Health and Safety at RH

- Employee / Employer
- The law
- Training Courses
- Stress
- Questions
Health and Safety at RH

- What changes when you are a PGR?
- In H&S law you can consider three groups: the employer, the employee, those who could be affected.
- Employers and Employees have ‘duties’ in the law:
  “It shall be the duty of every employer to ensure, so far as is reasonably practicable, the health, safety and welfare at work of all his employees”
- An example: a lecturer in a laboratory
Training for staff is published on the HSO webpages for the year.

You can apply through the webpage or through emailing healthandsafety@rhul.ac.uk

Courses relevant to PGR include:

- Risk Assessor
- Manual Handling Practical Skills and Risk Assessment
- COSHH Assessment
Stress

Stress is part of PGR.

Telling you not to work ‘too hard’ is pointless.

Manage your stress to maintain your optimal activity.

Taking a break can be more efficient in the long time.

Use the EAP.

Taken from Nixon, P: Practitioner 1979
Any Questions?