Workplace” which illustrates examples of innovative engineering solutions developed by companies to manage and control ergonomic risk. An example of one of these solutions is detailed in the

picture opposite.

A systematic approach to managing ergonomic risk will ensure that work activities are designed or planned to avoid or reduce ergonomic risk factors. The focus needs to be on managing these risks through the introduction of engineering solutions or other appropriate organisational changes in work practice.

Further information on ergonomics risk management is available at www.hsa.ie or by phoning 1890 289 389.

NISO Annual Health and Safety Conference 2018

Ireland's premier health and Safety conference for safety professionals and business leaders.
Friday 12 October 2018, Great Southern Killarney, Killarney, Co. Kerry.

The NISO Conference offers delegates an insight into current topical issues in health and safety. This year, our panel of renowned national and international speakers will present on the theme “Safety: The Heart of the Matter”.

To register your interest in conference 2018 email conference@niso.ie with “Conference 2018 Interest” in the subject line.

Sponsorship

Is your organisation interested in sponsoring the Annual NISO Conference, Ireland's premier health and safety event, in 2018?

Sponsorship of the NISO Annual Health and Safety Conference presents a prime opportunity for organisations to reinforce their identity and reputation as leaders in the health and safety field.

Sponsors of the 2017 NISO Conference included:

Gold Plus

- Anderco
- Intel Ireland

Silver Plus

- Ayrton Group

Silver

- Bord Gáis Energy

Bronze

- Bollé Safety
- Bunzl Cleaning and Safety Supplies
- DB Schenker
- Roadbridge
- Wood Group

To discuss opportunities to sponsor the NISO Conference and other NISO events, please contact Susan Birkett for a Sponsorship Brochure on 01 460 8554 or email sbirkett@niso.ie.



These Regulations give further effect to the provisions of Directive 2010/35/EC of the European Parliament and the Council on transportable pressure equipment in as much as they allocate the responsibility for the role of Notifying Authority under that Directive to the Minister for Business, Enterprise and Innovation, this responsibility having previously sat with the Health and Safety Authority.

These Regulations may be cited as the European Communities (Carriage of Dangerous Goods by Road and

New Publications


The operator needs to consider any activities that take place at the top of quarry faces and this would include inadvertent and unauthorised access, face profiling and surveying activities, drilling operations and shotfiring operations.

Fall Protection at the Top of the Quarry Face

Information Sheet

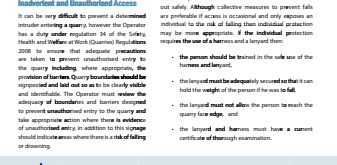
November 2017

Regulation for the Safety, Health and Welfare at Work (Quarrying) Regulations 2006 requires the Operator to ensure, as regards that quarry, that work is planned taking into account the demands of the safety legislation and to ensure the risks of falls. Therefore the Operator must be consider any activities that take place at the top of quarry faces and this would include unshored and unanchored access, face profiling and surveying activities, drilling operations and crushing operations.



Unshored and Unanchored Access

It can be very difficult to perform a determined activity involving a quarry, however the Operator has a duty under regulation 24 of the Safety, Health and Welfare at Work (Quarrying) Regulations 2006, to ensure that adequate precautions are taken to prevent unshored entry to the quarry face. This includes where appropriate the provision of a means of access that is clearly visible and identifiable. The Operator must **not** use the adjacency of buildings and terrain designed to prevent unshored entry to the quarry face and take appropriate action where there is evidence of unshored entry, in addition to this **average** should indicate where there is a risk of falling or descending.




Face Profiling and Surveying of Quarry Faces

Where face profiling or surveying operations require a person to be at the top of a quarry face the way planned for those operations must show how this to be carried out safely. Following selective measures to ensure falls are preventable if access is accidental and only requires an entry into the risk of falling these individual precautions may be more appropriate. **If the individual precautions require the use of harness and lanyard then:**

- the person should be trained in the safe use of the harness and lanyard;
- the lanyard must be adequately secured so that it can hold the weight of the person if the harness is full;
- the lanyard must not allow the person to reach the quarry face;
- the lanyard and harness must have a signed certificate of thorough examination.

The Operator must ensure adequate training and be signed off by a competent person with adequate training and experience to provide a risk and control assessment and provide a written permit to work for the face and quarry operations to be carried out.



1 of 6

Any hazard or potential hazard should be considered significant or potentially significant if such a failure would directly or indirectly, be liable to endanger premises, roadways or other places where people are likely to be found offsite; or likely to cause serious or fatal injuries to persons on or off-site.

Identifying Significant Hazards

Regulation 54 Safety, Health and Welfare at Work (Quarries) Regulation 2008

Information Sheet

November 2017

Regulation 54 of the Safety, Health and Welfare at Work (Quarries) Regulations 2008 requires the **Operator to have a reliable appraisal of all proposed and existing excavations, tips and lagoons** undertaken by a competent person. The frequency of appraisals should be identified in the Operating procedures for the Quarry. The appraisal should identify any significant hazards or potential of significant hazards and determine if they can or cannot be rectified immediately in a safe manner.

Any hazard or potential hazard should be **controlled significantly or potentially significantly** if such a failure would directly or indirectly, be liable to endanger persons, buildings or other places where people are likely to be found offsite or likely to cause serious or fatal injuries to persons on or off-site.

If the competent person is unable to determine if a hazard or potential hazard is significant or potentially significantly they should seek the advice of a professional specialist.

The following diagrams provide guidance to scenarios where a hazard should be considered significant or potentially significant

Working Face and Ground or other external materials such as claystone are liable to become unstable if the steepness of 75 degrees and the observed face angle is steeper than a suitable angle to ensure safety should be considered to be or potentially be a significant hazard.

The natural angle of repose considered by restrictive industry best practice is a suitable angle between safety to unconsolidated material is as low as 27° up to 1 in 2.

Working Face and Ground or other external materials such as claystone are liable to become unstable if the steepness of 75 degrees and the observed face angle is steeper than a suitable angle to ensure safety should be considered to be or potentially be a significant hazard.

HEALTH AND SAFETY AUTHORITY
www.hsa.ie

1 of 2

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graph TD
    A[How does the HIV positive person feel about their sexual health?] -- Yes --> B[Action: Discuss]
    A -- No --> C[Action: Counsellor]
    B --> D[Are you taking your HIV medicine?]
    D -- Yes --> E[Action: Discuss]
    D -- No --> F[Action: Counsellor]
    C --> G[Are you taking your HIV medicine?]
    G -- Yes --> E
    G -- No --> F
    E --> H[An effective condom is completed]
    F --> H
  
```

A simple approach to risk assessment of HIV positive

How does the HIV positive person feel about their sexual health?

Yes → Action: Discuss

No → Action: Counsellor

Are you taking your HIV medicine?

Yes → Action: Discuss

No → Action: Counsellor

Are you taking your HIV medicine?

Yes → Action: Discuss

No → Action: Counsellor

An effective condom is completed

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**HEALTHY
LIFE
FOR ALL
EUROPEAN
COMMISSION**

Guarding of Return Idler Rollers on Conveyors at Quarries - Information Sheet

Idlers are an important component in any conveyor system as they are used to support the conveyor belt and the load carried on the belt.

[illegible]

Crystalline Silica Dust – Information Sheet

Crystalline silica is widely found in nature. Occupational exposure to crystalline silica dust occurs in many industries.

Fire Extinguisher Safety Checks

A fire extinguisher must be appropriate for the type of fire likely to be encountered. This information sheet offers a general guide, but specialist advice may be necessary for certain situations.



Preventing Slips, Trips and Falls at Work - Information Sheet

A greater percentage of slips, trips and falls (STF) result in absences from work of one month or more. This information sheet will help you understand how to control work-related STF.

"Watch Your Step" Preventing Slips, Trips and Falls at Work Information Sheet

Every working day in Ireland, as people are hurt in work-related Slips, Trips and Falls (STF), STF are the second greatest single cause of workplace injuries. Over the years, many STF have tragically been fatal. A greater percentage of STF (than in other accidents) result in absences from work of one month or more. This information sheet will help you understand how to control work-related STF.

What does the law require?

The Safety, Health and Welfare at Work Act requires:

- safe access,
- safe systems of work,
- training,
- risk assessment, and
- a safety statement.

General Application Regulations require employers

workers to be:

- clean,
- free of clutter,
- well lit, and
- without dangerous bumps, holes or slopes.

Factors in work-related slips, trips and falls

Slips account for about half of all slips, trips and falls. Factors in work-related slips, trips and falls include:



Requirements for Construction Site Welfare Facilities



CONSTRUCTION
SAFETY
PARTNERSHIP
ADVISORY COMMITTEE

Requirements for Construction Site Welfare Facilities

This following guidance has been updated in order to comply with current legislation in particular the Safety, Health and Welfare at Work (Construction) Regulations 2013 Part 14 Construction Site Welfare Facilities.

"Watch Your Step" Choosing Slip-resistant Footwear Information Sheet

Every working day in Ireland, as people are hurt in work-related Slips, Trips and Falls (STF), STF are the second greatest single cause of workplace injuries. Slip account for almost half of all STF in almost 6,000 workplace visits. HSA inspectors found that 70% needed slip-resistant footwear. This information sheet will help you choose the most suitable slip-resistant footwear.

1. Identify and assess risks

General Application Regulations require employers to identify and assess risks in the workplace, including risks to health and safety from slips, trips and falls.

2. Consult staff

Consult staff through the process of choosing slip-resistant footwear when possible.

3. Choose the right footwear

Not all 'slip-resistant' footwear is slip-resistant. Slip-resistant footwear is designed to provide extra grip on slippery surfaces. A smooth sole may offer little slip resistance - like a smooth sole shoe.

When choosing slip-resistant footwear:

- Check the sole pattern. It should have a clear, deep, non-slip pattern.
- Check the sole material. It should be made of a non-slip material.
- Check the sole design. It should have a non-slip design.
- Check the sole condition. It should be in good condition.
- Check the sole fit. It should fit the foot well.
- Check the sole comfort. It should be comfortable to wear.
- Check the sole durability. It should be durable.
- Check the sole cost. It should be affordable.

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Choosing Slip-resistant Footwear - Information Sheet

In almost 6,000 workplace visits, HSA Inspectors found that 70% needed slip-resistant footwear. This information sheet will help you choose the most suitable slip-resistant footwear.

Fatal Workplace Injuries by Economic Sector 2008-2017 (NACE Revision 2)

Economic sector	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008
A Agriculture + forestry and fishing	0	21+0+1	21+0+3	18+6	30+1	16+5	20+8	22+5	22+7	10+3	20+2
B Mining and quarrying	0	0	1	2	0	2	1	1	0	2	1
C Manufacturing	0	1	2	3	3	1	0	2	2	1	6
D Electricity; gas, steam and air conditioning supply	0	0	0	0	1	1	0	0	0	0	0
E Water supply, sewerage, waste management and remediation activities	0	0	1	3	0	1	4	3	2	0	2
F Construction	2	5	9	11	8	11	8	6	6	10	15
G Wholesale and retail trade; repair of motor vehicles and personal goods	0	1	2	2	4	3	3	2	4	2	3
H Transportation and storage	1	6	1	4	4	4	1	7	3	6	3
I Accommodation and food service activities	0	1	0	0	0	0	0	1	0	1	0
J Information and communication	0	0	0	0	0	0	0	0	0	0	0
K Financial and insurance activities	0	0	0	0	0	0	0	0	0	0	0
L Real estate activities	0	0	0	0	0	0	0	0	0	0	0
M Professional, scientific and technical activities	0	0	0	0	1	1	1	2	0	1	1
N Administrative and support service activities	0	0	2	0	2	0	1	0	0	1	0
O Public administration and defence; compulsory social security	0	4	0	4	0	0	0	1	0	2	1
P Education	0	0	0	0	0	1	0	0	0	2	0
Q Human health and social work activities	0	0	1	1	0	0	1	1	1	1	0
R Arts, entertainment and recreation	0	0	1	1	1	0	0	1	1	0	1
S Other service activities	0	0	0	1	0	1	0	0	0	1	2
Total	03	40	44	56	55	47	48	54	48	43	57

(Source: HSA, correct at 22 January 2018. Note that some accidents may be under investigation and may not have been recorded yet.)

National Irish Safety Organisation Events Diary



Visit our website niso.ie to book courses and to stay up to date with safety training and events in 2018.

1. NISO Safe Pass Training:

East: NISO Training Centre, Ballymount, Dublin 12
Dates: 2, 9, 16 & 23 February; 2, 9, 16 & 23 March
Weekly: On Fridays

South East: Springhill Court Hotel, Co. Kilkenny
Dates: 7 February; 7 March
Monthly

South East: Clonmel Park Hotel, Poppyfields, Clonmel, Co. Tipperary
Dates: 14 February; 14 March
Monthly

South: Clayton Hotel Silver Springs, Cork
Dates: 21 February; 21 March
Monthly

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

Manual Handling Basic
Duration: half day
8, 22 February; 15, 29 March

Safety Representation (NISO Cert)
Duration: 2 days
12-13 February

Manual Handling Instruction (QQI L6)
Duration: 5 days
(3 days week 1 / 2 days week 2)
19, 20, 21 & 26, 27 February

Introduction to H&S for the non safety specialist (NISO Cert)
Duration: 2 days
28 February

Health and Safety Representation (QQI L5)
Duration: 4 days
5-8 March

VDU/DSE Assessor Course (NISO cert)
Duration: 1 day
6 March

3. Courses and events in the regions

EAST REGION

Course: NISO Certificate in Safety, Health and Welfare at Work
NISO Training Centre, Dublin 12
Course length: 13 weeks/2 hrs p/wk
Commencing: 20 February
Contact: sbirkett@niso.ie

Seminar: Temporary Traffic Management

NISO Training Centre, Ballymount, Dublin 12
Duration: half day
1 March

Safety Quiz

The Gresham Hotel, Dublin 1
8 March; 19.00hrs

MIDLAND REGION

Course: NISO Certificate in Safety, Health and Welfare at Work
Athlone Institute of Technology
Course length: 13 weeks/2 hrs p/wk
Commencing: 5 February
Contact: sreidy@ait.ie

Safety Quiz

The Bridge House Hotel, Tullamore, Co. Offaly
13 March; 20.00hrs

MID WEST REGION

Course: NISO Certificate in Safety, Health and Welfare at Work
Limerick Institute of Technology
Course length: 13 weeks/2 hrs p/wk
Commencing: 30 January
Contact: FLlimerick@lit.ie

Safety Quiz

Greenhills Hotel, Limerick
8 March 2018

Seminar: Temporary Traffic Management

Clayton Hotel, Limerick
Duration: half day
22 March

NORTH EAST REGION

Safety Quiz

Errigal House Hotel, Cootehill, Co. Cavan
8 March 2018

Workshop: Workplace Safety Training
Crowne Plaza Hotel, Dundalk, Co. Louth
8 March

Seminar: Temporary Traffic Management

Crown Plaza Hotel, Dundalk, Co. Louth
26 April

NORTH WEST REGION

Safety Awards Workshop

Radisson Blu Hotel & Spa, Sligo
1 February

Safety Quiz

Clayton Hotel, Sligo
15 March 2018

SOUTH REGION

Safety Quiz

Radisson Blu Hotel, Cork
27 March 2018

SOUTH EAST REGION

NISO South East AGM

Ramada Viking Hotel, Waterford
30 January

Safety Awards Workshop

Viking Ramada Hotel, Waterford
30 January

Course: NISO Certificate in Safety, Health and Welfare at Work

Venue: Waterford Institute of Technology
Course length: 13 weeks/2 hrs p/wk
Commencing: 20 February
Contact: sbirkett@niso.ie

Safety Quiz

Viking Ramada Hotel, Waterford
27 March 2018; 20.00hrs

Seminar: Temporary Traffic Management

Ramada Viking Hotel, Waterford
12 April

WEST REGION

Safety Quiz

Oranmore Lodge Hotel, Oranmore, Co. Galway
8 February 2018

4. National/All Ireland Events

NISO National Annual General Meeting

Clonmel Park Hotel, Clonmel, Co. Tipperary;
14 April 2018

NISO/NISG All Ireland Safety Quiz Finals

Clonmel Park Hotel, Clonmel, Co. Tipperary
14 April

NISO Annual Conference and Trade Exhibition

Great Southern Hotel, Killarney, Co. Kerry
12 October

NISO/NISG All Ireland Safety Awards Gala Dinner

Great Southern Hotel, Killarney, Co. Kerry
12 October



NISO, A11 Calmount Park, Calmount Avenue, Ballymount, Dublin 12.
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