

Health and Safety in the Workplace

These wide ranging courses can be adapted to suit the individual or organisational needs, according to the nature of business and risks associated.

Some examples include:

- Moving and Handling
- Food Hygiene
- Emergency First Aid
- Legislation Awareness
- Specific Hazard Training

All courses/consultancy are in accordance with current Health & Safety legislation.

Business Benefits

Save thousands with better health and safety!

Besides the possible legal costs involved in a work-related accident, it's the hidden ones of covering absences, recruitment, training and production losses that really swallow a company's profits. But thanks to a few cost-effective health and safety steps your business can benefit from substantial savings. Here are some ways in which you can save yourself some money:

- Reduce minor injuries
- Reduce reported injuries
- Reduce recruitment costs
- Reduce absenteeism
- Reduce downtime
- Reduce insurance claims and premiums
- Reduce injuries related to hours worked

Risk Assessment

The HASAW Act 1974 requires all organisations employing 5 or more people to carry out and record risk assessments. An assessment is essentially a careful examination of what in your work could cause harm or injury to people. This is achieved by looking at the severity of the task being carried out, multiplied by the probability that it will occur.

All assessments should be reviewed at least annually and when circumstances change such as new equipment being introduced or a change to working practices.

Risk Assessment in the Workplace

There is no such thing as a risk free workplace but you can minimise threats to health and safety through risk assessment.

The following steps are essential to making health and safety pay:

1. Look for the hazards
2. Decide who might be harmed
3. Evaluate the risks and whether existing precautions are adequate, or whether more can be done
4. Record your findings
5. Review and revise your assessment

Looking for hazards in the workplace

Identify the hazards, which potentially cause harm to your work force or visiting public. The following are key areas to consider:

- Slipping / tripping hazards, like poorly maintained floors or stairs
- Fire, like flammable materials
- Chemicals, like battery acid
- Moving parts of machinery, like blades
- Working at height, such as from mezzanine floors or scaffold
- Ejection of material, like from plastic moulding
- Pressure systems, like steam boilers
- Vehicles, like fork-lift trucks
- Electricity, look for poor wiring
- Dust from grinding or wood
- Fumes, from welding or chemical
- Manual handling
- Noise, damaging workers' hearing
- Poor lighting
- Low temperature

Who might be harmed?

Consider groups of people doing similar work, or who may be affected.

- Office staff
- Maintenance personnel
- Contractors
- People sharing your workplace
- Operators
- Cleaners
- Members of the public

Don't forget:

- Staff with disabilities
- Visitors
- Inexperienced staff
- Lone workers

They're potentially more vulnerable!

Is there more you can do to control the risk?

For the hazards listed, do your precautions?

- Meet the standards set by a legal requirement?
- Comply with a recognised industry standard?
- Represent good practice?
- Reduce risk as far as reasonably practicable?

Have you provided?

- Adequate information?
- Sufficient training?
- Adequate systems or procedures?

If you have taken care of all the above then you need to indicate the precautions in place and consistently keep them up to date. If your risk control falls short, create an 'action list' of points to improve upon.

Record your findings

Keep a book available to all relevant staff and add to it as and when applicable.

Review and revise

Reduce complacency and ensure your risk control remains at its optimum level by constantly reviewing and updating your hazard precautions. Identify problems and take the relevant procedures to reduce the risks. This is especially important when making changes to your workplace, like introducing new machinery, substances and practices. All may require significant changes to your health and safety procedures.

Moving and Handling

Under the manual handling operations regulations 1992, you must provide suitable training. Many companies are under the impression that this does not apply to them because they are primarily an office environment. This is a misconception that can have serious consequences. Most back and spinal pain is caused by continual bad lifting, twisting and stretching and not single trauma injuries.

FTS Solutions Ltd can help, our training includes the use of theoretical input, props, legislation and practical lifting techniques to teach you how to lift, carry, move and transport objects safely. Courses can be tailored to your exact needs, from an office to a production / warehouse facility. This is carried out at your premises so avoiding any disruption to your business. There are several obvious benefits to your company such as:

- Help employers and employees avoid costly, stressful accidents
- Lowering insurance premiums
- Promoting a safe working environment
- Encouraging team work and improving staff morale
- Protect your business and enhance its reputation as an ascendant and caring employer

Back problems account for a third all of worker absence in the UK. Training your staff to handle objects and people safely can reduce the risk of injury to your staff and your company's costs in the long run. The Manual Handling Operations Regulations place a duty on every employer to reduce the potential injury from manual handling operations.

Patient / People Handling Training.

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Our courses teaches practical solutions for moving and handling people from a variety of set positions including seated, assisted walking and prone position. The course is designed for anyone working with people such as carers and home-helpers.