

HEALTH AND SAFETY LAW

WHAT YOU NEED TO KNOW

All workers have a right to work in places where risks to their health and safety are properly controlled. Health and safety is about preventing you from getting hurt at work or becoming ill through work. Your employer is responsible for health and safety, but you must help.



What your employer must do for you

- 1 Your employer must ensure that you are not put in any hazard or put in place the precautions to control any risk to health and safety.
- 2 Your employer must provide you with documents on the safety policy, safety related information, risk assessment, identification and assessment of hazards, and preventive and protective measures - e.g. machine guarding, chemical storage, safe work procedures or medical surveillance.
- 3 Your employer must explain your responsibilities or the responsibilities of others regarding the use and maintenance of risk control measures.
- 4 Your employer must ensure that you are not put in any hazard or put in place the precautions to control any risk to health and safety.
- 5 Your employer must ensure proper supervision in its place.
- 6 Your employer must provide you with any equipment and protective clothing you need, and ensure it is properly looked after at the employer's expense.
- 7 Your employer must provide you with any training you need to do your job and ensure training is effective, free of charge.
- 8 Your employer must ensure that you are not put in any hazard or put in place the precautions to control any risk to health and safety.
- 9 Your employer must provide you with any training you need to do your job and ensure training is effective, free of charge.
- 10 Your employer must ensure that you are not put in any hazard or put in place the precautions to control any risk to health and safety.
- 11 Your employer must ensure that you are not put in any hazard or put in place the precautions to control any risk to health and safety.
- 12 Your employer must ensure that you are not put in any hazard or put in place the precautions to control any risk to health and safety.

Safety Authority's Workplace Contact Unit
LoCall: 1890 289 389
website: www.hsa.ie



What you must do

- 1 You must receive training as you have received when using any work items your employer has given you.
- 2 Take reasonable care of your own and others people's health and safety. Do not engage in improper conduct or horseplay.
- 3 Co-operate with your employer on health and safety.
- 4 Avoid being under the influence of alcohol or drugs that could endanger you or others.
- 5 Tell someone (your employer, supervisor or health and safety representative) if you think the work or inadequate precautions are putting anyone's health and safety at serious risk.
- 6 Report any symptoms of illness or any injury to your supervisor as soon as possible.



If there's a problem

- 1 If you are worried about health and safety in your workplace, talk to your employer, supervisor or health and safety representative.
- 2 You can also look at the website, www.niso.ie, for general information about health and safety at work.
- 3 If, after talking with your employer, you are still worried, you can contact the Health and Safety Authority via HSA's website: www.hsa.ie
 Email: wcu@hsa.ie
 or **LoCall: 1890 289 389**

Your health and safety representative

Other health and safety contacts

National Irish Safety Organisation
 A11 Calmount Park, Calmount Avenue, Ballymount,
 Dublin 12, D12 EH21, Ireland

Tel: +353 (0)1 465 9760 | Fax: +353 (0)1 465 9765
 Email: info@niso.ie | Web: niso.ie
 CallSave 1850 SAFETY / 1850 723389





FIRST AID AT WORK BASIC ADVICE

This poster contains basic advice on first aid for use in an emergency.
It is not a substitute for effective training.

What to do in an emergency

Priorities

- Be aware of potential danger to yourself and the patient.
- Find out what happened.
- Is there more than one patient?
- Do you need an ambulance?
- Prevent infection between you and the patient.



Catastrophic external bleeding

- Control catastrophic external bleeding - take appropriate action.
- Apply direct pressure to the wound.
- Raise and support the injured area (unless broken).
- Apply a dressing and bandage firmly in place.

Check for response

- Consider C-spine control.
- Assess responsiveness.
- If responsive, treat injury or illness and take appropriate action.
- If unresponsive, call 999 or 112 and request AED.
- Open airway, head tilt chin lift.
- If the patient is not breathing normally, commence chest compressions immediately.
- The ambulance dispatcher can assist with instructions known as "Telephone CPR".



TREATMENT (CAB)

C

Compression



- Thirty compressions
- Press down on the centre of the breastbone (5cm no greater than 6cm)
- Repeat at a rate of 100-120 times per minute

A

Airway



- To open the airway place one hand on the patient's forehead and gently lift the head back
- Lift the chin with two fingers

B

Breathing

- Pinch the patient's nose closed, give two breaths, check for chest rise
- Maximum hands off chest time no longer than ten seconds
- Continue with chest compressions and breaths at a ratio of 30:2 until AED arrives, qualified help arrives or the patient starts to move



How to call an ambulance

How to get a first aider

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TAKE CARE WHEN LIFTING

Use the principles of manual handling



1 Assess the task, individual load and environment



2 Establish a broad stable base



3 Bend at the knees not at the waist



4 Ensure good posture and keep the back straight



5 Establish and maintain firm grip



6 Keep arms close to your trunk



7 Keep the weight close to your centre of gravity



8 Use feet to change direction of travel

T.I.L.E. ASSESSMENT

T-Task:	Is the task routine? (Lifting and lowering, pushing and pulling, carrying and holding, & other manual handling?)
E-Environment:	Is there enough space? Is the floor area uneven or slippery? Is the environment too dark, too hot or cold? Is the work station level with no slopes?
L-Load:	Is the load heavy, bulky or difficult to grasp? Is the load sharp? Will the load/contents move and be unstable?
E-Environment:	Is there enough space? Is the floor area uneven or slippery? Is the environment too dark, too hot or cold? Is the work station level with no slopes?

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HAND WASHING TECHNIQUE

1



Wet hands with water

2



Apply enough soap to cover all hand surfaces

3



Rub hands palm to palm

4



Right palm over back of left hand with interlaced fingers and vice versa

5



Palm to palm with fingers interlaced

6



Backs of fingers to opposing palms with fingers interlocked

7



Rotational rubbing of left thumb clasped in right palm and vice versa

8



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

9



Rinse hands with water

10



Dry hands thoroughly with a single use towel

11



Use towel to turn off tap

12



Your hands are now safe

SAVE LIVES

CLEAN YOUR HANDS

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**WEAR YOUR
HELMET!
IT CAN SAVE
YOUR LIFE.**



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CallSee 1850 SAFETY | 1850-723399



**USE YOUR HEAD.
USE YOUR HELMET!**

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