National Irish Safety Organisation

HI RIE

NISO

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

AUTUMN 2020

### IN THIS EDITION:

EU-OSHA Healthy Workplaces Lighten the Load Campaign 2020-22

### **EDITORIAL**

# National Hish Safety Organisation

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# President's Message

### A Strange Year End

### COVID-19

When Christy Dignam recorded his classic hit "Crazy World", little did he or we imagine it would describe this year with COVID-19. Crazy World indeed.

Eliminate, Substitute and Prevention have been the mantra of all OSH professionals for decades in relation to all safety and health related matters. This year has seen Mitigate, Suppress and Prevent the spread of this virus become the mantra of our leaders both political and medical.

I am sure by now everyone across the nation is becoming weary of the ongoing fight against this virus. Let us not let this weariness weaken our resolve to defeat this virus and protect ourselves, family, friends and colleagues. HANDS - FACE – SPACE should become our watch word. wash HANDS, cover FACE, keep apart SPACE.

### Funding

NISO has called many times over the years for a coordinated approach from Government to the whole area of safety and health in its widest sense with the focus on prevention, which would lead to a major saving to the economy as well as a healthier society and less demand on our health services and reduced insurance costs. We have made many requests and submissions to the Government to increase

funding and support for increased resources for the Health and Safety Authority (HSA). We again restated these positions amongst other things in our recent meeting with Minister Damien English while acknowledging and welcoming the allocation of an extra €4m for the HSA's budget.

### Health and Safety

With so much publicity focusing on the pandemic, we should not forget the other areas of health and safety and our prevention efforts in these areas. Accidents, injuries and fatalities are still happening in our regular working environment. Slips, trips and falls, machinery-related incidents and so on are still taking place. COVID-19 is just another issue safety managers need to deal with in addition to the normal everyday safety tasks.

### Safety Awards

At the time of writing this article our All Ireland Safety Awards adjudicators are fully engaged in marking this year's entries and are expressing the view that this process will be complete around the end of November. When this process is complete our All Ireland Safety Awards **Ouality Assurance** committee will check the markings and allocate the Awards. The Award Winners are set to be announced on 22 January 2021 which will be something to look forward to in the new year.



Harry Galvin, president, National Irish Safety Organisation

### Christmas

As December and Christmas approaches it might be a good idea to assure all our children that Santa's magic protects him and his Elves from COVID-19 and that he will come to them at Christmas.

For us adults Christmas celebrations will be somewhat more muted than other years but let us all remember that Christmas is more about the kids than the adults.

### HANDS - FACE - SPACE.

Harry Galvin, President, National Irish Safety Organisation



# Impact of working from home on mental health

Workers in Ireland who have been working from home since restrictions were put in place to suppress the spread of COVID-19 at the end of March may have to continue working from home for an unknown period of time.

Lecturers from TU Dublin say that the cracks are starting to show for people working from home on the physical, mental and emotional levels as many deal with various challenges, high stress levels, fatigue and COVID anxiety.

A 2017 report from the United Nations International Labour Organisation found that employees are more productive when they work outside of the conventional office, but that they're also more vulnerable to working longer hours, a more intense work pace, work-home interference, and, in some cases, greater stress. Workers also have to deal with the uncertainty, restrictions and general anxiety created by COVID-19.

A recent survey by Mental Health First Aid Ireland found that respondents reported negative physical ramifications as a result of working from home as well as issues relating to mental health and wellbeing. Over a third reported that they were not happy with their work-life balance.

In Irish law, employers have a duty of care to provide employees with a safe place of work and safe systems of work which includes psychological safety during remote working. Managers and owner-managers play a vital role in the day to day implementation of this duty. As with



all aspects of health matters, prevention is key.

Research by Lava Healthcare found a staggering 91% of Irish workers are struggling with anxiety during COVID-19, yet only 10% are seeking assistance from a mental health professional. These findings raise a prominent red flag for future workforce issues such as fatigue, absenteeism, and consequently, burnout. It is very important that if an individual worker is struggling that they know that there are supports available, such as Employee Assistance Programmes (EAP) and they are able to speak up and ask for help. Irish EAP programmes have been used throughout the pandemic to help maintain health and wellbeing in home working through digital

platforms and include yoga, fitness, health assessments, ergonomics, physio, mental health, remote working skills etc.

A few of the simple things home workers can do to help improve their wellbeing include going for a walk or brief exercise before sitting at the computer, scheduled breaks, stretching, moving, getting out for fresh air and resting. It's important to maintain the human connection with colleagues and to reach out for a virtual coffee chat.

Source: https://www.rte.ie/brainstorm/2020/09 30/1168474-working-from-homemental-health-wellbeing/

### Bill to protect vulnerable workers introduced

The Safety, Health and Welfare at Work (Amendment) Bill 2020 was introduced in the Dáil on 7 October with the aim of protecting workers who cannot work from home in settings such as meat plants and care homes. The purpose of the bill, which amends the Safety, Health and Welfare at Work Act 2005, is to make workplace outbreaks of COVID-19 notifiable to the Health and Safety Authority (HSA).

Workplace outbreaks of COVID-19 are currently not reportable to the HSA.

The bill was not opposed and will be taken in Private Members' time.

Source:

https://www.agriland.ie/farmingnews/bill-introduced-with-aim-toprotect-workers-in-meat-plants-and-si milar-settings/

# **Online tractor safety course launched**

An online tractor safety training course has been jointly launched by Martin Heydon, Minister of State for Agriculture and Dr. Sharon McGuinness, CEO, Health and Safety Authority (HSA) in conjunction with the Irish Farmers Journal.

The course has been developed by the Irish Farmers Journal, the HSA and the Department of Agriculture due to the ongoing level of fatal injuries involving farm machinery.

#### **Machinery safety**

Speaking at the launch Minister Heydon, who has responsibility for farm safety, said: "This online course is a great opportunity for all those working with farm machinery to refresh their skills.

"It can provide a reminder for experienced operators as well as a grounding for young people starting out with farm machinery."

The course is aimed primarily at young people starting out who drive tractors on farms and highlights the daily safety elements that need to be considered. It is also useful as a safety refresher for older or more experienced operators also.

### **Farm fatalities**

Tractors and other vehicles were involved in half of all farm fatalities



over the last 10 years.

Dr. McGuinness highlighted the need for farmers to invest time training themselves, their families and others who work on the farm.

"I would ask farmers to get online and complete this tractor safety awareness training course," she said.

"And make sure to get any young person who lives and works with you to complete it too. What you learn on the course can keep you and your loved ones safe now and in years to come."

#### Safe farming

Irish Farmers Journal editor Justin McCarthy said there was a responsibility on farmers both to themselves and their family to farm safely.

"I would urge all farmers and their families to take this interactive course to help remind them of the proper practices and procedures that need to be undertaken before operating any type of machinery," he said.

To take this course go to: www.ifj.ie/machinerysafety.

### Source:

https://www.farmersjournal.ie/onlinetractor-safety-course-aimed-at-youngpeople-launched-574036

### New HSA work-related vehicle safety resources

The Health and Safety Authority (HSA) has expressed its concern at the high level of vehicle-related injuries at work. Vehicles continue to be the single biggest cause of deaths in Irish workplaces. On average, vehicles are involved in almost half of all workrelated deaths reported to the HSA each year, and to date this year that figure is above 60%.

#### **Risk management resources**

In response to the high level of vehiclerelated injuries and fatalities, the HSA has developed a series of vehicle risk management resources to highlight the importance of managing vehicle related risks in the workplace.

### Vehicle risk management portal

Business owners and vehicle operators can learn the key steps to keeping people safe in, on and around vehicles at work by visiting the HSA's vehicle risk management portal.

Available at: https://www.hsa.ie/eng/vehicles\_at\_wor k/transport\_safety\_guidance\_resources/

#### Vehicle risks video series

The HSA has added a new series to the HSA YouTube Channel focusing on forklift safety, load securing, and workplace transport. Available at: https://www.youtube.com/user/HSAch annel

### New video on load securing of construction plant and machinery

The HSA has worked with the Construction Industry Federation and an Irish Water Collaborative Group of contractors on the production of a training video on Safe Load Securing of Plant and Machinery for road transport.

Available at: https://www.youtube.com/watch?v=cr hF10iU3Bo

Source: https://hsa.newsweaver.co.uk/newsletter/5 8xf4p868fh

### **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:

- Neylons Facility Management
- Cheshire Ireland
- Glenbeigh Construction Ltd.
- Compass Catering Ireland
- Danone Macroom
- Kercon Construction
- Custy Construction
- Maloney Quarries Ltd.





Danone Macroom is part of the Danone group. The company employs 205 people and manufactures infant formula base powder. The powder is filled into 1 tonne bags and sent to packing plants in Europe, Asia & South America. It has 2 dryers, Dryer 1 built in 1980 (capacity 50,000 tonnes) and Dryer 2 built 2012 (capacity 100,000 tonnes). It has the largest spray drying capacity in the Danone group.



Glenbeigh Construction Ltd. We are a leading main contractor company in Ireland with the founding Directors having stamped their ethos on the company. Our capital projects experience covers a broad spectrum of projects ranging from government, local authority, commercial, retail, through to refurbishments, fit-outs and restoration/conservation of heritage buildings.

The common trait among all our divisions is a genuine commitment to delivering value, service and innovative solutions specific to each individual client. We have found that our client's value Glenbeigh's professionalism, reliability, responsiveness and total commitment to customer's service while handling complex construction projects and delivering within budget and on time.

Website: www.gcon.ie Email: info@gcon.ie Contact: 018227008





**Kercon Construction** are a Building and Civil Engineering Main Contractor based in Kells, Co. Meath.

Kercon undertake projects throughout Ireland and cover a range of sectors, such as Industrial, Commercial, Civil Engineering, Educational, Healthcare, Residential etc.

Our competitive advantage is that we have a comprehensive range of heavy plant, machinery and equipment, along with competent and dedicated personnel to ensure projects are completed safely, on time, within budget, and to the highest standards of workmanship.

For more information: www.kercon.ie / info@kercon.ie / 046 925 2344



Neylons Facility Management is an Irish owned and family run business, founded in 2004 and located in Loughrea County Galway. Our initial business and expertise was founded in Cleaning Services, we are now an established national provider of Integrated facility management services

across the length and breadth of Ireland. What is core to us is putting people at the heart of what we do. Our objective is to build a strong partnership with our clients and help our people grow to ensure we provide the service and peace of mind we promise.

www.neylons.ie | info@neylons.ie | 091 880764



### **NISO NEW MEMBERS**



Maloney Quarries Limited is a family owned quarry and concrete manufacturing business. From Meelick, Swinford, Co. Mayo, we supply a wide range of ready mixed



concrete, concrete blocks and quarry products for the construction, agricultural, public and private sector industries. Our highly trained and experienced staff set a particular focus on high quality products, and prompts reliable service while maintaining a safe environment. You can find us on https://www.maloneyquarries.com/





JM Safety Training Ltd is a health and safety training provider based in Co Kilkenny. We provide a full range of safety courses including Manual Handling and First Aid nationwide with our Tutors having years of experience in their respective fields. Website: jmsafetytraining.ie • Tel: 085 107 5135 Email: info@jmsafetytraining.ie

### **MESSAGE FROM THE HSA**

# **COVID-19 and Workplaces**

Employers should continue to follow the public health advice and implement all suitable control measures to mitigate the risk of COVID-19 infection in their workplace. Everyone, including workers, should follow the public health advice of proper hand washing, maintaining a distance of 2 metres, cough etiquette and wearing facemasks/coverings when required, both in and out of work, to help slow the spread of the virus.

Strong communication and a shared collaborative approach between employers and workers is vital to protect against the spread of this virus. The Lead Worker Representative(s) has a key role here. Appointed by the workplace in a spirit of co-operation, they help to implement COVID-19 control measures as well as monitor compliance levels. Each workplace is required to appoint at least one Lead Worker Representative.

COVID-19 induction training is essential for all workers. This training must cover all information relating to COVID-19 as well as reminding employees of their responsibilities, and



advising them of any changes made to emergency, first aid and other procedures. In order to help employers and workers, the Authority has developed a series of COVID-19 resources including FAQ's, a Lead Worker Representative poster, podcasts, videos and two free short online courses (Return to Work Safely COVID Induction and Lead Worker Representative), all of which are available on the HSA website at www.hsa.ie.

For any further information on occupational safety and health matters, the Authority's Workplace Contact Unit can be reached at wcu@hsa.ie or by phone on 1890 289 389.

# NISO National AGM 2020

NISO held its 2020 AGM in the Red Cow Moran Hotel on 30 July 2020.

At the 2020 AGM of the National Irish Safety Organisation, NISO President, Harry Galvin, noted that holding the AGM in July was unprecedented and that normal practice is to hold the AGM in March or April every year. The AGM had originally been planned to take place on 25 April in Tullamore, Co. Offaly, to coincide with the All Ireland Safety Quiz Finals. Due to the COVID-19 crisis and government guidelines the AGM was deferred until 25 June. This date had to be deferred further due to government guidelines issued on 1 May. Given the travel restrictions that were in place at the time the Directors decided that the AGM would take place on 30 July to enable all who wished to attend to be able to do so in full accordance with government guidelines.

### COVID-19

Mr. Galvin acknowledged that the outbreak of COVID-19 has caused great sadness, illness, death and economic hardship. As a result of the pandemic NISO has had to rearrange or cancel many of the events we had planned for 2020. The Annual Health and Safety Conference and Trade Exhibition was cancelled for 2020; the All Ireland Safety Quiz Finals was deferred to 17 October (this event has since been cancelled for 2020 due to the ongoing restrictions); The All Ireland Safety Awards presentation dinner has been deferred to January 2021 (subject to government guidance).

### **Financial Report**

Commenting on NISO's financial report, Mr. Galvin reported that NISO remains in a stable financial position. He noted, however, that revenues will be uncertain in 2020 due to the pandemic with all seminars, workshops, events and training courses cancelled for a period of around six months. Mr. Galvin thanked the NISO secretariat who continued working from home during the period of initial nationwide restrictions. He also thanked the Executive Committee and Regional Committees for their continuous support, hard work and dedication throughout the year.

The continuing cooperation with IOSH and the ongoing support of the Department of Jobs, Enterprise and Innovation was also acknowledged, as was NISO's appreciation of the support from Ibec, ICTU, the HSA and Insurance Ireland.

Support from Insurance Ireland, including their sponsorship of the 46th All Ireland Safety Quiz Finals, and their commitment to continue that support in the future was also acknowledged.

Special mention was given by Mr. Galvin to some of NISO's highlights over the previous year including:

- The NISO Certificate in Safety, Health and Welfare at Work certificate course which runs twice every year in six regions.
- The 46th All Ireland Occupational Safety Quiz finals run jointly by National Irish Safety Organisation and Northern Ireland Safety Group which was held in Dundalk in April 2019 with AIB Dublin winning the All Ireland title in the Previous Entrants Category and BioMarin International Limited, Cork, winning the Novice category in a tiebreaker with Abbott Ireland Nutritional Division, Cootehill.
- The Midland Region's Young Persons' Occupational Safety Quiz, now in its fourth year under the guidance of John Flanagan and with the support of Chris McCormack, was won by Athlone Community College.
- The 28th Annual All Ireland Safety Awards, hosted by the western region, in which the Supreme Safety Award, sponsored by Irving Oil, was won by PM Group; the Gold Award

### MANAGEMENT COMMITTEE 2020/21

Harry Galvin, president

Michael O'Neill, vice president

Pauric Corrigan, secretary

Des Brandon, treasurer

Mary Keane

Fergal McKevitt

was won by W&H Alexander, the Silver Award by Jones Engineering and the Bronze Award by Cold Chon (Galway) Ltd.

#### Prevention

In his closing comments, Mr. Galvin said that NISO would like to see a coordinated approach from Government to the whole area of safety with the focus on prevention, which would lead to a major saving to the economy as well as a healthier society. He noted that NISO has made many requests and submissions to the Government to increase funding and support for the HSA so that their staffing numbers can be increased.

In conclusion, Mr. Galvin called on all members to renew their efforts in the promotion of safety and health awareness by leading by example and calling on the politicians of all the parties to commit themselves to the same objectives.

### EXECUTIVE COMMITTEE 2020/21

David Connolly (members' representative)

John Flanagan (Midland region)

Catherine Hession (members' representative)

Aine Healy (West region representative

John McCarthy (ICTU representative)

Anne Murphy (Ibec representative)

Edel Niland (members' representative)

Michael O'Keeffe (HSA representative)

Sean O'Shaughnessy (South region)

John Quinn (North West region)

Michael Ryan (South East region)

Philip Thornton (Mid West region)

# EU-OSHA Healthy Workplaces Lighten the Load Campaign 2020-22

The European Agency for Safety and Health at Work (EU-OSHA) has launched a new Healthy Workplaces "Lighten the Load" campaign to focus on musculoskeletal disorders (MSDs) at work.

MSDs are the most common workrelated health complaint in Europe affecting three in every five workers.

The 2020-22 campaign will provide information, resources, events and best practice tips on how to protect workers by preventing and managing MSDs. The first three months of the campaign will focus on "prevention", addressing how employers can implement preventive measures to protect workers and boost productivity.

### What are MSDs?

Backache (43%) is the most common form of MSD but the condition can affect all areas of the body. Muscular pain in the upper (41%) and lower (29%) body also affects a large section of the workforce.

### Who is at risk?

MSDs can affect workers in any sector including:

- sedentary work (such as office-based jobs)
- manual labour that requires heavy lifting or moving (e.g. manufacturing or construction)
- healthcare, hairdressing and education sectors (which will also be focused on within this campaign)
- women, migrant workers and older workers have a greater chance of developing an MSD-based issue

### What causes MSDs?

The recent European Survey of Enterprises on New and Emerging Risks (ESENER 2019) found that the most commonly reported cause of MSDs includes:

- repetitive hand or arm movements, reported by 64% of workplaces,
- prolonged sitting (60%)
- and lifting or moving heavy loads (51%)



Prevention and management of work-related musculoskeletal disorders

### **MSDs and business**

Since MSDs represent one of the most common causes of sick leave in the EU there is also a business case for preventing the condition. According to a 2019 EU-OSHA report entitled Work-related musculoskeletal disorders: prevalence, costs and demographics in the EU, workers with MSDs are more likely to be absent from work and, on average, are also absent for a longer period of time. By managing and preventing MSDs, businesses can ensure that their workforce is healthier, less absent and more productive.

### Getting involved with the campaign

To address the various elements of preventing and managing MSDs, the EU-OSHA's two-year campaign will be split into a number of priority areas, which will be focused on in turn.

These include:

- prevention,
- the business case for managing MSDs,
- chronic conditions,
- sedentary work,
- MSDs and diversity,
- the future generation of workers,
- psychosocial risks and MSDs,
- and teleworking.

This final priority area is especially crucial in the context of the Covid-19 pandemic. The dramatic rise in remote working has increased the risk of workers developing an MSD, since many home offices are not ergonomically optimised.

So why not get involved? There are many useful materials you can use to learn more about the topic and help promote the campaign message.

- Visit the new campaign website at https://healthy-workplaces.eu/en, where you can access the campaign leaflet, relevant publications, OSHwiki articles, Napo films and other tools and resources.
- You can follow the campaign on Facebook, Linkedin and Twitter for the latest information.
  #EUhealthyworkplaces.
- Also, you can access lots of Irelandspecific resources and case studies on the HSA website – visit https://www.hsa.ie/eng/Workplace\_ Health/Manual\_Handling\_Display\_ Screen\_Equipment/Guidance\_Docu ments/Manual\_Handling/



## European Week for Safety and Health at Work -Healthy Workplaces Lighten the Load

The European Agency for Safety and Health at Work (EU-OSHA) has just launched the new healthy workplaces campaign with the theme "Healthy Workplaces Lighten the Load". The overall aim of the campaign is to raise awareness and promote good practice in relation to preventing work-related musculoskeletal disorders (MSDs).

Musculoskeletal disorders (MSDs) include such diverse problems as lower back pain, repetitive strain injuries of various sorts and joint injuries. Absence from work due to MSDs accounts for a high proportion of working days lost in EU Member States. Performance and productivity can be affected when an employee is experiencing pain at work due to an MSD. In some cases, workers suffering from an MSD may be forced into taking early retirement due to restrictions on their ability to carry out their day-to-day tasks.

According to a recent report published in 2019 by EU-OSHA, roughly three out of every five workers in the EU-28 report MSD complaints. The most common types of MSDs reported by workers are backache and muscular pains in the upper limbs. Of all workers in the EU with a workrelated health problem, 60% identify MSDs as their most serious issue. One out of five people in the EU-28 suffered from a chronic back or neck disorder in the past year.

Speaking about the campaign, Dr Sharon McGuinness, Chief Executive Officer of the Health and Safety Authority said: "The prevalence of MSDs in the workplace can be due to many factors and it is important that Irish employers address this issue. Repeated exposure to ergonomic risk factors can result in work-related MSDs which now represent one of the major occupational health and safety problems in the EU today. Nevertheless, MSDs are manageable and preventable. Practical risk assessment tools and examples of good ergonomic practice are available to support employers and employees on the Authority's website".

Dr McGuinness continued: "In recent years, manual handling has tended to be the most common cause



of non-fatal injuries here in Ireland, contributing to almost one-third of injuries reported to the HSA in 2018 (31%). The resulting musculoskeletal diseases or MSDs are the most prevalent type of work-related health problem, the back being the most common part of the body to be injured in non-fatal incidents (22% of incidents reported to the HSA). It is also important to note that with the increase in working from home due to COVID-19, employers and employees need to take account of risks arising from MSDs in order to prevent longterm health impacts arising from the set-up of the home work space".

Dr Christa Sedlatschek, EU-OSHA Executive Director, emphasised that "in addition to the human suffering caused, workers miss out on so many fulfilling aspects of their private and working lives. Those workers with MSDs are absent from work more often and for longer periods, are likely to be less productive while at work and often take early retirement. This is bad news for businesses and a huge burden on national economies. This campaign will highlight that early intervention and rehabilitation are vital and entirely possible. By working together and adopting good practice now, we can prevent MSDs in future generations of workers".

The new EU-OSHA campaign will run until 2022, visit www.healthyworkplaces.eu for more details on how to get involved. For further information email pressoffice@hsa.ie.



# **New Publications**

Safe Quarry -**Guidelines to** the Safety, Health and Welfare at Work (Quarry) Regulations 2008



These guidelines on the Safety, Health and



Welfare at Work (Quarries) Regulations 2008, published by the HSA, were developed with the assistance and advice of a working group on quarrying safety, representative of a wide range of interests in the quarrying industry and were revised in 2020 to take account of the Safety, Health and Welfare at Work (Quarries) (Amendment) Regulations of 2013 and the Safety, Health and Welfare at Work (Quarries) (Amendment) Regulations 2019 and to reflect current best practice. A download is currently available free of charge.

Available at hsa.ie

### Safe Quarry -A Guide to Pedestrian Safety in Quarries

This guidance from the HSA is for all those with responsibilities for the management of



quarries and surface mining operations, including managers and supervisory staff. Therefore, this guidance is intended to deal specifically with the residual risk to pedestrians after specific vehicle safety measures have been introduced and includes consideration of the other hazards on site that impact on their safety. This guidance has largely been developed from the Quarries National Joint Advisory Committee (QNJAC) "Follow our Footsteps- Guide to Pedestrian Safety in Quarries" document.

Available at hsa.ie

Working safely with bales on the farm – Information Sheet

HSA information sheet on bale safety. Farmers, contractors and anyone on farms need to



know and understand the risks involved in dealing with all types of bales. This information sheet provides safety information and advice on safely working with different types of bales and the risks involved.

Available at hsa.ie

### Body and hazard mapping in the prevention of **MSDs**

This info sheet from EU-OSHA provides an overview of body and



hazard mapping

techniques and highlights their value in identifying and preventing work-related musculoskeletal disorders (MSDs). It lists the resources you need to run a hazard or body mapping session in your own workplace and provides step-by-step guidance.

Involving workers is key to successful risk assessment and effective risk management. Mapping techniques are interactive and rely on the active participation of workers, encouraging them to think about how their health might be affected by work, identify potential risks and come up with practical solutions. The results are an invaluable input for risk assessment and monitoring processes.

Available at osha.europa.eu

Occupational exoskeletons: wearable robotic devices and preventing work-related musculoskeletal disorders in the workplace of the future



### Exoskeletons are

personal assistive technologies that affect the body mechanically. They can reduce the load of physical work such as heavy lifting, lessening the risk of musculoskeletal disorders. Ergonomic workplace design and layout are not always possible, for example in temporary workplaces. Exoskeletons can help compensate.

Like all new technology, they create a need for regulations and standards. This report provides designers with guidance. Redistributing stress to different parts of the body can affect workers' health. Comfort is also an issue. Human-centred equipment design is advisable to make exoskeletons useful and accepted.

Available at osha.europa.eu

**MSDs in the** agriculture sector: from identifying the risks to adopting preventive measures

Farming involves a lot of repetitive work. Manual

handling and lifting in particular can cause strain and awkward positions. Outdoor work and specificities of terrain make the design of agricultural machinery challenging. This discussion paper looks at the use of mechanisation to reduce the risk of musculoskeletal disorders, especially upper limb disorders, in the agricultural sector. It also covers standards for risk assessment.

Available at osha.europa.eu



# Legislation

The following regulations implement provisions set out under various Articles arising from the Agreement concerning the implementation of the Work in Fishing Convention, 2007 of the International Labour Organization, concluded on 21 May 2012 between the General Confederation of Agricultural Cooperatives in the European Union (Cogeca), the European Transport Workers' Federation (ETF) and the Association of National Organisations of Fishing Enterprises in the European Union. Visit irishstatuebook.ie to read in full.

SI No. 258/2020 European Communities (Minimum Safety and Health Requirements for Improved Medical Treatment on Board Vessels) (Amendment) Regulations 2020

The Regulations amend the European Communities (Minimum Safety and Health Requirements for Improved Medical Treatment on Board Vessels) Regulations, 1997 (S.I. No. 506 of 1997) and in particular:

- make typographical changes in Regulations 3(3) and 9; and
- insert a new provision to ensure that

the captain of vessel who is in charge of maintaining and using the medical equipment on board undertakes a medical training course at least every five years.

SI No. 259/2020 European Union (International Labour Organisation Work in Fishing Convention) (Health Protection and Medical Care on Board Fishing Vessels) Regulations 2020 These Regulations provide that:

- consideration be given to the length of voyage and area of operation when making provision for medical supplies and equipment;
- the medical guide for the maintenance and use of medical supplies on board is in a format and language suitable for the person on board responsible medical care;
- the master of certain new fishing vessels, as defined in the Regulations, must whenever necessary make a cabin available for an injured or ill fisherman;
- the owner of certain new fishing vessels, as defined in the Regulations, must provide the vessel with a separate sick bay.

SI No. 266/2020 European Union (International Labour Organisation Work in Fishing Convention) (Medical Examination) Regulations 2020

The Regulations apply to all seagoing Irish fishing vessels and any fisherman aboard a vessel, other than Category C fishing vessels which are less than 15 metres in length overall or which remain at sea for 72 hours or less, and require all such fishermen to undergo a medical examination and hold a medical certificate attesting to his or her fitness to work aboard a fishing vessel.

### ADDITIONAL REGULATIONS

- SI No. 331/2020 European Union (Workers on Board Seagoing Fishing Vessels) (Organisation of Working Time) Regulations 2020
- SI No. 332/2020 European Union (International Labour Organisation Work in Fishing Convention) (Fishing Vessel Owner Liability and Repatriation) Regulations 2020

### Fatal Workplace Injuries by Economic Sector 2009-2020 (NACE Revision 2)

	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009
A - Agriculture + forestry and fishing	16+0+2	19+0+3	15+1+4	25+0+2	21+5	18+6	32+1	16+5	20+8	22+5	21+7	10+3
<b>B</b> - Mining and quarrying	0	0	0	1	2	0	2	1	1	1	2	
C - Manufacturing	4	4	2	0	2	3	3	1	0	2	2	1
D - Electricity; gas, steam and air conditioning supply	0	0	0	0	0	0	1	1	0	0	0	0
E - Water supply, sewerage, waste management and remediation activities	1	2	2	1	1	3	0	1	4	3	2	0
F - Construction	11	11	5	6	10	11	6	11	8	6	6	11
${\bf G}$ - Wholesale and retail trade; repair of motor vehicles and personal goods	4	1	2	3	2	3	5	3	3	2	4	2
H - Transportation and storage	0	6	8	5	1	3	3	4	1	7	3	6
I - Accommodation and food service activities	0	0	0	1	0	0	0	0	0	1	0	1
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
${\rm I\!M}$ - Professional, scientific and technical activities	0	0	0	0	0	0	1	1	1	2	0	1
${\bf N}$ - Administrative and support service activities	0	1	0	0	2	0	2	0	1	0	0	1
0 - Public administration and defence; compulsory social security	y 0	0	0	5	0	4	1	0	0	1	0	2
P - Education	0	0	0	0	0	0	0	1	0	0	0	2
${\bf Q}$ - Human health and social work activities	0	0	0	0	1	2	0	0	1	1	1	1
${\bf R}$ - Arts, entertainment and recreation	1	0	2	0	1	1	1	0	0	1	1	0
S - Other service activities	0	0	0	0	0	0	0	1	0	0	0	0
Total	39	47	39	48	48	56	55	47	48	54	48	43

(Source: HSA, correct at 18 September 2020. Note that some accidents may be under investigation and may not have been recorded yet.)

# **Upcoming Events**

Upcoming dates for NISO training will be scheduled in line with Government advice.

### 1. Courses held at the NISO Training Centre, Ballymount, Dublin 12

Manual Handling Basic NISO Certificate (half day) 2 November 2020

### Mobile Working Assessor

**Course** [Online] NISO Certificate (1 day) 1 December 2020

Safety Representation (Online) NISO Certificate (2 day) 9-10 December 2020

Manual Handling Instruction QQI L6 (5 day) Date TBC

### Safe Pass

SOLAS (1 day) Date TBC

VDU/DSE Assessor Training NISO Certificate (1 day) Date TBC

### 2. NISO Certificate in Safety, Health and Welfare at Work

Course length: 13 wks / 2 evenings p/wk

### **EAST REGION**

Venue: NISO Training Centre, Dublin 12 Commencing: Spring 2021 Contact: info@niso.ie

### **MIDLAND REGION**

Venue: Athlone Institute of Technology Commencing: Spring 2021 Contact: sreidy@ait.ie

### **MID WEST REGION**

Venue: Limerick Institute of Technology, Moylish Campus Commencing: Spring 2021 Contact: FLLimerick@lit.ie

### **SOUTH REGION**

Venue: CSN College of Further Education, Cork Commencing: Spring 2021 Contact: info@niso.ie

Venue: Tralee TBC Commencing: Spring 2021 Contact: info@niso.ie

### SOUTH EAST REGION

Venue: Waterford IT Commencing: Spring 2021 Contact: info@niso.ie

### **WEST REGION**

Venue: GMIT Castlebar Campus Commencing: Spring 2021 Contact: info@niso.ie

### 3. Working at Height and Scaffolding COP -Seminar

Galway and Dublin dates/venues to be rescheduled in due course

### 4. Promoting Health and Wellbeing in the Workplace - Workshop

Dundalk, Limerick, Dublin, Cork and Athlone dates/venues to be rescheduled in due course

### 5. National/All Ireland Events

NISO/NISG All Ireland Safety Awards Presentation 22 January 2021

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

