

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 2019



IN THIS EDITION:

Agile working:
do the benefits
outweigh the risks?

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

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President's message

Regional Committees

All our regional committees are very active in the early months of the year holding their first meetings of the year and their regional quizzes in advance of the All Ireland Safety Quiz Finals, which will be held on 6 April in Dundalk. All our regional committees have asked me to extend an invitation on their behalf to all NISO members to come along and join their local regional committee. If you are interested in joining one of our regional committees let us know.

Most committees meet about four or five times per year for a two-hour meeting to discuss enhancing safety promotion in their region. Please consider becoming involved in your regional committee. Contact the NISO office on 01 465 9760 or email info@niso.ie to discuss joining your regional committee.

2018 Fatal Accidents

We all welcome the reduction in fatalities down from 47 in 2017 to 37 in 2018, which is the lowest number since the formation of the Health and Safety Authority (HSA) in 1989. The efforts to promote accident prevention are reflected in this improvement, however, we need to continue our work in the promotion of safe working practices to reduce the fatality numbers further. We have to set our sights on zero fatal accidents.

Safety Awards

The Safety Awards workshops have been taking place throughout January and will continue in February. The standard entry deadline for submission to the 2019 All Ireland Occupational Safety Awards is 3 May; early bird entry deadline is 29 March and the late entry deadline (subject to a late fee) is 14 June. The Awards Presentation dinner will take place on 11 October in Galway. This is your opportunity to have your organisation's safety efforts recognised nationally.

Personal Injuries

Personal injuries and the compensation associated with claims arising from these injuries have been in the headlines again over the last few weeks. Every time the issue relating to reducing insurance premiums comes up, the amount of compensation paid to those that are injured is raised as the reason for high premiums. There then follows the suggestion that by reducing the amount of compensation payments we would see the cost of insurance reduced, and comparisons are made with payments in the UK. Why the UK comparison, why not comparisons with the USA? Is the answer that compensation payments in the USA are many times those paid in Ireland?

If we are going to draw comparisons then we should do so across all areas. This should include payments to all players in the process.

A few decades back compensation awards were deemed excessive when juries made the awards and the solution then was to remove the juries and give the task of deciding the awards to the judges. This, it was claimed, would see a reduction in insurance costs. Have insurance costs reduced?

Then we had the introduction of the Injuries Board which, together with the introduction of the Book of Quantum was going to reduce the costs. We all acknowledge that for any case resolved by the Injuries Board there is a sizable reduction in the overall costs of personal injuries cases. This is due to the absence of legal fees and expert witness fees etc.

The Book of Quantum has helped to standardize payments for a large range of injuries. However, the courts do not always follow the Book of Quantum. Why?

If we want to reduce insurance costs, we should look at the whole area including the costs involved. In many cases the costs, which are paid out in addition to the actual compensation, are hugely excessive with solicitors, barristers, engineers, medical personal, etc. receiving inflated payments.

Why do the legal teams get higher payments for presenting in the High Court as against the Circuit Court? Is there not the same work involved for both?

Why is it that when you go to your doctor and ask for a medical examination and report you are charged between €50-€100 but when you say the same report is for a claim the fee is between €250-400?

Why does the Court Service call 25-30 cases for the same day when there are no judges available or, if you are lucky, one judge might be available? Twenty-five to 30 cases called, incurring all the costs of solicitors and barristers, expert witnesses etc.

Why do claims cases require two engineers as expert witnesses who often reach different conclusions? Why not have the court appoint one engineer?

Why do we have to employ both a Junior and Senior Counsel with the extra costs in addition to the solicitor?

Currently the Injuries Board is doing a very good job but if we seriously want to examine the costs involved in compensation claims then we and they need more information.

We are aware of the full costs involved in cases settled by the Injuries Board. From the cases settled



Harry Galvin, president, National Irish Safety Organisation

in open court we are aware of the amount paid by way of Special Damages and General Damages. However, the courts also award costs to the plaintiff and these are generally not made public nor is the defendants costs made public. Why?

That leaves the claims that are settled outside of the Injuries Board and the court of which little or nothing is known. Why?

I suggest that the government should make it a legal requirement that all personal injury compensation costs should be reported to them with all costs broken down thereby making it clear where all payments are going.

The Injuries Board or some such body could then produce annual reports setting out the payment structure. Special Damages, General Damages (with the subheading) legal fees to solicitors, legal fees to barristers, expert witness fees (with the subheading), etc.

With all of this information available an objective study could be made on what items are the "driving force" behind the ever increasing insurance costs.

I am not suggesting that the current levels of compensation paid to people who are injured are too low, about correct or too high; the point I am making is that by only targeting the monies paid to the injured as the cause of high insurance costs is not a true reflection of the cost structure.

One other issue is the failure to prosecute individuals who take fraudulent claims or who make false statements while giving evidence. Surely if these were prosecuted and sanctioned by the courts we would see a reduction in these unjustified claims.

The best way of reducing all these costs is, of course, preventing the injuries in the first place.

Harry Galvin, president, National Irish Safety Organisation

HSA figures show a 23% decline in workplace fatalities in 2018

Total number of fatalities at lowest level since the formation of the HSA in 1989

Fatality rate at lowest level on record at 1.6 deaths per 100,000 workers

Farm fatalities down by 40%

Figures released by the Health and Safety Authority (HSA) show that 37 people were killed in work related accidents in 2018, a decline of 23% on 2017 and the lowest figure since the establishment of the HSA in 1989. The farming sector, which has consistently been the most dangerous sector in which to work, incurred 15 work related deaths last year compared to 25 in 2017, a decline of 40%. The fatal accident rate of 1.6 deaths per 100,000 workers is

also now at an all-time low.

Harry Galvin, President, National Irish Safety Organisation, welcomed the news stating that "We are moving in the right direction with this decline in workplace fatalities but a lot more needs to be done. Let's work together and commit to making 2019 the healthiest and safest year yet for all employees across all sectors."

Dr. Sharon McGuinness, Chief Executive Officer of the Health and Safety Authority said, "I very much welcome the decline in work related fatalities in 2018. The fatality rate of 1.6 deaths per 100,000 workers is particularly significant given it was as high as 6.4 per 100,000 workers in the early 1990's. Due to the efforts of employers, employees and key stakeholders, there has been a huge improvement in health and safety standards since then. However, with 37 people losing their lives in work related activity in 2018 there is clearly still more to be done".

"Although farming has also seen a very strong improvement in 2018, 15 fatalities, which represents 41% of total fatalities, is still far too many for a sector that employs just 6% of the workforce. The next highest sector is construction with 5 deaths in 2018 (14% of the total) so both sectors will remain a key priority for us in 2019. I urge all stakeholders, particularly those in the farming and construction sectors, to focus their efforts to ensure 2019 sees a continuation of this very positive trend".

Dr. McGuinness added, "The economy is thriving with thousands of new workers joining the workforce each month. There are challenges ahead such as Brexit and also the fact that many employers are facing a skills shortage in certain sectors. In this context it is important that worker health and safety stays on the priority list. Safe and healthy employees are the backbone of any successful enterprise".

Reduction in farm fatalities in 2018

The number of deaths recorded on Irish farms in 2018 was fewer than the average number of farm fatalities of the previous five years. A total of 15 deaths were recorded in 2018 – seven fewer than the average figure of 22 fatalities recorded during the period 2013–2017.

Key statistics:

- 46% of fatalities – seven deaths – were associated with farm vehicles and machinery in 2018.
- 33.3%, amounting to five deaths, were associated with livestock.
- The final three deaths, 20%, were associated with a fall from height, slurry drowning and timber cutting.
- 66.6% of fatalities – 10 deaths – occurred to persons aged 65 years or older, with half of these occurring to persons aged 75 or older.
- Accounting for just 6% of the Irish workforce, agriculture saw 41% of work-related fatalities in 2018.



Teagasc health and safety specialist Dr. John McNamara called on farmers to give safety first priority during January and the busy spring period in 2019.

He said that the risk of farm accidents rises with increased work activity and prevention is strongly associated with implementing behavioural practices.

Being struck by a moving vehicle is the most frequent cause of farm deaths on Irish farms, so particular vigilance is needed when they are operating, he stated. The main hazards to be vigilant of on farms are moving vehicles, slurry, unstable loads, and livestock.

Source: agriland.ie and Teagasc.

IFA “peer-to-peer” farm safety initiative

The Irish Farmers’ Association (IFA) is to roll out a ‘peer-to-peer’ farm safety initiative in 2019, which the association says will see farmers “undertake practical measures that will reduce the risk on their own farm”.

The IFA will use the branch structures within its 29 county executives to implement the programme, which will feature groups of farmers coming together to emphasise farm safety issues.

These groups, which will consist of between three and five members, will meet in a particular farm in that group, where they will discuss any

“near miss” that had taken place in the previous 12 to 18 months.

The groups will then inspect the farm, focusing on particular safety areas.

The IFA has decided that these farm safety groups will focus on the following areas:

- Livestock housing and handling units;
- Machinery;
- Farmyards;
- Workshops.

The farmer that has been visited by the group will then be given a “pros and cons” summary, based on what the group sees around the farm.

The farmer in question will then be asked to specify one aspect of farm safety they will improve before the group meets at the same farm again.

The meetings will be repeated throughout all the members of the group before circling back for a second visit to a particular farm.

The IFA visited more than 60 farms throughout the country in preparation for this project.

According to the IFA, the emphasis of the plan is “co-operation between farmers at busy times of the year and when carrying out dangerous tasks”.

Source: agriland.ie

Upcoming inspections to check compliance

Inspectors, working together with customs authorities, are checking the compliance of importers and manufacturers with REACH registration obligations as part of an EU-wide Forum enforcement project.



The inspections are part of Forum’s seventh coordinated REACH enforcement project (REF-7) involving all 31 EU and EEA countries during which cooperation with customs

authorities to check imports of substances is expected.

The project aims to ensure EU-wide enforcement of the obligations of importers and manufacturers to register

their substances, given that the last registration deadline passed in 2018. Checks will cover imported and manufactured substances in all tonnage bands, the main focus being on substances imported or manufactured in quantities of 1-100 tonnes per year. The inspections will also include a check of parts of the registration dossier and of other duties related to registration, for example, whether the registrant is compliant with the duty to update a registration dossier.

Inspectors in Member States will verify whether substances registered as intermediates meet the definition of intermediates and are manufactured and used under strictly controlled conditions. In addition, substances registered as monomers in polymers will be checked.

ECHA’s Forum finalised the preparations for the REF-7 project at the end of 2018. The inspection activities will continue throughout 2019. A report on the results of the inspections will be available in the fourth quarter of 2020.

Source: echa.europa.eu

EU-OSHA celebrates 25 years

Brief history of the EU-OSHA

In 2019, the European Agency for Safety and Health at Work (EU-OSHA) celebrates 25 years of successfully building and mobilising a pan-European network of partners, all committed to making Europe's workplaces safer, healthier and more productive.

Occupational safety and health (OSH) has been an integral part of the European project from its outset. Created in 1951, the European Coal and Steel Community (ECSC), the foundation stone of what would later become the European Economic Community and then the European Union (EU), brought together Europe's coal and steel industries in an effort to mend a fractured Europe and pursue a collaborative future. In doing so, two of the most dangerous working environments at the time suddenly took centre stage. This triggered one of the key objectives of the ECSC: to ensure 'the equalisation and improvement of living conditions of workers' in the aforementioned industries.

It was not until 1985, however, that the tripartite approach to OSH gained momentum in Europe. Thanks to the initiative of Jacques Delors, the President of the European Commission at that time, the concept of 'social dialogue' was given a constitutional mandate in the EU, paving the way for the publication of the Framework Directive (89/391/EEC) in 1989, celebrating its 30th anniversary in 2019. This significant

milestone for OSH not only established minimum safety and health requirements in the EU but placed the revolutionary notion of risk assessment at its core.

In the wake of the Framework Directive, the European Commission launched a Europe-wide campaign aimed at putting OSH and the detrimental effects of unsafe working environments well and truly in the spotlight: it declared 1992 the European Year of Safety, Hygiene and Health at Work. This was in response to shocking figures from Europe's workplaces — 4 million workplace accidents, 8,000 of which were fatal, were reported annually in the early 1990s. The European Year aimed to raise awareness of OSH risks and relevant legislation and highlight the work being done to improve safety standards.

The 1992 European Year and the increasing volume of legislation on safety and health at work laid the foundation for the creation of an agency dedicated to occupational safety and health — EU-OSHA.

The decision to set up the Agency was made at a Council Summit in October 1993, and Regulation (EC) No 2062/1994 establishing EU-OSHA was subsequently adopted in 1994 with a light amendment entering into force in 2019.



From the very beginning EU-OSHA has been aligned to EU OSH strategies and the European Commission and has been a key actor in these strategies and related communication.

EU-OSHA's mission and vision were clear from the start:

- to develop, gather and provide quality-assured information, analysis and tools to advance knowledge, raise awareness and exchange OSH information and good practice
- to be a recognised leader promoting safe and healthy workplaces in Europe to ensure a smart, sustainable, productive and inclusive economy.

The Agency's successful fulfilment of these objectives over the last 25 years can be attributed to its twin strengths: its network of focal points and its tripartite way of working.

The tripartite model allows the views of governments, employers' organisations and workers' unions to be both respected and represented in decision-making, reinforcing EU-OSHA's values of collaboration and partnership. The combination of this model with EU-OSHA's extensive network of focal points and partners at national level has had a twofold effect:

- It has been essential in establishing a common understanding of workplace risks and how they should be tackled going forward.
- It has enabled the Agency to effectively develop and promote a risk prevention culture in Europe's workplaces.

These achievements have helped to significantly improve working conditions in EU Member States.

Source: <https://osha.europa.eu/en>

Safety and health of workers is a basic human right.

Kofi Annan

#EUOSHA25



MEPs back new road safety rules



New EU rules covering road infrastructure safety and minimum vehicle safety standards have moved a step closer following approval by a key committee of MEPs in the European Parliament.

The European Parliament's Transport committee voted to approve an update to rules governing road infrastructure safety management. The existing requirements ensure governments carry out regular road safety audits, identify high-risk sites and prioritise safety when building new roads but the rules only apply to major European roads known collectively as the Trans-European Transport Network (TEN-T).

The European Commission proposed an update in May 2018 that would extend the rules to all motorways, all "primary roads" and all non-urban roads that receive EU funding. The European Transport Safety Council (ETSC) and other organisations have been calling for all main urban and rural roads to be

covered, as many more people die in collisions on these types of roads than on motorways.

The European Commission also proposed in May that performance standards for road signs and road markings across Europe should be developed. MEPs agreed, taking a stronger position than national transport ministers who effectively dismissed the idea.

MEPs also want to see minimum road safety requirements for vulnerable road users such as pedestrians and cyclists. The existing legislation, which mainly covers motorways, does not make special provision for these groups.

The final shape of the rules will only be decided following a vote by the full European Parliament and final negotiations with transport ministers.

Safer cars, vans, buses and lorries

The Transport committee also voted in support of a wide-ranging package of new vehicle safety measures. The

update to the EU's General Safety Regulation for motor vehicles was proposed by the European Commission in May and includes a number of new mandatory technologies such as Automated Emergency Braking (AEB) and an overridable form of Intelligent Speed Assistance (ISA), to help drivers keep within the speed limit. MEPs backed the proposals, though they requested an additional two years for Intelligent Speed Assistance systems to be made mandatory.

In a positive move, MEPs said that the new rules should be fast-tracked, with implementation to start two years after adoption of the rules, rather than the three years proposed by the European Commission. In addition MEPs requested that eCall, an automated emergency calling system fitted to all new cars and vans in the EU, should also be fitted to lorries and buses in the future.

Source: etsc.eu

niso.ie

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DETAILS AND CONTACTS:

National Irish Safety Organisation
A11 Calmount Park, Ballymount, Dublin 12

T 1850 SAFETY **F** 01 4659765

E info@niso.ie **W** niso.ie

Course Price: €425 (NISO members); €525 (Non members)

Contact Details
Tel: 01 465 9760
E-Mail: info@niso.ie

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:

Acutrace Limited

Adston Ltd.

Ancestry Ireland Unlimited Company

BT Communications Ireland Limited

Bulmers C&C Group

Extraspace Solutions

Forward Vision Group

Glenveagh Homes

Greenlec Ltd.

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Inland and Coastal Marina Systems

**James Armstrong Construction Ltd.
T/A Arken Construction**

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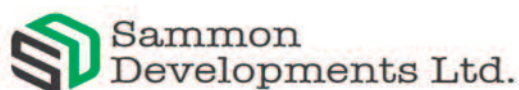
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NATIONAL IRISH SAFETY ORGANISATION



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NISO.IE

Annual NISO Health and Safety Conference 2019

Ireland's premier health and Safety conference for safety professionals and business leaders.

Friday 11 October 2019, The Galmont Hotel, Galway

The NISO Conference offers delegates an insight into current topical issues in health and safety. To register your interest in conference 2019 email conference@niso.ie with "Conference 2019 Interest" in the subject line.

Sponsorship

Is your organisation interested in sponsoring the Annual NISO Conference, Ireland's premier health and safety event, in 2019?

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 2018 NISO Conference included:

Gold Plus	Silver Plus	Silver	Bronze
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• Intel Ireland			

To discuss opportunities to sponsor the NISO Conference and other NISO events, please contact us on 01 465 9760 or email conference@niso.ie.

Agile working: do the benefits outweigh the risks?

An article by Posturite

Today, work is where our devices are, and our devices can be taken almost anywhere.



Despite the availability of portable technology and a gradual rise in people who work remotely, Ireland still lags behind other countries in the move towards agile working, with only 35% of organisations offering flexible working hours and locations. That's according to Ricoh's 2017 Workstyle Innovation Survey, which warns the nation's businesses that they may be losing out on talent and jeopardising productivity levels by failing to embrace agile working practices.

Chas Moloney, Director

of Ricoh Ireland and UK, said: "There is still a significant number of employees who have limited or restricted remote access to work materials and tools. There's a digital revolution taking place throughout the world and Irish businesses need to be a part of this, or they will be left behind."

The top reasons cited for not adopting agile working included lack of appropriate technology, and resistance from senior management.

Agile working, the principle of giving staff

more choice about when, where and how they work, puts the power in the hands of individuals. Employees are given freedom in exchange for greater personal accountability: the onus is on the quality of the work produced, not how or where it's done. This improves engagement and ensures that staff know they are making a difference.

With a growing population, rising travel costs and a greater number of parents who share childcare equally between them, being able to work

from home with flexible hours is a massive incentive and one that can help attract and retain talent.

Younger professionals in particular, 'digital natives' who have grown up with the ability to access photos and files from any device anywhere in the world, are now unimpressed by the idea of commuting with everybody else and working statically in the same location every day. A recent survey of over 1,000 young workers found that 75% would favour a job that allowed them to work flexibly.

Not everybody desires freedom and autonomy, but those who do will appreciate the trust they are given as agile workers, and those who don't can continue working in a way that suits them. The point is that there is choice. Work-life balance improves, with the flexibility to work around personal commitments and interests, which in turn reduces stress and improves mental wellbeing. Physical activity levels often increase with agile working because staff aren't relegated to a single workstation. For example, an agile worker may wish to work from their home office first thing in the morning, walk to their local cafe for a few hours before lunch and cycle to the office for meetings in the afternoon. Recent research by The Irish Heart Foundation found that the average person spends 7.3 hours a day sitting down. With prolonged sitting increasing the risk of heart disease and stroke by an astounding 147%, it's vital that employers support their staff to be more active at work. With agile working, that's now easier than ever.

Of course, there are risks too.

How can we protect the health and safety of staff who are out of sight? Office work has traditionally been centralised and therefore relatively straightforward to risk-assess. But is that still the case when staff are off-site and on the move? While working at home unobserved, it can be easier to slip into bad habits - such as neglecting to stretch or take walking breaks, sitting for too long in unsupportive seating like armchairs and sofas, or using laptops without stands and separate mice and keyboards. But these health and safety risks

can easily be mitigated with training, suitable risk assessments and the right equipment.

There is also the question of productivity. Offices are designed to encourage focus. The outside world doesn't care if you've got a report to finish by five. Distractions from family members, pets, noisy cafe patrons and unreliable WiFi can make concentrating difficult when you're an agile worker. Employees must make sensible decisions about where they work and which tasks they choose to do where. When the right decisions are made, staff will reap the benefits of home working, from the time saved not commuting, to the peace of quiet of an empty house.

At Posturite our experience with agile organisations has taught us that staff training and communication is the key to reaping the benefits of a flexible culture. This means communicating with staff on all levels about the importance of ergonomics, good posture and active working habits. Everybody within the organisation should be taught how to match their daily tasks with the right environments. They should also be provided with equipment that allows them to adopt suitable working postures in a variety of environments.

With good planning, communication, training and equipment, it is possible to transform an organisation to agile working safely and successfully. In the end, we all work better when we are happier - and having the freedom to make our own choices is the first step towards achieving this.

About Posturite

Posturite is an established ergonomics company that specialises in employee health and wellbeing. They help thousands of clients improve the health, happiness and productivity of their employees with a range of solutions.

Further Reading:

<https://www.telegraph.co.uk/business/ready-and-enabled/agile-or-unstructured/>

https://www.hsa.ie/eng/Workplace_Health/Manual_Handling_Display_Screen_Equipment/FAQs/Display_Screen_Equipment_FAQs/Display_Screen_Equipment1.html

<https://www.ricoh.ie/news-events/news/ricoh-ireland-today-announces-the-findings-of-its-2017-workstyle-innovation-survey-which-reveals-that-only-37-of-workers-have-the-authorisation-and-access-tools-to-work-remotely.html>



Dates for your diary

NISO National Annual General Meeting
Crowne Plaza Hotel, Dundalk, Co. Louth
6 April 2019

NISO/NISG All Ireland Safety Quiz Finals
Crowne Plaza Hotel, Dundalk, Co. Louth
6 April 2019

Annual NISO Safety Conference and Exhibition
The Galmont Hotel, Galway
11 October 2019

NISO/NISG All Ireland Safety Gala Dinner
The Galmont Hotel, Galway
11 October 2019



All Ireland Occupational Safety Quiz 2019



Take part in the All Ireland Occupational Safety Quiz and raise health and safety awareness in your workplace in a fun and informative 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 Crowne Plaza Hotel, Dundalk, Co. Louth.

All Ireland Occupational 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 2019.

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.

All Ireland Safety Quiz Final Saturday, 6 April 2019; 14.30hrs; Dundalk, Co. Louth.

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]

12 February 2019; 20.00hrs; Oranmore Lodge Hotel, Oranmore, Co. Galway

NISG Northern Ireland

[covering counties Antrim, Armagh, Derry, Down, Fermanagh, Tyrone]

1 March 2019; 19.00hrs; Wellington Park Hotel, 21 Malone Road, Belfast

NISO Midland Region

[covering counties Laois, Longford, Offaly, Westmeath]

13 March 2019; 20.00hrs; Bridge House Hotel, Tullamore, Co. Offaly.

NISO Eastern Region

[covering counties Dublin, Kildare, Wicklow]

14 March 2019; 19.00hrs; Gresham Hotel, O'Connell St., Dublin 1

NISO North East Region

[covering counties Cavan, Louth, Meath, Monaghan]

14 March 2019; 20.00hrs; The Errigal Hotel, Cootehill, Co. Cavan

NISO North West Region

[covering counties Donegal, Leitrim, Sligo]

14 March 2019; 20.00hrs; The Clayton Hotel, Clarion Road, Ballytivnan, Co. Sligo

NISO Mid West Region

[covering counties Clare, Limerick, Tipperary North]

21 March 2019; 20.00hrs; Greenhills Hotel, Ennis Rd, Limerick

NISO South Eastern Region

[covering counties Carlow, Kilkenny, Tipperary South, Waterford, Wexford]

26 March 2019; 20.00hrs; Venue TBC

NISO Southern Region

[covering counties Cork, Kerry]

28 March 2019; 20.00hrs; Radisson Blu Hotel, Little Island, Co. Cork

2018 winners

Previous Entrants:

Thermo King Ingersoll-Rand, Galway



THERMO KING

Novice:

Aughinish Alumina, Limerick



2017 winners

Previous Entrants:

BioMarin International Ltd.

BIOMARIN

Novice:

BioMarin International Ltd.

BIOMARIN

Concerns about use of employee volunteers to tackle mental health issues prompt new guidance

Concerns about use of employee volunteers to tackle mental health issues prompt new guidance.

Fresh concerns about how businesses use employees to support colleagues with mental health issues have prompted new guidance for bosses.

The guidance, released by the Institution of Occupational Safety and Health (IOSH), assists businesses with designing robust mental health systems and highlights how “mental health first aid” (MHFA) needs to be included in a wider system of support for employees.

The UK Government has faced calls to put it on an equal footing with physical first aid. But IOSH cautions against an over-reliance on volunteer MHFAs as they don’t tackle the root causes of mental health issues. Instead, IOSH argues they should be only part of a much wider business approach.

Such concerns were raised following University of Nottingham research, funded by IOSH, which exposed “significant issues” with workplace MHFA implementation, and in a

subsequent high-level round table featuring organisations including Mind and the Institute of Directors.

IOSH’s guidance is split into two sections:

- **Mental health in the workplace:** benchmarking questions is a simple tool to help organisations with the design of their mental wellness systems and asks benchmarking questions about workplace mental health and wellbeing support.
- **Mental Health First Aid:** workplace considerations is an information sheet which considers the adoption and implementation of this intervention. It summarises some limitations and how “mental health first aiders” (MHFAs) can be integrated into a wider system of support.

Using MHFAs more widely may ensure that they are better integrated into the organisation’s plans and activities that are designed

to enhance wellbeing in the workforce.

Duncan Spencer, Head of Advice and Practice at IOSH, said: “Mental health first aid and similar training courses are specific interventions that may be considered for managing mental wellbeing, but they don’t tackle the root cause of the issue.

“IOSH calls for a ‘prevention first’ approach incorporating MHFA as part of an organisation’s overall efforts to protect their workforce from mental health problems.

“Good mental health and wellness at work should be governed by a whole-system approach where OSH professionals, HR, and all managers contribute.

“The real cause of work-related mental ill health is related to culture and the way an organisation operates. Only good management can change that.”

Professor Avril Drummond, from the School of Health Sciences at The University of

Nottingham, said: “We are delighted that IOSH have moved so quickly following our research publication to produce some practical guidance and resources for the workplace.

“The bottom line is that mental health initiatives must be both top down and bottom up: they must be a whole organisation approach.”

Mental health problems are a global issue and the economic consequences are large. In the UK alone, the annual cost to the economy is estimated to be between £70 and £100 billion, with around 15.8 million working days lost per year. The consequences for employers can include increased staff turnover, burn-out, exhaustion and presenteeism. There is therefore an increasing recognition of the need to address mental health in the workplace.

To view the guidance and the research into MHFA, visit www.iosh.co.uk/mhfaworkplace

Have Clapham rail crash lessons been forgotten?

Thirty years on from one of Britain’s worst train crashes, a rail safety expert warned the lessons learned have been forgotten and lives are being put at risk.

The crash at Clapham Junction in London in December 1988, which killed 35 and injured hundreds, led to a drive for safety improvements on Britain’s rail network.

But for David Porter, Chair of IOSH’s Railway Group, several incidents and near-misses in recent years have sparked concern.

He is particularly troubled by high levels of

fatigue among maintenance workers, who are doing long hours to ensure the network runs as smoothly as possible.

He said: “People are working incredibly hard

over a long period to make sure the railways keep moving, but at what cost? Fatigue is a major issue in our industry. It is being caused by people working long hours and with fatigue

comes mistakes which lead to safety risks.

“In recent years we have had train derailments and potential derailments and instances of track workers just avoiding speeding trains. Lives are at stake here. We have to make safety our absolute priority.”

The Clapham crash happened on 12 December

1988 when a crowded train stopped as its next signal changed unexpectedly to red. It was struck from behind by another train which had passed a through a green signal that should have been red. The collision jolted the stationary train off its rails and into the path of a third train.

The inquiry following the Clapham disaster, led by Sir

Anthony Hidden QC, exposed serious shortcomings in the installation, commission and maintenance of signalling equipment, attributed to long hours and fatigue among maintenance staff working on safety-critical systems.

This led to recommendations such as restricting the number of

hours worked by these staff as well as tighter procedures for testing and commissioning signalling systems.

Mr Porter added: “Were the lessons learned from Clapham? I’d say they were. Have they been forgotten? Unfortunately, maybe they have.”

New courses to combat construction sector risks

With construction site accidents claiming 60,000 lives around the world every year – a figure dwarfed by the number who die from work-related illness – two courses have been launched by IOSH to help businesses in the sector better protect workers.

Safety, Health and Environment for Construction Site Managers provides those in charge of projects with the ability to implement strategies designed to ensure workers and the environment aren’t harmed by projects.

Meanwhile Safety, Health and Environment for Construction Workers is designed to ensure those working on the ground do not put themselves or colleagues at risk.

Both courses were showcased at The Big 5, a construction sector event at the Dubai World Trade Centre, held from 26-29 November 2018. The courses, which can be tailored for different countries and individual organisations, are to be rolled out across the globe.

The annual cost to businesses of illness and deaths in construction is £2 trillion. The cost of accidents on sites significantly adds to this,

but it is estimated up to 70 per cent of accidents can be prevented by good management standards.

IOSH believes its new courses, which have been developed in consultation with leading organisations and individuals, will help to protect the construction workers of tomorrow, and reduce the cost of accidents and illness by up to 40 per cent.

Jonathan Nobbs, Head of Product at IOSH, said: “There’s no getting away from the fact that

construction is a high-risk sector to work in, when you consider things like the use of machinery, working at height, long hours and outdoor working.

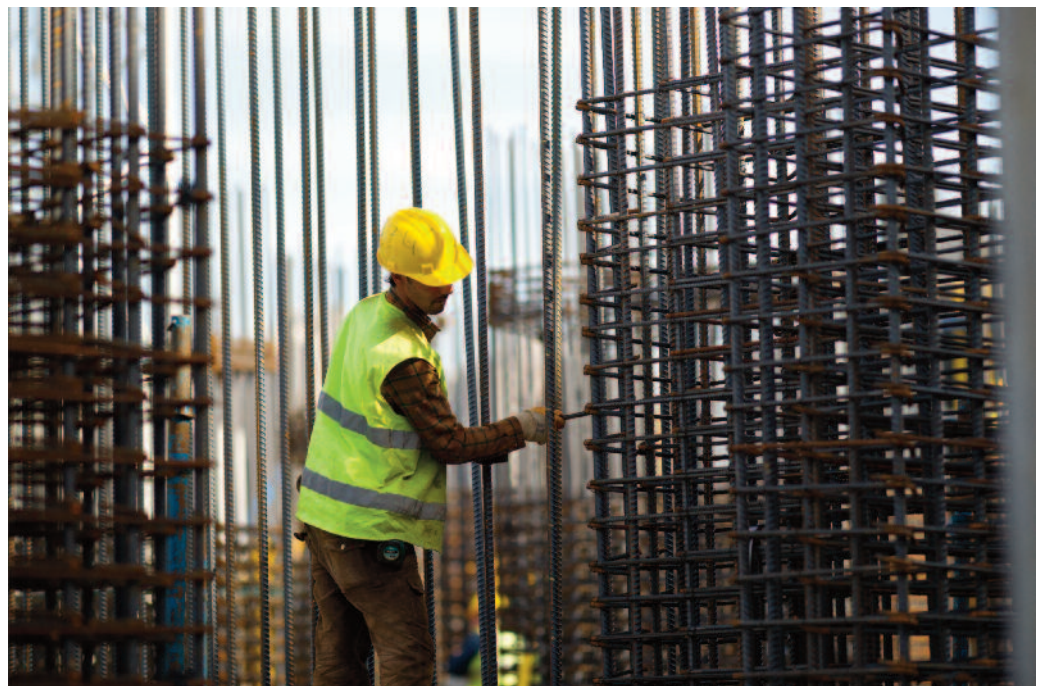
“While a high number of people are killed in construction site accidents, many more are becoming ill because of past exposure to harmful dusts and materials. This is unacceptable. No one should have their safety or health harmed by work.

“It is crucial, therefore, that organisations have

strong, robust health, safety and environment practices. Our new courses are aimed to equip site managers and workers with the knowledge and ability to implement policies and procedures designed to save lives.

“They are flexible, meaning they can be tailored to suit the needs of an organisation, no matter where in the world they are.”

Visit www.iosh.com for further information.



New Publications

Guidance on Safety in Concrete Pumping

Guidance prepared by the Health and Safety Authority (HSA) in consultation with the Construction Safety Partnership Advisory Committee (CSPAC), an advisory committee to the Board of the HSA. This comprehensive 48-page document aims to improve standards of pumping and reduce the incidence of collapse of concrete pump rigs and injuries due to incidents involving pressurisation of pipework or other equipment.



Use Chemicals Safely on Building Sites

Chemical products such as sealants, adhesives, glues, epoxy resins, solvent based paints, isocyanate based foams/paints, mineral oil and cement based products are used every day on construction sites.



Job Stress and Working Conditions – Ireland in Comparative Perspective

A new ESRI study, funded by the

Health and Safety Authority (HSA), finds that job stress among employees in Ireland doubled from 8 per cent in 2010 to 17 per cent in 2015. However, the level of job stress in Ireland was still below the average for ten Western European countries in 2015 (19 per cent). The report used two waves of a European-wide dataset, the European Working Conditions Survey, carried out in 2010 and 2015, to examine the working conditions that are associated with job stress.



Safety in Licensed Premises – Case Study Series

The HSA has published a series of Safety in Licenced Premises Case Studies. These case studies give SMART steps to take to help reduce the following risks:

- exposure to Carbon Dioxide
- joint or back injury from the manual handling of kegs
- fire causing injury or property damage



- injury or ill health from handling and storing waste
- injury or ill health to people working on your premises for the first time
- injuries sustained through slips, trips or falls.

Code of Practice for Access and Working Scaffolds

The aim of this Code of Practice is to provide practical guidance to scaffold erectors, contractors and users of scaffolding on the requirements and prohibitions set out in the relevant statutory provisions.



Build in Safety – An Advisory Booklet for Farmers

FBD Insurance, Teagasc and The HSA have produced this practical guidance booklet on safe farm building practices. Available to download from www.teagasc.ie



Fatal Workplace Injuries by Economic Sector 2009-2019 (NACE Revision 2)

Economic sector	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009
A Agriculture + forestry and fishing	1+0+0	15+1+4	25+0+2	22+0+4	18+6	30+1	16+5	20+8	22+5	22+7	10+3
B Mining and quarrying	0	0	0	1	2	0	2	1	1	0	2
C Manufacturing	0	2	2	2	3	3	1	0	2	2	1
D Electricity; gas, steam and air conditioning supply	0	0	0	0	0	1	1	0	0	0	0
E Water supply, sewerage, waste management and remediation activities	0	2	0	1	3	0	1	4	3	2	0
F Construction	0	5	0	10	11	8	11	8	6	6	10
G Wholesale and retail trade; repair of motor vehicles and personal goods	0	1	1	2	2	4	3	3	2	4	2
H Transportation and storage	0	5	6	1	4	4	4	1	7	3	6
I Accommodation and food service activities	0	0	2	0	0	0	0	0	1	0	1
J Information and communication	0	0	6	0	0	0	0	0	0	0	0
K Financial and insurance activities	0	0	1	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	0	1	1	1	2	0	1
N Administrative and support service activities	0	0	0	2	0	2	0	1	0	0	1
O Public administration and defence; compulsory social security	0	0	5	1	4	0	0	0	1	0	2
P Education	0	0	0	0	0	0	1	0	0	0	2
Q Human health and social work activities	0	0	0	1	2	0	0	1	1	1	1
R Arts, entertainment and recreation	0	2	0	1	1	1	0	0	1	1	0
S Other service activities	0	0	0	0	0	0	1	0	0	0	1
Total	1	37	48	48	56	55	47	48	54	48	43

(Source: HSA, correct at 11 January 2019. Note that some accidents may be investigation and may not have been recorded yet.)

National Irish Safety Organisation Events Diary



Please keep an eye on our website niso.ie for forthcoming courses in 2019.

1. NISO Safe Pass Training:

Venue: NISO Training Centre, Ballymount, Dublin 12

Dates: 8, 15, 22 February and 1 March

Weekly: On Fridays

Further dates and venues TBC.

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

Safety Representation

(NISO certificate)

Duration: 2 days

11-12 February

Manual Handling Instruction

(QQI L6)

Duration: 5 days (4 days week 1 / 1 days week 2)

18-21 & 25 February

Manual Handling Basic

(NISO Certificate)

Duration: half day

21 February

Introduction to Health and Safety for the Non Safety Specialist

(NISO Certificate)

Duration: 2 days

27-28 February

Health and Safety Representation

(QQI L5)

Duration: 4 days

4-7 March

Risk Assessment

(QQI L5)

Duration: 4 days

19-22 March

VDU/DSE Assessor Training

(NISO Certificate)

Duration: 1 day

26 March

Risk Assessment – Basic Concepts

(NISO Certificate)

Duration: 2 days

21-22 May

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: 19 February

Contact: info@niso.ie

Safety Quiz

Gresham Hotel, Dublin 1

14 March 2019

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: 4 February

Contact: sreidy@ait.ie

Safety Quiz

Bridge House Hotel, Tullamore,

Co. Offaly

13 March 2019

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: 29 January

Contact: FLlimerick@lit.ie

Safety Quiz

Greenhills Hotel, Ennis Rd, Limerick

21 March 2019

NORTH EAST REGION

Safety Quiz

Errigal House Hotel, Cootehill,

Co. Cavan

14 March 2019

SOUTH REGION

NISO South Region AGM

Radisson Blu Hotel, Little Island, Cork

7 February 2019

Safety Quiz

Radisson Blu Hotel, Little Island, Cork

28 March 2019

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

Venue: Tralee IT

Course length: 13 weeks/2 hrs p/wk

Commencing: TBC

SOUTH EAST REGION

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

Venue: Waterford Institute of

Technology

Course length: 13 weeks/2 hrs p/wk

Commencing: 19 February 2019

Contact: info@niso.ie

Safety Quiz

Venue TBC

26 March 2019

WEST REGION

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

Venue: Castlebar

Course length: 13 weeks/2 hrs p/wk

Commencing: 19 February 2019

Contact: info@niso.ie

Safety Quiz

Oranmore Lodge Hotel, Oranmore,

Co. Galway

12 February 2019

4. National/All Ireland Events

NISO National Annual General Meeting

Crowne Plaza Hotel, Dundalk, Co. Louth

6 April 2019

NISO/NISG All Ireland Safety Quiz Finals

Crowne Plaza Hotel, Dundalk, Co. Louth

6 April 2019

Annual NISO Safety Conference and Exhibition of Health and Safety Products and Services

The Galmont Hotel, Galway

11 October 2019

NISO/NISG All Ireland Safety Awards Gala Dinner

The Galmont Hotel, Galway

11 October 2019



NISO, A11 Calmount Park, Calmount Avenue, Ballymount, Dublin 12.
Tel: 01 465 9760 Fax: 01 465 9765 Email: info@niso.ie Website: niso.ie