

National Irish Safety Organisation

Update!



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

AUTUMN 2019



Safety Award Winners 2019

6 page feature inside

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

Design & Print: Print Bureau
Tel: 01 4733 567
www.printbureau.ie

President's message

Annual Safety Conference and Awards

The last few weeks have been very busy for NISO as in addition to the normal activities - providing information, running workshops, seminars and training courses for our members - we have also hosted our 56th Annual Conference and, together with the Northern Ireland Safety Group, held our 28th All Ireland Safety Awards presentation on 11 October in Galway.

The conference was very well attended and delegates heard excellent presentations from our international panel of speakers. I wish to express our appreciation to the speakers, chairpersons and all our sponsors for their continued support of the NISO conference and the All Ireland Safety Awards. Our appreciation also to all those organisations who participated in the Health and Safety Trade Exhibition during the conference. Thank you.

Safety Awards

Many thanks to Sharon McGuinness, CEO, HSA, who was our guest of honour at the All Ireland Awards Presentation Dinner later that evening.

Entries to the All Ireland Safety Awards continue to increase in both quantity and quality. Adjudicators commented on the increasing standard of entry. However, it should be pointed out that a few entries came up short of the required standard and while those organisations will receive feedback, they will not receive an award. In these few cases we hope that, with the experience of entering the awards scheme and from the feedback that they will receive, these organisations will enter again next year and reach the winning enclosure.

I wish to stress that every entry is important as, no matter what award is received on the night, each organisation demonstrates by entering that they are committed to raising the standard of safety, health and welfare of their employees year on year in pursuit of excellence.

The Supreme Award was won by PM Group followed closely by W & H Alexander Ltd. who won the gold award, with the silver award going to Jones Engineering Group and Cold Chon (Galway)

Ltd. Chemoran taking the bronze award. Congratulations to them and to all this year's award recipients. A full list of winners is included in this edition of Update.

TY Young Person's List

On 17 October our Midland Region hosted their Young Person's Safety Quiz in Athlone Institute of Technology. Athlone Community College finished in first place ahead of runners up Moate Community School. Seven teams took part on the night and the teams were well supported by their teachers and parents.

We hope to build on this initiative by our Midland Region and grow this Young Person's Quiz into a national event in the future. We would welcome assistance in this regard.

All Ireland Safety Quiz

As we move towards year's end preparations are already underway for the All Ireland Safety Quiz Regional Heats, which will take place in the first quarter of 2020 with the All Ireland Finals taking place on 25 April. Over the next few months, organisations interested in participating in the All Ireland Safety Quiz now have the opportunity to get a team together and get employees involved in this fun and informal way to learn about safety. Some organisations run internal safety quizzes with the winners going on to represent them in the Regional Heats. This is a great way to generate additional interest in safety and health matters within the organisation. For any organisation thinking of holding internal safety quizzes, be assured that we in NISO are available and willing to assist and support you in this regard. This is a great opportunity for your organisation and your employees to become Regional and All Ireland Safety Quiz Champions.

NISO Certificate in Safety, Health and Welfare at Work

Our ever popular NISO Certificate in Safety, Health and Welfare at Work course has expanded with six of our eight regions now running this course. Currently the course is being run in our South Eastern region in Waterford IT; Midland region in



Harry Galvin, president,
National Irish Safety Organisation

association with Athlone IT; Mid Western region in association with Limerick IT; Western Region in GMIT; Southern Region in CSN College of Further Education and our Eastern Region.

Programme of Work 2020

We are currently planning our work programme for 2020 and if there is some area of safety, health and welfare at work you wish us to address please let us know. The NISO staff led by Ted O'Keeffe and our volunteers in all our eight regions would be delighted to hear suggestions and new ideas to promote safe working.

NISO is a member-based and focused organisation and the more members we have participating the stronger the organisation becomes.

In the near future we will be circulating the dates and venues for the regional AGMs. Please watch out for your regional AGM and try to attend. Each region is always seeking to attract new members to join the local committee as new members bring new energy to the committee. Regions typically meet about six times per year, normally in conjunction with a safety promotion workshop. It is a great way to meet likeminded people and build friendships within the safety community.

So stay safe and keep promoting safe working practices.

Harry Galvin,
President, National Irish
Safety Organisation

Health and Safety Authority Annual Report 2018

The Annual Report from the Health and Safety Authority (HSA) for 2018 shows that there were 39 work-related fatalities reported to the HSA last year, compared to 48 in 2017, a decline of 19%. Vehicles in the workplace was the biggest danger last year with 17 lives lost across all industries last year.

The farming sector suffered 40% fewer fatalities with 15 farm deaths reported in 2018 compared to 25 in 2017. The construction sector incurred 5 fatalities.

Pat Breen TD, Minister of State for Trade, Employment, Business, EU Digital Single Market and Data Protection, said workplace deaths cause great trauma and personal suffering for families every year. While welcoming the decline in workplace fatalities, he said: “We should remember that any improvement in numbers provides little comfort to the family, friends and colleagues of the dozens of Irish people whose lives were cut short this year while doing their job.”

Vehicle safety

Chief Executive Officer of the HSA, Dr. Sharon McGuinness, said that the fatality statistics show how vehicles are now the biggest threat to life in the Irish workplace. “Whether it’s a farmer driving a tractor in a yard, or a truck driver delivering a load, across all sectors, incidents involving vehicles accounted for almost half – or 44% – of all deaths last year. The worrying trend is continuing with six deaths provisionally recorded so far this year in the transportation sector,” she said.

Tractors were involved in the majority of workplace vehicle incidents last year and claimed six lives but cars, refuse trucks and forklifts were also involved in fatalities.

Dr. McGuinness emphasised that a change in mindset is required to reduce the numbers dying or suffering serious injury as a result of workplace vehicles and warned that complacency is costing lives.

“Drivers at work often forget about the same hazards that they look out for when driving on the road, like



properly maintaining their vehicles, and paying attention to pedestrians when reversing. These checks could help prevent a fatal catastrophe to themselves or a work colleague,” Dr. McGuinness concluded.

Brexit

Focusing on improving safety and reducing workplace deaths this year, the HSA has also been actively preparing Irish industry for the potential impact of the UK leaving the EU in 2019.

Tom Coughlan, Chairperson of the Health and Safety Authority, said that the Authority is particularly focused on the potential impact of Brexit in relation to areas such as chemicals, accreditation and industrial products.

“In addition to our focus on occupational health and safety, the HSA is working to deliver support and advice to Irish companies as part of the whole-of-Government work to get Ireland Brexit ready. The HSA is participating in a range of events to provide advice, including those organised by Government departments and agencies. I would strongly urge Irish companies to get ready now for Brexit,” he said.

Key figures

- The HSA concluded 15 prosecution resulting in total fines of €705,972
- Inspectors issued 452 improvement notices, 523 prohibition notices and 35 on-the-spot fines.
- BeSMART.ie had 9,357 new users in 2018, increasing the numbers using the online portal to 56,329.

Source: www.hsa.ie



ESRI Report – Twice as many workers aged 55 or over compared to 1998



A new report by the Economic and Social Research Institute (ESRI), commissioned by the Health and Safety Authority, has found that Ireland's workforce is getting older. In 1998, one in 10 workers was aged 55 or over; by last year that figure had doubled to almost 20 per cent. These figures are forecasted to rise further.

Key findings:

- The self-employed are more likely to work for longer
- Employees in public administration and "other administrative" sectors are most likely to work for longer.
- Workers with a poor work/life balance or in more physically demanding roles are less confident of working beyond the age of 60.

Reasons people left the workforce between the ages of 55 and 59:

- Almost one in five left the workforce early due to illness and disability
- Around one in five left early because of job loss
- Seven per cent left for reasons of family care
- Just over 50 per cent cited "retirement" or "early retirement"

The report found that there is no gender gap with both men and women working at an older age. The report also found that professionals tend to leave the workforce earlier most likely due to higher pensions and greater financial security. Women are five times more likely than men to leave the workforce early for care reasons.

Active ageing

The ESRI study comes as the European Union's 2020 strategy looks to encourage active ageing, including increased work participation, both for productivity but also for personal wellbeing and "intergenerational solidarity".

The report's authors also note that there is also strong pressure to increase employment among older people to help improve the sustainability of the welfare system across the bloc.

Older workers and safety

Older workers are less likely to

experience a workplace injury than younger workers, but more likely to experience a workplace fatality. Workers aged 55 to 64 are almost two times more likely to experience a fatality than workers under 55. Workers over 65 are three and a half times more likely to experience a fatality than workers under 55. However, the absolute risk of death remains very small.

Speaking positively about the findings, Minister Pat Breen TD said "An ageing workforce isn't a burden, it's an opportunity. Experience is a critical asset right now, and one that older workers have accumulated over the course of their careers. Businesses are going to struggle if they don't embrace older workers and make better efforts to retain and retrain them. This report offers valuable insights to assist policy developments that will support all business sectors in fully utilising an ageing workforce. Increasing the participation of older workers in the labour market is a key ambition of the Government's Future Jobs Ireland initiative and is essential for continued economic growth while also having a positive impact on workers themselves and on the economic and lifestyle choices available to them."

Source: hsa.ie and irishtimes.com

Midland Region TY Safety Quiz 2019

The Midland Region's Young Persons' Occupational Health and Safety Table Quiz was organised recently by the Midland region of the National Irish Safety Organisation. Seven teams completed for the trophy and prizes including Our Lady's Bower Secondary School (OLB), Athlone Community School (ACC), and Moate Community School (MCS). They were competing for the "John Flanagan" Cup. Athlone Community College won the competition for the third year in a row with runners up Moate Community School following close behind. Congratulations to all participating schemes.

If you are interested in holding a Young Person's Safety Quiz for TY students in your region, NISO would be delighted to help! Please contact us on 01 465 9760 or email info@niso.ie to discuss.



TY Safety Quiz the Winning team with the John Flanagan Cup from Athlone Community College L to R: Harry Galvin, President, NISO; Ms Nicola Burke, TY Coordinator, Athlone Community College; Sneha Chhipa; Suzie Gavin; John Flanagan, Chairperson NISO Midland region and Noa Moric.

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 9750 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:

Ballymore Group

Cabinpac

J Coffey Construction (Ireland) Ltd

M.I. Safety & Training Services

MDE Installations

Power Engineering

TEM Engineering & Management

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NISO commemorates 30 years of excellence since the SHWW Act 1989

Opening NISO's annual conference, the organisation's president, Harry Galvin, set the scene marking the progress of OSH in Ireland in the 30 years since the SHWW Act 1989 became law and the Health and Safety Authority (HSA) was established, when he said "The HSA has done an excellent job for our benefit".

During the opening session of the conference Tom Walsh, the first director general of the HSA, traced the development of the modern Irish health and safety framework from the Barrington Commission, through enactment with cross party support of the SHWW Act 1989 and the establishment of the Authority.

He recalled in 1989 a fatality rate that was 6.4 per 100,000 workers and the HSA working in cramped offices. He contrasted that with the fall in the fatal accident rate to 1.4 per 100,000 workers and the current HSA which he described as "a very modern organisation".

Mark Cullen, the HSA's assistant chief executive for operational compliance and prevention, traced the development of the modern Irish health and safety framework and highlighted the significant milestones achieved in the last 30 years with the support of the wider OSH community.

Looking to the future, Mr Cullen said the HSA is targeting high risk sectors and high-risk activities. Our continuous challenge is, he said "to have staff in place to target where we can have the most impact".

Professor Lawrence Waterman, a former IOSH president and current chair of the Board of Trustees of the British Safety Council, spoke about how health and safety practitioners are

making workplaces safer. He said in the early years of health and safety we treated people like robots and told people "here are the rules and you follow them". He said we have now learnt that good health and safety is about facilitating, enabling, and achieving ownership by everyone for everyone. Health and safety is, he concluded, a human right. Health and safety professionals have ensured people are safer and living more secure and healthy lives.

Professor Anne Drummond, director of UCD's Centre for Safety and Health at Work spoke about data on accidents and illness from the development of OSH when the Barrington Commission reported in 1983 to the era

of Margaret Hodgins book Promoting Health and Wellbeing in the Workplace, published in 2017, which confirms the shift in OSH from heavy industry to include wider work-related health.

Looking to the future, Professor Drummond drew attention to an ILO publication, "Safety and Health at the Heart of Future Work".

The challenges of the modern workplace and sacred cows

Safety assumptions and beliefs that don't reflect the messy reality of practice were the target of Maeve O'Loughlin, until recently senior lecturer at Middlesex University and acting group head of health and safety risk management with ITV



Herbert Mulligan,
Editor, Health and Safety Review

and now a safety advisor with the Danish shipping company Maersk. She put a critical spotlight on some of the sacred cows of safety.

She called into the question the effectiveness of using lost-time injuries as a measure. As safety people, our role has traditionally been to constrain people's actions – to take command and control. But in the context of safety, human error is normal, and it is pointless to focus on trying to fix it. We need to improve systems, not



people. She made the point that there is almost no evidence to back up the well-worn belief that focusing on and fixing minor things will mean the major things look after themselves.

Sean Hogan, the national director of the National Directorate for Fire and Emergency Services spoke about how storms are one of the challenges of the current era. Reflecting on the lessons learned from Storms Ophelia and Emma, he said the system in place now is well-developed and widely understood. He said, “We don’t hold the view that the country should shut down”. Issues for further consideration included societal resilience, how severe weather can impact business, safety of staff, safety at events, and self-endangering behaviour.

Pat McLoughlin, the chief executive of the Alzheimer Society of Ireland said up to 10% of the workforce in Ireland is likely to suffer from dementia as people age. He said the key thing for employers is to be aware that some people in your organisation may have undiagnosed dementia, some may have a diagnosis but choose not to disclose it, some of your employees may have to give up work to become full-time carers and some may be full-time workers and part-time carers.

Professor Desmond O’Neill director of the Irish National Office for Transport Medicine spoke about the medical aspects of driving for work. He referred the conference delegates to the *Sláinte agus Tiomáint: Medical fitness to drive guidelines* published earlier this year and designed to help healthcare professionals assess medical fitness to drive. The main medical



issues, he explained, are alcohol and substance misuse, and fatigue and sleep disorders.

Mary Connaughton, director of CIPD Ireland, spoke about the changing nature of our workplaces and the future of work. She said, “The future of work is human. It’s about working in an environment that is fair, inclusive and supportive. Work matters, people matter, professionalism matters. In terms of job quality and what matters to employees, health and wellbeing is one of the biggest connectors, so it is imperative that employers focus on this to improve the quality of work.”

The insurance crisis: an update

In the closing session of the conference NISO president Harry Galvin facilitated a discussion in which Peter Boland, director of the Alliance for Insurance Reform (AIR), John Byrne, head communications with Insurance Ireland and Kieran Cowhey, partner and head of litigation at Dillon Eustace solicitors, presented their perspectives on the

issue of the insurance crisis.

Mr Boland said his role is as the representative of the 37,000 member firms of the AIR, who employ over 645,000 people and have over 40,000 volunteers. Putting forward the proposition that if you reduce risk, you will reduce insurance costs, he said Ireland is the fourth safest country in Europe. However, insurance is an issue here, but it is not an issue anywhere else in Europe. He said over the past five years the cost of insurance has increased by 204%. There is, he said, “no sign of this easing up”.

Contributing to the panel discussion on the insurance crisis, Kieran Cowhey said, “The level of damages is the biggest driver of claims”. There are, he said, genuine cases and if you suffer a genuine significant injury you are entitled to be compensated. However, he suggested there are two issues around such claims. One is fraud and the other is the size of awards.

On fraud, he said most of the cases we come across are genuine cases but there are fraudulent claims. There

are what he called “hard fraud” claims and “soft fraud” where people exaggerate their claims.

On the size of awards, he said damages are high in some serious cases and plaintiffs deserve what they get but overall awards are too high. An award of €17,500 for a minor whiplash injury is “wrong”. Another issue with awards is “inconsistency”.

Saying Insurance Ireland is committed to reform, John Byrne said “our view” is that while a whole lot of good work has been done, the biggest issue is the cost of awards. It is an issue, which should be addressed as a matter of urgency.

There is, he said, a need to introduce stability into the claims market. Expressing the need for urgency in the reform process, he said the Judicial Council Act is a key piece of legislation. There is now, he said, a need to enact the sections establishing the Judicial Council committee setting levels of awards.

*Herbert Mulligan,
Editor, Health and
Safety Review*

Safety Award Winners 2019

The National Irish Safety Organisation (NISO) and Northern Ireland Safety Group (NISG) congratulate all organisations who received a Safety Award this year for their achievements in the area of health and safety.



PM Group was presented with the highest honour – the Supreme Safety Award

Harry Galvin, President, National Irish Safety Organisation; Austin Broderick, HSE Lead, Irving Oil Whitegate Refinery; David Tomlinson, Group Head of Head and Safety, PM Group; Sharon McGuinness, CEO, Health and Safety Authority; John Thompson, Chairperson, Northern Ireland Safety Group.

W & H Alexander Ltd. winner of the Gold Award



Harry Galvin, President, National Irish Safety Organisation; Austin Broderick, HSE Lead, Irving Oil Whitegate Refinery; John McElholm, Plant Manager, W & H Alexander; Sharon McGuinness, CEO, Health and Safety Authority; John Thompson, Chairperson, Northern Ireland Safety Group.

Jones Engineering Group winner of the Silver Award



Harry Galvin, President, National Irish Safety Organisation; Austin Broderick, HSE Lead, Irving Oil Whitegate Refinery; Declan Grady, Group EHS Manager, Jones Engineering Group; Sharon McGuinness, CEO, Health and Safety Authority; John Thompson, Chairperson, Northern Ireland Safety Group.

Cold Chon (Galway) Ltd. Chemoran winner of the Gold Award



Harry Galvin, President, National Irish Safety Organisation; Austin Broderick, HSE Lead, Irving Oil Whitegate Refinery; Catherine Hession, Health and Safety Manager, Cold Chon (Galway) Ltd. Chemoran; Sharon McGuinness, CEO, Health and Safety Authority; John Thompson, Chairperson, Northern Ireland Safety Group.

Simon Lawless, Bon Secours Hospital Galway, winner of the NISO Safety Representation of the Year Award 2019 in association with the Cpl Institute, along with runner up Gerry Duffy, Cold Chon (Galway) Ltd.



Kiernan Structural Steel, winner of the Occupational Health Award, sponsored by the HSA and HSENI



KD Group., winner of the Driving for Work Award



Collen Construction, winner of the Superior Performance Award



AbbVie Ballytivan and Intel Ireland Ltd., joint winners of the Healthy Workplace Award, sponsored by Healthy Ireland



SAFETY AWARD WINNERS 2019

Award	Organisation	Achiever
Supreme Award	PM Group	
Gold Award	W & H Alexander Ltd.	
Silver Award	Jones Engineering Group	
Bronze Award	Cold Chon (Galway) Ltd. Chemoran	
President's Award: Large Size Organisation	Winthrop Engineering Ltd.	
President's Award: Medium Size Organisation	Mainline Group Ltd.	
President's Award: Small Size Organisation	Ecolab Ltd.	
President's Award: Construction	Leo Lynch Group	
President's Award: Chemical/Pharmaceutical	Henkel Ireland Operations and Research Ltd.	
President's Award: Overall Regional/ Northern Ireland	Designer Group	
Local Authority/Council Award	Longford County Council	
Retail/Wholesale Award	Musgrave Wholesale Partners	
Manufacturing Award	Baxter Healthcare Irish Manufacturing Operations	
Transport/Distribution/ Storage Award	Sky Handling Partner Ltd.	
Sport/Leisure Award	Aura Sport and Leisure Management Ltd.	
Public Service Award	Tipperary Fire and Rescue Service	
Facilities Management and Services Award	Acacia Facilities Management Ltd.	
Medical Devices Award	Wright Medical Cork	
Electronic/Electrical Manufacturing/Assembly Award	Intel Ireland Ltd.	
Service Award	Iron Mountain Ireland	
Healthcare Provider Award	Bon Secours Hospital Cork	
Higher Distinction	John Sisk and Son (Holdings) Ltd.	
Higher Distinction	Actavo (Ireland) Ltd.	
Higher Distinction	Roadbridge	
Construction - Road Surfacing Award	Road Maintenance Services	
Higher Distinction	TLI Group	
Higher Distinction	Merit Medical Ireland Ltd.	
Higher Distinction	Fingal County Council	
Higher Distinction	BAM Ireland	

Award	Organisation	Achiever
Higher Distinction	John Paul Construction	
Higher Distinction	Bon Secours Hospital Dublin	
Higher Distinction	P&D Lydon	
Chemical/Pharmaceutical - Pharmaceuticals [Active Pharmaceutical Ingredients] Award	Eli Lilly Kinsale Limited	
Chemical/Pharmaceutical - Speciality Chemicals Award	Alexion Pharma International Operations UC	
Chemical/Pharmaceutical - Pharmaceuticals [Fill Finish] Award	Helsinn Birex Pharmaceuticals	
Construction - Building Services Award	MSL Engineering Ltd.	
Construction - Utility Services Award	Glan Agua Ltd.	
Construction - Specialist Contractor Award	Hertel Ireland Ltd.	
Construction - Civil Engineering Award	MEIC Ltd.	
Construction - Consulting Engineers Award	O'Connor Sutton Cronin	
Construction - Industrial/ Commercial Award	Collen Construction	
Construction - Mineral Extraction/Quarrying/ Concrete Product Manufacturing Award	Edentrillick Quarries Ltd. t/a McQuillan Quarries	
Northern Ireland Award	Whitemountain Ltd.	
Regional Award (South)	Cork City Council	
Regional Award (East)	Walls Construction Limited	
Regional Award (West)	KD Group	
Regional Award (South East)	Wexford County Fire Service	
Regional Award (North East)	Elliott Group	
Regional Award (North West)	AbbVie Ballytivnan	
Regional Award (Mid West)	LMC Group	
Higher Distinction	Dornan Engineering Ltd.	
Higher Distinction	Irish Aviation Authority	
Higher Distinction	ISS Facility Services	
Higher Distinction	Flynn	
Higher Distinction	BioMarin International Limited	
Higher Distinction	Cork County Council	
Higher Distinction	Specialist Technical Services - STS Group	
Higher Distinction	Clare County Council	
Higher Distinction	PJ Hegarty & Sons	

Award	Organisation	Achiever
Higher Distinction	MMD Construction Ltd.	
Higher Distinction	CField Construction	
Higher Distinction	Suir Engineering Limited	
Higher Distinction	Priority Construction Limited/Priority Construction UK Limited	
Higher Distinction	Griffin Brothers Contracting Ltd.	
Higher Distinction	Coffey Group	
Distinction	John Cradock Ltd.	
Distinction	GEA Process Ltd. Technologies Ireland	
Distinction	GMC Utilities Group Ltd.	
Best New Entry Large Size Organisation Award	Kiernan Structural Steel	
Best New Entry Medium Size Organisation Award	Premier Electrics Ltd.	
Best New Entry Small Sized Organisation Award	Controlled Environments Company, at Intel	
Distinction	King & Moffatt Building Services	
Distinction	Cagney Contract Cleaning	
Distinction	Mercury	
Distinction	Transport Infrastructure Ireland	
Distinction	Winthrop Engineering and Contracting	
Distinction	LotusWorks	
Distinction	DB Schenker @ Intel	
Distinction	Xerox Technology Park	
Distinction	Cumnor Construction Ltd.	
Distinction	H&MV Engineering Ltd.	
Distinction	Vision Contracting Ltd.	
Distinction	Aramark Workplace Solutions	
Distinction	Portakabin (Ireland) Ltd.	
Distinction	ACB Group - Design & Construct	
Distinction	Conack Construction Ltd.	
Distinction	MSM (Contracts) Ltd.	
Distinction	Adman Civil Projects Ltd.	
Distinction	Tritech Engineering	
Distinction	Compass Group Ireland	
Distinction	Wills Bros Ltd.	
Distinction	Stewart Construction	
Distinction	J Coffey Construction Ltd.	
Distinction	KDK Scaffolding	
Distinction	Kilcawley Construction	

Award	Organisation	Achiever
Distinction	Energoinvest Reach Active	
Distinction	Balfour Beatty CLG Ltd.	
Distinction	Gem Construction	
Distinction	Surecom NS Ltd.	
Distinction	Gilead Sciences Ireland UC	
Distinction	GRAHAM Construction	
Distinction	Priority Drilling Ltd./ Priority Drilling Company Ltd.	
Highly Commended	Jones Lang LaSalle (Intel Leixlip Site)	
Highly Commended	Adston Ltd.	
Highly Commended	Maveric Contractors	
Highly Commended	MD Roof Services	
Highly Commended	Extraspace Solutions Limited	
Highly Commended	Electric Skyline Ltd.	
Highly Commended	Keating	
Highly Commended	OCS and Ervia Facilities Management	
Highly Commended	Height for Hire Limited	
Highly Commended	Inland And Coastal Marina Systems Ltd.	
Highly Commended	Cully Automation Ltd.	
Highly Commended	Glenveagh Properties PLC	
Highly Commended	SAP Ireland Limited	
Highly Commended	Grid Network Services Ltd.	
Highly Commended	Dominic O'Connor Ltd.	
Highly Commended	Parklawn Tree Services	
Highly Commended	Sport Ireland Facilities	
Highly Commended	Airconmech & AMV Systems	
Highly Commended	SK Biotek Ireland Limited	
Highly Commended	McAlee and Rushe Contracts UK Limited	
Commended	Breedon Cement	
Commended	DB Schenker, Cork	
Commended	Inter Terminals Shannon Ltd.	
Merit	Nordex Energy Ireland Ltd.	
Safety Representative of the Year Award	Simon Lawless, Bon Secours Hospital Galway	
Healthy Workplace Award	AbbVie Ballytivnan Intel Ireland Ltd.	
Occupational Health Award	Kiernan Structural Steel	
Superior Performance Award	Collen Construction	
Driving for Work Award	KD Group	



Consistent High Achiever (5 years)



Exceptional High Achiever (10 years)

SAFETY AWARD WINNERS 2019



Acacia Facilities Management Ltd., winner of the Facilities Management and Services Award



Aura Sport and Leisure Management Ltd., winner of the Sport/Leisure Award



Collen Construction, winner of the Construction: Industrial/Commercial Award



Cork City Council, winner of the Regional Award (South)



Designer Group, winner of the President's Award: Overall Regional/Northern Ireland



Eli Lilly Kinsale Limited, winner of a Chemical/Pharmaceutical Award



Fingal County Council, winner of a Higher Distinction Award



Helsinn Birex Pharmaceuticals, winner of a Chemical/Pharmaceutical Award



Iron Mountain Ireland,
winner of the Service Award



Merit Medical Ireland Ltd., winner
of a Higher Distinction Award



MSL Engineering Ltd., winner of the
Construction: Building Services Award



Musgrave Wholesale Partners,
winner of the Retail/Wholesale Award



P&D Lydon, winner of a
Higher Distinction Award



Premier Electronics Ltd., winner of the Best
New Entry: Medium Size Organisation Award



Whitemountain Ltd., winner of
the Northern Ireland Award



Winthrop Engineering Ltd., winner of the
President's Award: Large Size Organisation



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A detailed X-ray image of a human hand, showing the bones of the fingers, palm, and wrist. The hand is positioned with the palm facing forward, and the fingers are slightly spread. The background is dark, making the white bones stand out.

**Think Safe,
Act Smart.**

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Northern Ireland conference to explore how organisations can prioritise workers' health and wellbeing

The Workplace Health Leadership Group NI (WHLGNI) is hosting Northern Ireland's largest Occupational Health Conference over 2 days in November.

The Conference is being held on 20 - 21 November in the La Mon Hotel in Belfast and is supported by all 7 partner organisations that form the WHLGNI, including support since inception and the 2018 inaugural conference by the Institution of Occupational Safety and Health (IOSH).

Bringing together over 30 (local, GB & ROI based) experts in the workplace health field the event will inform employers of the latest trends in the sector, as well as showcase case studies where local organisations have successfully integrated occupational health into their businesses.

The event will also signpost employers to sources of information, links and the latest news in fields as diverse as occupational cancers, respiratory health surveillance, musculoskeletal disorders, welding fumes, mental health, employee wellbeing and other areas faced by employers on a daily basis, additional resources are also available on www.whlgni.org.uk

Richard McIvor CFIOSH, a co-founding WHLGNI member, a member of IOSH's Council and IOSH's Northern Ireland Branch Committee, said: "It's crucial we continue the momentum to influence employers, employees, safety and health practitioners and industry leaders on the importance of developing robust, practical risk assessments for physical and mental health in the workplace, whilst increasing awareness of the alarming and largely unknown ratio of 40:1 in terms of Health vs. Safety fatalities. Collaboration on an impartial basis between the 7 stakeholders is crucial to the continued success of WHLGNI."

"By creating a positive, safe and healthy environment for employees, you can increase morale, improve your employees' work-life balance and, in

turn, positively impact your business," said Wilson Lambe, Chair of WHLGNI. "There is a lack of understanding of the benefits of tackling workplace health and hence the need to bring in experts to help our local businesses."

The Conference will show how to:

- demonstrate employee health as a priority against other operational demands;

- focus on prevention as opposed to reactively tackle employee ill health;
- measure the return on investment of any workplace health programmes;
- use best practice working examples to promote improvements in employee health

Find out more about the Conference at <https://www.whlgni.org.uk/media/uploads/workplace-health-brochure.pdf>



Workplace Health Leadership Group
Northern Ireland

CONFERENCE

Managing Workplace Health: *Fit for Purpose*

20th & 21st November 2019

Venue:
La Mon Hotel
41 Gransha Road,
Castlereagh,
Belfast,
BT23 5RF

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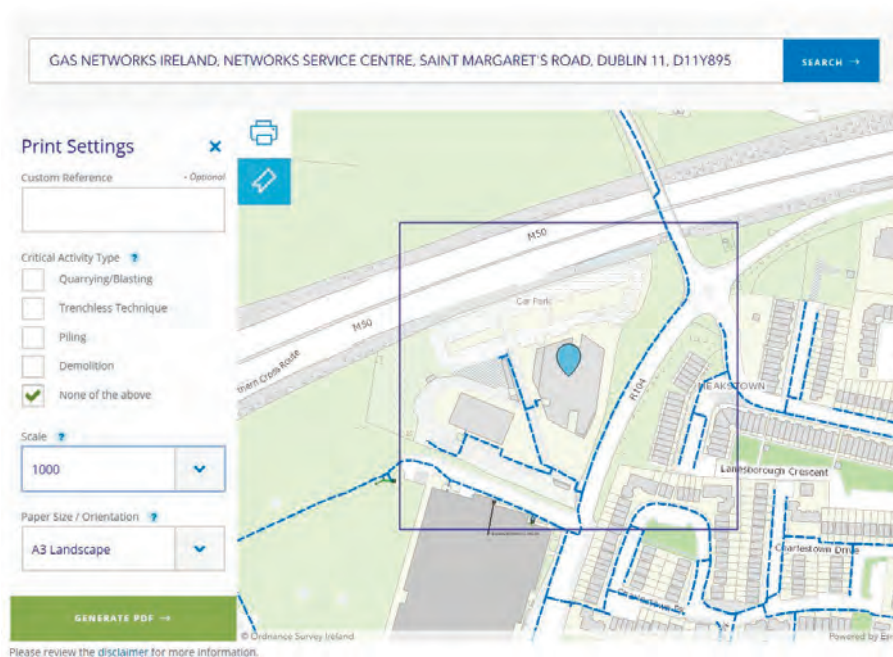
Gas Networks Ireland – breaking new ground with *Dial Before You Dig* Online



Gas Networks Ireland (GNI), the operator of Ireland's gas network launched a new online version of its Dial Before You Dig mapping service in October. The new online service, which complements the existing *Dial Before You Dig* phone and email service makes it easier than ever to check whether there are underground gas pipes on a site before you commence work. The easy-to-use *Dial Before You Dig Online* can be accessed at www.gasnetworks.ie.

Throughout Ireland, vast underground networks of pipes and cables supply vital utilities including gas, water, electricity and telecommunication services, operating safely and efficiently, day and night, to keep Ireland functioning. But when these utilities are damaged by construction work it can cause major disruption, serious injury or even death.

Gas Networks Ireland operates the 14,390 km national gas network,



which supplies clean, affordable and efficient natural gas to over 700,000 homes, businesses and industries

across Ireland. Gas Networks Ireland is responsible for the safety of the gas network.

Last year, there were 550 incidents of damage to the low and medium pressure gas distribution networks, mostly in urban and suburban locations and there were nearly 50 instances of unauthorised excavation near the high-pressure gas transmission network, mostly located in rural areas. In the first half of 2019, there have already been nearly 350 incidents of damage to the distribution network – a sharp increase, driven by the current construction boom.

A key control to prevent this risk of damage is access to utility maps from utility owners. All utility owners operate systems to provide maps of their pipes and cables on request. In 2018, the GNI *Dial Before You Dig* service dealt with nearly 10,000 such requests and has already seen a 15% increase in requests in the first half of 2019, compared to the same period in 2018.

The new online service makes it easier than ever to ensure a safe dig. Users can select the location they want drawings for, check out the gas network at that location and have the



drawings emailed to them. Vital drawings, that would normally take 48 hours or longer to arrive, will be available in minutes, day or night.

Owen Wilson, Networks Safety Manager with Gas Networks Ireland, said “Any responsible contractor will want to make sure that they operate a safe site. Obtaining maps of underground services is a critical step when planning any excavation. Our new online *Dial Before You Dig* service can provide these drawings far quicker and easier than ever before.”

Paul O’Brien, Gas Networks Ireland Design Services Manager with

responsibility for the *Dial Before You Dig* service, added “Before we embarked on developing this new system, we surveyed users of our current system and asked them what they’d like from an online system. We’ve incorporated their feedback into this service so we’re really confident that it will deliver everything that users want and more”.

Users who prefer phone or email are still able to contact Gas Networks Ireland by calling 1850 42 77 47 or emailing dig@gasnetworks.ie to request maps as they have always done.



Minding our mental health in the modern workplace

There have been numerous studies internationally on workplace stress in recent decades and on the unique challenges that organisations face today. Employers are increasingly recognising how stress affects workers and can lead to ill health. This should be balanced, however, with the knowledge that difficult and challenging work can be fulfilling, build resilience and increase productivity under the right circumstances. A recent study by Stavroula et al stated that there is a recognition of the burden that mental ill-health places on patients, families, employers and economies¹. The annual costs of mental illness (due to sickness, absence or ill health retirement) to economies have been estimated at £74–99 billion for the UK, more than €450 billion for the European Union and around \$2.5 trillion globally¹.

Contributory factors to perceived stress are prevalent in the modern workplace of the developed world. “#Firstworldproblems” might be used by the younger generation as a self-deprecating way of making light of issues that may be deemed a privilege in other parts of the world, but in our modern society, where the pressure of deadlines, supply vs demand, time critical production, the need to “take work home” and plugging into one’s work email, social media and WhatsApp etc., should not be made light of either. Fear of missing out or “FOMO”, again as the popular vernacular goes, is now plaguing many workers especially in administrative or office-based settings. It is becoming increasingly difficult to switch off when one gets home and attend to one’s personal life without finishing “this one last thing” which in turn can lead to stress and subsequent ill health.

Even the healthiest and most efficient workplaces can be rife with miscommunication, ironic in this age of

over communication. The art of interpreting another person’s body language, intonation of voice and expression can be lost when communication with co-workers and supervisors or managers can be done without actually communicating face to face or over the phone. As human beings we have evolved to be a part of a community. If a co-worker or colleague appears to be struggling, sometimes a simple “how are you” can be an effective conversation starter in that person’s day and can be a poignant turning point for change in their own life.

As an individual, some of the signs that you may need to seek the advice of your own GP can be things that you might think are harmless enough, but if left unchecked, can snowball into bigger physical and mental health issues. These include insomnia, lack of motivation, a daily sense of dread going into work (more than just the Sunday night / Monday morning blues!), and perhaps other physical signs such as headaches, palpitations, gastrointestinal issues. Many of these physical and mental health symptoms can be a manifestation of perceived stress



Dr. Sasha Hennessy is a Specialist Occupational Health Physician and Managing Director of Medwise Limerick which is part of the Medwise Group in Naas and Swords.

without realising it. It is important to recognise when these symptoms become prevalent in one’s daily life and may require active treatment by consultation with your GP or through counselling.

The take home message is that mental illness is common and affects thousands of people in Ireland, their friends, families, work colleagues and society in general². 1 in 4 people will experience a mental health problem at some point in their lives; depression affects around 1 in 12 of the whole population, but most people who experience mental health problems recover fully, or are able to live with and manage them, especially if they get help early on². An excellent resource to start with is www.mentalhealthireland.ie



REFERENCES:

¹ Mental health in the workplace. Stavroula Leka, Paul James Nicholson. *Occupational Medicine*, Volume 69, Issue 1, January 2019, Pages 5–6

² Mentalhealthireland.ie

ADDITIONAL READING:

- Staff with mental health issues need support to return to work. IOSH 2017. <https://www.iosh.com/more/news-listing/staff-with-mental-health-issues-need-support-to-return-to-work/>
- Mental health in Ireland: Awareness and attitudes. <https://www.healthpromotion.ie/hp-files/docs/HSP00612.pdf>

HSA Publications

Essential Tractor Safety Checks

This poster has been jointly-produced in conjunction with the Road Safety Authority and An Garda Síochána. It is being made available in two different formats, PDF and JPG and is free to download from the Health and Safety Authority website, hsa.ie.



Health and Safety Authority Annual Report 2018

This is the third and final annual report under the HSA's strategy for 2016 to 2018. In the report the HSA outlines how it delivered on a broad programme of work in 2018 across all its mandates – occupational health and safety, chemicals, market surveillance and national accreditation.



Quarry Vehicle Brakes Maintenance and Testing – Information Sheet

Quarry vehicles are very large and can cause significant damage and injury if they cannot be brought safely to a stop or controlled during operation or when parked on an incline. This information sheet provides details on brakes maintenance and testing.



Confined Spaces in Agriculture – Steps to Manage the Risks

This publication illustrates the types of confined spaces that can be found on farms where you work. Confined spaces are areas large enough for a worker to enter and perform work and have a limited or restricted means of entry or exit.



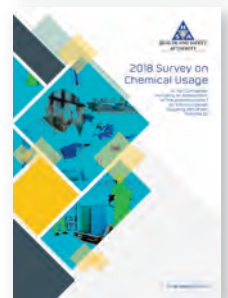
The Ageing Workforce in Ireland – Working Conditions, Health and Extending Working Lives

This ESRI publication, commissioned by the HSA, explores the retention of older workers in Ireland and draws on several sources of data to describe their experience in the Irish labour market.



2018 Survey on Chemical Usage

This survey aims to determine the potential impact on Irish companies regarding responsibilities under the chemicals legislation should the United Kingdom (UK) withdraw from the European Union (EU).



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

	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008
A - Agriculture + forestry and fishing	16+0+3	15+1+4	25+0+2	21+5	18+6	32+1	16+5	20+8	22+5	21+7	10+3	20+2
B - Mining and quarrying	0	0	0	1	2	0	2	1	1	1	2	1
C - Manufacturing	4	2	0	2	3	3	1	0	2	2	1	8
D - Electricity; gas, steam and air conditioning supply	0	0	0	0	0	1	1	0	0	0	0	0
E - Water supply, sewerage, waste management and remediation activities	2	2	1	1	3	0	1	4	3	2	0	2
F - Construction	8	5	6	10	11	6	11	8	6	6	11	15
G - Wholesale and retail trade; repair of motor vehicles and personal goods	1	2	3	2	3	5	3	3	2	4	2	3
H - Transportation and storage	6	8	5	1	3	3	4	1	7	3	6	2
I - Accommodation and food service activities	0	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	0
K - Financial and insurance activities	0	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	0
M - Professional, scientific and technical activities	0	0	0	0	0	1	1	1	2	0	1	1
N - Administrative and support service activities	1	0	0	2	0	2	0	1	0	0	1	1
O - Public administration and defence; compulsory social security	0	0	5	0	4	1	0	0	1	0	2	0
P - Education	0	0	0	0	0	0	1	0	0	0	2	0
Q - Human health and social work activities	0	0	0	1	2	0	0	1	1	1	1	0
R - Arts, entertainment and recreation	0	2	0	1	1	1	0	0	1	1	0	1
S - Other service activities	0	0	0	0	0	0	1	0	0	0	0	1
Total	41	39	48	48	56	55	47	48	54	48	43	57

(Source: HSA, correct at 21 October 2019. Note that some accidents may be under investigation and may not have been recorded yet.)

Upcoming Events

Please keep an eye on our website niso.ie for forthcoming courses in 2019/2020.

1. SOLAS Safe Pass Training:

East: NISO Training Centre, A11 Calmount Park, Ballymount, Dublin 12
Dates: 1, 8, 15, 22, 29 November
Duration: 1 day
Mid West: Kilmurry Lodge Hotel, Limerick
Dates: 1 & 29 November
Duration: 1 day
Mid West: Radisson Blu Hotel & Spa, Limerick
Dates: 15 November
Duration: 1 day

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

VDU/DSE Assessor Training
 (NISO Certificate)
 Duration: 1 day
 Date: 29 October; 12 November
Manual Handling Basic
 (NISO Certificate)
 Duration: half day
 Dates: 7 & 21 November
Manual Handling Instruction
 (QQI L6)
 Duration: 5 days (4 days week 1 / 1 day week 2)
 Dates: 18, 19, 20, 25 & 26 November
First Aid Response
 (PHECC Certificate)
 Duration: 3 days
 Dates: 18-20 November; 4-6 December
Safety Representation
 (NISO Certificate)
 Duration: 2 days
 Dates: 9-10 December

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: 18 February 2020
 Contact: info@niso.ie

MIDLAND REGION

NISO Midland AGM
 Creggan Court Hotel, Athlone, Co. Westmeath
 22 January 2020

Course: NISO Certificate in Safety, Health and Welfare at Work
 Athlone Institute of Technology
 Course length: 13 weeks/2 hrs p/wk
 Commencing: 3 February 2020
 Contact: sreidy@ait.ie

Safety Quiz

Bridge House Hotel, Tullamore, Co. Offaly
 11 March 2020

MID WEST REGION

NISO Mid West AGM
 Greenhills Hotel, Limerick
 16 January 2020

Course: NISO Certificate in Safety, Health and Welfare at Work
 Limerick Institute of Technology
 Course length: 13 weeks/2 hrs p/wk
 Commencing: Spring 2020
 Contact: FLLimerick@lit.ie

Safety Quiz

Greenhills Hotel, Limerick
 2 April 2020

NORTH EAST REGION

NISO North East AGM
 Crown Plaza Hotel, Dundalk, Co. Louth
 16 January 2020

Safety Quiz

Errigal House Hotel, Cootehill, Co. Cavan
 5 March 2020

NORTH WEST REGION

Seminar: Safety Fundamentals for All
 Station House Hotel, Letterkenny, Co. Donegal
 4 November 2019

NISO North West AGM

Clanree Hotel, Letterkenny, Co. Donegal
 9 December 2019

Safety Quiz

The Clayton Hotel, Co. Sligo
 12 March 2020

SOUTH REGION

Course: NISO Certificate in Safety, Health and Welfare at Work
 Venue: CSN College of Further Education, Cork
 Course length: 13 weeks/2 hrs p/wk
 Commencing: Spring 2020
 Contact: info@niso.ie

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: 18 February 2020
 Contact: info@niso.ie

NISO South East AGM

Viking Hotel Waterford, Waterford City
 21 January 2020

Safety Quiz

Viking Hotel Waterford, Waterford City
 24 March 2020

WEST REGION

NISO West AGM

Oranmore Lodge Hotel, Oranmore, Co. Galway
 2 December 2019

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

Venue: GMIT Castlebar Campus
 Course length: 13 weeks/2 hrs p/wk
 Commencing: 18 February 2020
 Contact: info@niso.ie

Safety Quiz

Oranmore Lodge Hotel, Oranmore, Co. Galway
 13 February 2020

4. National/All Ireland Events

NISO National Annual General Meeting
 Tullamore, Co. Offaly
 25 April 2020

NISO/NISG All Ireland Safety Quiz Finals
 Tullamore, Co. Offaly
 25 April 2020

NISO Annual Health and Safety Conference & Trade Exhibition of Health and Safety Products and Services
 October 2020

NISO/NISG All Ireland Safety Awards Gala Dinner
 October 2020

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

