



Occupational Safety & Health Newsletter

NHSF, Workplace Health & Wellbeing Unit, HR, Issue 17



CHRISTMAS WISHES!!

The National Health & Safety Function (NHSF) would like to take this opportunity to thank you for all your support throughout the year. We would like to wish you and yours a very Safe and Happy Christmas.



'Tis the Season to Be Safe.....

from Nick Parkinson,
National Health & Safety Function



Nick Parkinson,
Head of Function

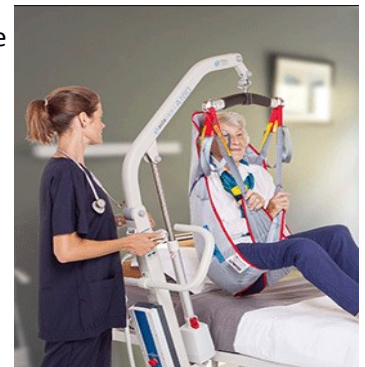
New Manual Handling Training Framework

A new Single Supplier Framework for the provision of Manual Handling and People Handling training has been awarded to Optima Training and Consulting Ltd.

As a Manager you can provide for your training needs in several ways:

- Using the services of your local Manual Handling Instructors
- Engaging directly with Optima Training & Consulting Limited, phone: 061 574058 or
- through a combination of both of the above

To suit your needs the contractor can facilitate MH and PH training by delivering the practical MH/PH training module or both the combined practical and theory modules.



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To assist Managers, the NHSF has developed the following: **HSELand E-learning theory module** for MH and PH training. This is an engaging and interactive module and is mandatory for all HSE employees. The benefits of an e-learning approach include increased accessibility and flexibility. Please note it is essential to complete the HSELand Manual Handling and People Handling e-learning Theory Module within the 6 weeks prior to attending the practical module. Proof of completion of the e-learning module must be shown to the instructor on the day of training.

All manual handling training is funded locally, with the exception of **Instructor Training** which will continue to be funded by the National Health and Safety Function. Please contact the **helpdesk** for more information.

The HSE and the Road Safety Authority Address Driving For Work

Did you know in 2018, 142 people lost their lives on our roads? It is estimated that 1 in 3 road collisions involve people driving for work at the time of the collision.



IF YOU DRIVE FOR WORK YOU ARE AT WORK

The NHSF developed and launched the “HSE Safe Driving for Work Policy” in 2018. The purpose of this Policy is to harness a safe driving culture by ensuring that all employees or any other person(s) driving on behalf of the HSE do so in a safe, reliable and responsible manner.

This year the National Health and Safety Function is working in collaboration with the Road Safety Authority and has delivered Safe Driving for Work Seminars which covered the following topics:

- Accident Triggers
- Fatigue
- Seat belts
- Drink driving
- Distracted driving
- Speeding
- HSE Safe Driving for Work Policy 2018

In **2020** the National Health and Safety Function will continue to work with the Road Safety Authority promoting the implementation of the *HSE Safe Driving for Work Policy 2018* and educate and protect road users by improving their knowledge, skills and behaviours while driving. Further details will be available on www.hse.ie/safetyandwellbeing.

Ireland has taken steps to improve safety on our roads, and this year Ireland won the European Transport Safety Council Road Safety Performance Index (PIN) award. This award is presented to a European country that has demonstrated continued progress on road safety combined with a strategic approach to tackling the problem across government. As the HSE is the largest employer in the country we can help keep our roads and those using them safe by being mindful of our driving habits.

Be mindful every road user deserves to arrive alive.

Cryogenic Liquids



A cryogenic liquid is defined as a liquefied gas having a boiling temperature below -150°C . Cryogenic liquids are used because they are extremely cold, making them useful as a means of freezing tissue samples, for long term storage or to treat some skin conditions.

Cryogenic liquids commonly found in healthcare settings include:

- Liquid Nitrogen (found in dermatology, emergency departments and labs etc)
- Liquid Oxygen (form of oxygen therapy)
- Liquid Helium (used as a coolant agent, typically in MRI scanners)

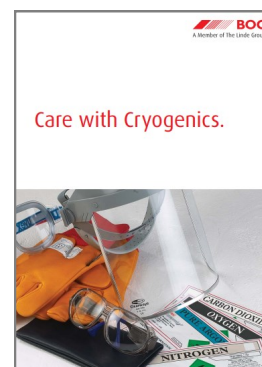


Picture of frostbite to fingers caused by accidental release of Liquid Nitrogen.

Hazards associated with Cryogenic Liquids:

- **Extreme cold** can present a very high risk of cold burns or frostbite.
- **Oxidising** can cause or contribute to the combustion of other material.
- **Asphyxiation/suffocation** can be caused by displacement of the air we would normally find in an enclosed space.

You must risk assess how and where Cryogenic liquids are being used in your service/department. The risk assessment must be completed on the [chemical risk assessment form](#). Please ensure that you review all first aid and accidental release procedures in line with the safety data sheet for the type of cryogenic liquids in use. For further information please refer to [BOC Gases 'Care with Cryogenics' Booklet](#).



ERSI Ageing Workforce Report

A recent report from the ESRI on Ireland's ageing workforce projected that the over 50s' workforce is expected to increase from 26% in 2016 to 32% by 2031. 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 twice as likely to experience a fatality than workers under 55 years. Workers over 65 are three and a half times more likely to experience a fatality than workers under 55 years.

Risk assessment is the cornerstone of the HSE's approach to the prevention of occupational accidents and ill-health. Health and Safety legislation requires employers to carry out risk assessments and emphasises the need to 'adapt the work to the individual'.

In the case of older workers more consideration should be given in situations that may be considered higher risk, such as

- shift work
- jobs with a high physical workload and
- work in hot and cold conditions

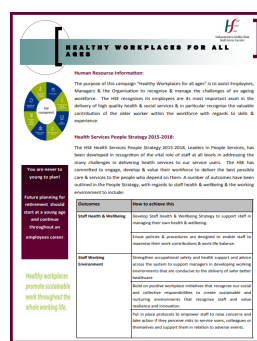
For further information please see the [HSE's Healthy Workplaces for all Ages](#) campaign and supporting material and guidance.



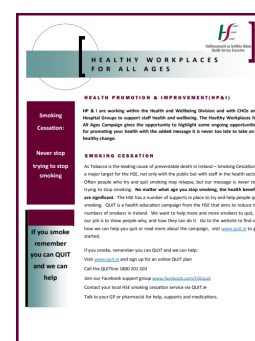
Health and Safety



Occupational Health



Human Resources



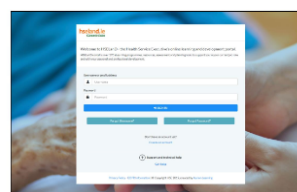
Health Promotion & Improvement

H&S Audit Webinar Now Available on HSEland

The NHSF hosted a webinar titled Audit Workshop Level 1 to Managers in CHO 8. This webinar is now available for review on [HSEland](#).

- Log on to HSEland
- Select Hubs from the homepage and enter the Share Centre
- Select HR webinar series from the list of projects and resources
- Click on H&S Audit Level 1 Webinar and play.

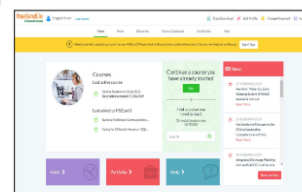
HR Webinar Series hseland.ie [Cúram le Eolas](#)



Log on to hseland.ie
entering your username and password
(use the prompt to reset your username or password if you have forgotten)

If you are a first time user, select **Create an Account** and follow the steps.

Select **Hubs** from the homepage and enter the **Share Centre**



Select **HR Webinar Series** from the list of Projects and Resources





What's New



The HSE Launches New Guidelines

The NHSF in consultation with key stakeholders developed and launched the **HSE “Guideline for the Preparation for Transport of Patient Specimens and other Biological Materials”**. Its purpose is to provide guidance on the consignment of patient specimens and other biological materials associated with human healthcare for carriage by road, rail, sea or air.

The objective is to

- provide a framework for managers with responsibility for the preparation of patient specimens and other biological materials for transport
- ensure that all patient specimens and other biological materials shipped or received by HSE personnel are transported in compliance with the applicable provisions of the relevant dangerous goods transport regulations
- ensure a standardised approach across the HSE and reduce variation in practice

This guideline applies to all personnel involved in the preparation of patient specimens and other biological materials for transport and addresses the requirements for consigning and transporting patient specimens and other biological materials associated with human healthcare, excluding wastes and contaminated Reusable Invasive Medical Devices (RIMDS) to or from HSE facilities. This guideline must be used to develop written local procedures detailing the specific practices for a particular activity or facility.

Implementation of this guideline is supported by the NHSF Helpdesk at www.hse.ie/safetyandwellbeing and through your local Dangerous Goods Safety Advisor (DGSA).



LEARN & SHARE: Warning Lanyard Incidents



Motorists could injure themselves and any potential injuries could be exacerbated if they have a car crash while wearing a lanyard.

In the UK, an healthcare worker, who crashed while driving home, suffered a perforated bowel from keys attached to her lanyard. Another driver suffered a collapsed lung after her airbag was deployed on impact and the force of the airbag caused the lanyard to be pushed into the driver's chest.

Police in the UK have issued the following advice:

“It is strongly advised that everyone removes their lanyards/staff passes when leaving the office for both safety and security reasons. More notably, remember to remove your lanyard before driving”.

Christmas Hours for the National Health & Safety Helpdesk

The National Health and Safety Helpdesk (1850 420 420) will be closed on Wednesday 25th, Thursday 26th December and Wednesday 1st January 2020. Please note you can still log your request for support and assistance online 24 hours a day to access [click here](#).

**Happy Christmas from the
Information and Advisory Team,
NHSF.**

