

---

# Health & Safety Update

---



## Health and Safety/ Human Resource Trainers & Consultants

8 The Strand

Castlecove

Enniscrone

Co. Sligo

Tel: 096 37608

Mob: 086 2437677

Email: [info@darlington.ie](mailto:info@darlington.ie)

Website: [www.darlington.ie](http://www.darlington.ie)



Established 1996

**Maximising your health and safety at work  
Together we can do something wonderful for you,  
your employees and your business.**

follow Mary on twitter at: @MaryDarlington1  
and on LinkedIn - [w.linkedin.com/in/marydarlington](http://w.linkedin.com/in/marydarlington)

We welcome your views, ideas and suggestions on this Newsletter at any time – please email your thoughts to: [info@darlington.ie](mailto:info@darlington.ie). You are receiving this Newsletter because you are on Darlington Consulting's database of clients, colleagues and friends. Feel free to share or forward it on to colleagues and friends.

---

The aim of this occasional Health and Safety Update is to keep you informed about Health, Safety and Welfare and HR News. If you do not wish to receive this Newsletter please send a blank email with “unsubscribe” in the subject line to: [info@darlington.ie](mailto:info@darlington.ie) and we will remove your email. **Darlington Consulting is here to solve your health and safety and human resource problems with advice, guidance and practical tools. Our aim is to save you time and money and protect your most important asset – your people.**

*May I wish all of you and your loved ones a very Happy Christmas 2013*



---

## Safety in Contract Cleaning – new publication from HSA

This guidance document provides information in relation to chemical and biological safety for those working in Contract Cleaning. Cleaners are employed in many different types of workplaces, including schools, offices, factories, hospitals, healthcare facilities and retail outlets. For the publication click [here](#)

## Guide on Manual Handling Risk Management in Transport and Storage

Here is another useful guide that gives practical information on actions that can be taken to manage manual handling hazards in transport and storage. It underlines the importance of taking an in-depth look at current work practices to identify potentially hazardous manual handling and developing improved systems of work. It is specifically focused on those work activities in transport and storage which involve loading and

unloading of materials to and from vehicles. For the publication click [here](#)

### **Assistant Bar Manager crushed in Lift**

A Company Director of a Tallaght Bar pleaded guilty at Dublin Circuit Criminal Court to a health and safety breach which led to the death of an Assistant Bar Manager. He was crushed in a lift designed only to lift goods not people in 2009. A consultant engineer's report on the lift's state revealed that its safety features had been tampered with and that the lift could move between some levels with its door open. The Director will be sentenced in April 2014. For full story click [here](#)

### **Five Vital Questions to Effectively Develop Leaders**

Employee morale and behaviour, results, and culture are all the responsibility of organizational leadership. Successful organizations realize everything rises and falls under leadership responsibility. These same organizations realize leadership development is not an event; it is an evolving process complementing all facets of business operations. Consider these 5 questions in your organisation – click [here](#).

### **Why you should invest in Health and Safety – my new video**

I have recorded a video outlining why I believe all businesses should invest in health and safety. This is my first effort at a video – let me know what you think. It is on the home page of my website. View the video [here](#)

### **UK Leisure centre operator fined after child suffered burns**

The operator of an Essex leisure centre has been fined £45,000 with costs of £20,746 after a two and a half year-old boy suffered severe burns in the changing area of the centre's swimming pool. While walking to the pool the little boy slipped and fell onto his bottom on a recently cleaned drain cover. The drain had been cleaned with a drain cleaner containing sodium hydroxide. The chemical burnt through the toddler's swimming shorts and swim nappy and left him with third degree, full skin thickness alkaline burns to his buttocks and the back of his right thigh. For more click [here](#)

### **Canadian Mounties using medically prescribed marijuana to stay on duty**

Mounties who puff medically prescribed marijuana won't be packing guns or driving cruisers, according to Royal Canadian Mounted Police headquarters but they can carry out administrative duties. Cpl. Ronald Francis was prescribed marijuana to cope with job-related post-traumatic stress. The force said Cox said their doctors do not authorize medical marijuana, but it can be prescribed to an officer by a family doctor, following Health Canada's guidelines for medical marijuana. For more click [here](#)

### **Changing jobs in 2014**

If you are thinking of moving jobs next year and up to 1 in 3 workers are then perhaps I can help you. I assist jobseekers with the following: CV preparation, identification of transferrable skills, job hunting plan, interview preparation and mock interview, training in making business presentations etc. Call me if you need help.

### **Goals for 2014**

Now is the ideal time to sit back and think about what you plan to achieve in 2014. Consider how you could up your game in health and safety where you work or where you have influence. Protecting people at work is the finest investment you can make – people are our most valuable asset – if injured or killed they cannot be replaced. Machinery can, orders can, profits can – not people. If you want assistance to clarify your goals call me.

### **Holiday Entitlements at Christmas**

If you are an employer and are not sure what holiday entitlements your employees have at this holiday time [here](#) is a helpful section on the Workplace Relation site.

### **Christmas Greetings to you all**

I know that 2013 has been a tough year for us all and that everyone is struggling with something. Many commentators are saying that there will be an economic upturn in 2014 and that it has already started if you are in Dublin. Hopefully this Christmas you will get a chance to sit back, relax, enjoy the company of family and friends and re-charge your batteries for next year. I look forward to working with you in 2014.

**Darlington Consulting can provide advice and training on all of the issues raised in this Newsletter. We are here to advise, guide and train you and your employees in all aspects of workplace health and safety and HR management. Please call Mary Darlington on 096 37608 or 086 2437677 and or visit our website: [www.darlington.ie](http://www.darlington.ie).**