

OCCUPATIONAL SAFETY & HEALTH NEWSLETTER

NHSF, Workplace Health & Wellbeing Unit, HR, Issue 06.

DANGEROUS GOODS SAFETY ADVISOR SERVICES (DGSA) – CONTRACT AWARDED

What are Dangerous Goods?

Dangerous goods are substances or articles which have been identified as hazardous for transport and present a risk to people, property and/or the environment. Examples of dangerous goods within the HSE include clinical waste, specimens, laboratory wastes, pharmacy waste and gases.

As a Manager, what am I required to do about Dangerous Goods?

Dangerous Goods Legislation provides for the control of the transport of dangerous goods with particular regard to the safety of those who are handling those goods, the wider general public, property and the environment. The regulations place specific duties on the HSE as a consignor, carrier, packer, loader, un-loader and driver.

The regulations also place the HSE under a legal duty to appoint competent and appropriately qualified Dangerous Goods Safety Advisors (DGSAs) to advise on the safe transport of its dangerous goods nationally and internationally. In practice, this means a DGSA appointment must be made at Hospital Group (HG) and Community Health Organisation (CHO) to cover each affected facility within the relevant HG, CHO.

Who should I appoint?

As mentioned above specialist qualifications are required in order to be a DGSA. The DGSA may be a direct employee of the HSE (either as a dedicated role or as part of an employee's wider brief) or an external provider, so long as the person is capable of performing the duties of a DGSA.

External Provider: **DCM Compliance Ltd** were recently awarded the contract to provide regional services in the HSE, so the simplest way for you to ensure compliance under Dangerous Goods Safety Advisor Legislation is to engage DCM from the National DGSA Framework.

Internal Appointment: **DCM Compliance Ltd** were also awarded the contract to provide DGSA training services, so should you wish to pursue an internal DGSA appointment, DCM should be approached to provide the necessary training.

How do I get more information?

Extensive guidance on the appointment of a DGSA in the form of a [Safety Advisory Guidance Note](#) and a [User Guide](#) have been developed and are available for download from the NHSF Health and Safety website www.hse.ie/safetyandwellbeing

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WHAT'S NEW?

The **HSA** has released 2 new documents:

Maintaining Best Practices in Safety and Health



Risk Assessments and Safety Statements



The **State Claims Agency** has released a revised version of its Incident reporting form.

The NIRF-01-Person V09 form has been revised following consultation with users of the form.

The new 6 page form is available on our website www.hse.ie/safetyandwellbeing



Log your Health & Safety requests on our web page www.hse.ie/safetyandwellbeing and Click on:

Health and Safety Request Log In

“STEP BY STEP” PEDESTRIAN SAFETY

34 pedestrians died on Irish Roads during 2016.

11 pedestrians died in the first 3 weeks of 2017.

These headlines aren't new. In 2008, 49 pedestrians were killed and 1,124 injured on Ireland's roads.

You can take a number of steps to make yourself safer as a pedestrian:

Golden rule: Increase your visibility

- Stop, look and listen
- Don't try to cross the road between parked cars
- If possible, cross at a

pedestrian crossing or traffic lights

- Never cross at a bend
- If there is a footpath use it
- If there is no footpath, walk/run/jog on the right hand side of the road, facing oncoming traffic and keeping as close as possible to the side of the road
- Walk no more than two abreast; if the road is narrow or there is heavy traffic, walk in single file
- Concentrate; mobile phones can be a distraction

Over **two-thirds of fatal pedestrian collisions happen at night.**

Protect yourself:

- Always wear reflective or fluorescent clothing which will help you to be seen from a distance
- Carry a torch on country roads

Pedestrians who have been drinking or taking drugs are a source of danger to themselves and other road users. If you have been drinking don't attempt to walk use a taxi, public transport or get a lift from a (non-drinking) friend.

Message to motorists: be aware of other road users

Sources: [RSA](#) and [Irish Independent](#)



11 Pedestrians Died in first 3 weeks of 2017.

Help stop this happening.

SAFER AND HEALTHIER WORKPLACES AT ANY AGE

The European workforce is shrinking and ageing. As a result of this the pension age has been rising.

As a result of this a project “Safer and healthier work at any age – occupational safety and health (OSH) in the context of an ageing workforce”, was initiated by the European Parliament and carried out by EU-OSHA.



The aim of the project was to investigate ways of improving health and safety at work considering the challenges of an ageing workforce and to assist policy development in this area.

The project results are now available on the [OSHA EURO website](#)

Survey Statistics included:

- **22%** of workers 50+ think they would not be able to do their current job at 60.
- **26%** of workers think

work affects their health negatively.

- **45%** of Europeans think discrimination on the grounds of being 55+ is widespread.
- **35%** of workers 50+ have received training paid by the employer in the past year (41% for age 35-49).
- **32%** of establishments do not have a procedure to support return to work.

It stated that for workers to be able to work and

retain their physical and mental health into retirement, attention must be paid to creating good working conditions, an appropriate work-life balance, employment security and lifelong learning opportunities.

Source: [Europe Agency for Safety and Health at Work](#)

The **National Health & Safety Function** & the **Workplace Health and Wellbeing Unit** have developed a campaign around this theme and further information is available at www.hse.ie/safetyandwellbeing

IDENTIFYING HAZARDS

Hazards are sources or situations with a potential to cause injury and ill health.

We ALL have a duty to report hazards in our workplaces. The identification of hazards ensures a proactive approach is taken to the management of health and safety.

We should consider all those who can be directly affected by our activities including routine and non-routine activities and situations such as emergencies.

In the workplace we have employees, patients, contractors, visitors, others including lone workers; those that travel to various locations to work and premises based workers.

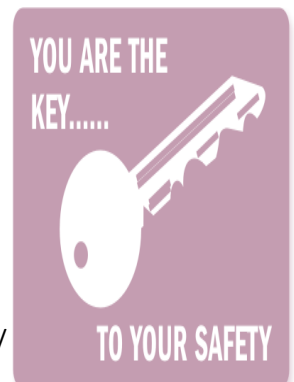
The process should begin at the planning stage and continue throughout the operational lifecycle to reflect current, changing and future activities.

Different types of hazards can be found in the workplace e.g.

- Physical—manual handling
- Biological—sharps
- Chemical - cleaning agents
- Human Factor— Violence & Aggression
- Health—stress

Other issues to consider:

- Changes in the organisation/ service
- Previous incidents
- The way work is organised or social factors



We ALL have a duty to report hazards in our workplaces.

DID YOU KNOW—TYPES OF INCIDENTS REPORTED TO HSA

The Health and Social Work Sector reports over 1000 injuries each year to the Health and Safety Authority. This accounts for nearly 20% of all workplace injuries reported to the Health and Safety Authority each year. Reported incidents indicate three main accident triggers in the healthcare sector:

1. **Manual handling** (patient handling and handling of inanimate loads)
2. **Slips, trips and falls**
3. **Aggressive behaviour and violence** (work related shock, fright and violence)

We can reduce this number of injuries by ensuring risk as-

sessments are undertaken.

However, risk assessment is not an end in itself, but will provide ways of managing the risk.

Risk assessments should review all of the activities of the services being provided and identify the hazards arising.

The people at risk should be identified along with your existing control measures.

Any additional improvements, along with timescales and named responsible persons should be identified. For further guidance in risk assessment please go to www.hse.ie/safetyandwellbeing.

LEARN AND SHARE

While working in fast food restaurant, an employee spilled scalding hot oil on himself.

The accident happened when the employee was emptying oil from three fat fryers. He decanted the hot oil into a metal bucket and carried it up some stairs to an outside disposal area.

The bucket had no lid. Some of the oil spilled onto his feet and he dropped the container. He was off work for more than a month and has been left with scarring.

The investigation found that the fryers should not have been emptied until the oil had cooled to at least 40°C.

The employee should have been wearing personal protective equipment. Boots and gauntlets were available but the sizes were too large and presented an additional safety hazard.

The company did not have a site specific risk assessment identifying additional hazards, such as the need to transport buckets using steps.



Site specific risk assessments must be in place and the controls managed and monitored.

Managing food on shift work

Research funded by “SafeFood“ looked at the eating patterns, related lifestyle behaviours and experiences of shift workers in Ireland. It states that due to the disruptive nature of shift work and subsequent erratic routine, lifestyle behaviours may be negatively influenced by shift work, which may account for a potentially increased health risk.

Results from the Health and social care sector can be seen in the table below

Overview of reported health behaviours	Workplace experiences	Main issues
64% skip meals on work days	52% agree they get adequate breaks	Long hours/Lack of breaks
26% are smokers	43% are happy with healthy options	Occupational stress/Heavy workload
24% are high-risk drinkers	37% agree their workplace environment facilitates a healthy lifestyle	Lack of time and energy
60% get inadequate physical activity	61% have access to a canteen	Poor access to out-of-hours food facilities
67% get insufficient sleep	Erratic routine	
51% are overweight		

The report also put forward a number of recommendations to help alleviate some of the potential health issues associated with shift work, including;

Encourage employers to provide reasonable time for eating and rehydrating during each shift and access to facilities for safely storing and preparing meals and snacks.

Promote the benefits of physical activity, highlighting practical options for those on irregular and night shifts.

Target smoking-cessation help, potentially as part of workplace wellbeing health initiatives.

HEALTH & SAFETY INFORMATION SESSIONS

To assist managers in implementing an effective health & safety management programme, the National Health & Safety Function, Information & Advice Team, are offering support and assistance to managers through the delivery of Information sessions.

The aim of these information sessions are to inform managers of:

- the benefits of accessing the help desk/website
- how to access the information available on the website
- how to log a request to the help desk & explanation of the process involved
- key topics/emerging trends to the help desk.

The sessions will also offer managers an opportunity to discuss any health & safety issues pertaining to their area.

Should you wish to book an information session in your area (min attendance 20 managers):

Please email your name, CHO/Hospital Group, job title and contact details to Kathleen.OHanlon@hse.ie

