Obesity UK Health and Safety Policy

1. Introduction

Obesity UK is committed to ensuring the health, safety, and wellbeing of all its volunteers, staff, and anyone involved in its activities. This policy outlines our approach to creating and maintaining a safe working environment.

2. Purpose

The purpose of this policy is to:
- Promote a safe and healthy working environment for all.
- Prevent accidents and work-related ill health.
- Ensure compliance with health and safety legislation.
- Provide clear guidelines and responsibilities for health and safety management.

3. Scope

This policy applies to all volunteers, staff, trustees, and anyone working on behalf of Obesity UK.

4. Legal Framework

- Health and Safety at Work Act 1974
- Management of Health and Safety at Work Regulations 1999
- Workplace (Health, Safety and Welfare) Regulations 1992
- The Control of Substances Hazardous to Health Regulations (COSHH) 2002
- The Manual Handling Operations Regulations 1992

5. Principles

- The health and safety of all individuals involved with Obesity UK is a priority.
- Health and safety is everyone's responsibility.
- All activities will be carried out in a safe manner to prevent harm.
- Continuous improvement in health and safety performance is encouraged.

6. Roles and Responsibilities

Board of Trustees

- Ensure that health and safety policies are in place and reviewed annually.
- Provide resources and support to implement the health and safety policy.

- Promote a culture of safety within the organization.

Health and Safety Officer

- Lead on health and safety matters within the charity.
- Ensure compliance with health and safety legislation.
- Conduct regular risk assessments and safety audits.
- Provide health and safety training and information to volunteers and staff.
- Investigate accidents and incidents and implement corrective actions.

Volunteers and Staff

- Take reasonable care of their own health and safety and that of others.
- Comply with health and safety policies and procedures.
- Report any hazards, accidents, or incidents to the Health and Safety Officer.
- Participate in health and safety training.

7. Health and Safety Procedures

Risk Assessments

Regular risk assessments will be conducted to identify potential hazards.
Control measures will be implemented to minimize risks.
Risk assessments will be reviewed regularly and updated as necessary.

Emergency Procedures

Emergency procedures will be established for fire, medical emergencies, and other incidents.
All volunteers and staff will be trained on emergency procedures.
Emergency exits and first aid kits will be clearly marked and accessible.

Incident Reporting

All accidents, incidents, and near-misses must be reported to the Health and Safety Officer.
An incident report form must be completed for each incident.
The Health and Safety Officer will investigate incidents and implement corrective actions to prevent recurrence.

Training

Health and safety training will be provided to all volunteers and staff.
Training will cover risk assessments, emergency procedures, manual handling, and any specific risks related to activities.
Refresher training will be conducted regularly.

8. Health and Welfare

First Aid

Adequate first aid provisions will be maintained.
Trained first aiders will be available at all activities and events.
First aid kits will be regularly checked and restocked.

Stress Management

Obesity UK is committed to promoting mental wellbeing.
Volunteers and staff will have access to support services.
Workloads will be monitored to prevent excessive stress.

9. Monitoring and Review

This policy will be reviewed annually to ensure it remains up-to-date and effective. Feedback from volunteers and staff will be considered in the review process. Regular health and safety audits will be conducted to monitor compliance and performance.

10. Contact Information

For any health and safety concerns, please contact:

Alison Forster
alison.forster@obesityuk.org.uk
[Phone Number]
[Office Address]

Conclusion

Obesity UK takes the health and safety of all individuals seriously. By adhering to this policy, we ensure a safe environment for everyone involved with our charity. Thank you for your commitment to health and safety and for helping to create a safe and supportive community.