



#### INTRODUCTION

The 2013 Annual Health and Safety Report provides statistical and supplementary information on health, safety and well-being. Where possible hv]À OE•]šÇ[• ‰ OE(}oOEagqainust šΖ National data.

#### Special Notice

2013 witnessed a most tragic event at the School of Ocean Sciences where a highly valued and respected member of staff suffered a fatal accident. At the time of this Report the investigation into the accident continues.

## **Overview**

Statistically, 2013 saw the general accident rate fall alongside a notable decrease in the number of non-emergency fire alarm activations at the University.

The year saw an increase in positive health promotion and support activities with the highly successful Travel the World initiative with over 400 staff participating and some 67,000 miles journeyed by walking, swimming, running and cycling.

Great emphasis in supporting staff with longer term health needs continues whilst health promotion messages and initiatives steadily develops. Bangor University continues to be one of only a handful of Higher Education institutions whose Occupational Health support service is quality certificated by the Royal College of Physicians.

A number of formal themed audits and reviews have been undertaken. These focused proactively on risk areas such as radiation and chemical, and reactively following concerns or Enforcement agency enquiries for areas such as Bangor staff embedded within other employer organisations.

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#### **Planning**

During 2014 a revised safety and health plan will be developed, looking to support delivery of the hv]À Œ•]šÇ[• ]v•š]šμš]}v•

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1. well\_as the needs of Colleges and Departments. The plan will also look to reflect statutory and enforcement developments and trends, as well as continue to enhance upon the Corporate Health and Safety Risk Assessment.

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# **ACCIDENTS INCIDENTS**

In 2013 the number of reported Staff and Student accidents that involved injury, reduced from 76 to 61.

Total Number of Accidents

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National and Bangor University Accident averaged per 1000 Staff (2004 - 2013)

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The National Student rate fell to 0.10 per 1000in 2013, from 0.14 in 2012. The Bangor Student RIDDOR reportable accident ratio equates to 0.1 Z/K 206 = 1000 Students.

#### Accident Causation

The majority of the 61 accidents (involving injury) in 2013 were a result of a slip, trip or fall (19 = 31%) or involved a handling incident (19 = 31%). The other 23 incidents were attributed to big

misses involving vehicles on campus. There were 5 Reports of Contractor unsafe working practices.

A further and very concerning incident related to a whole pane of glass which worked loose from its frame, falling several storeys to the ground below.

Every Report received by Health and Safety Services is reviewed or investigated.

### Life-Saving Intervention

During March 2013 a member of the public and neighbour of the University collapsed whilst uwalking shis dog on the Ffriddoedd residential campus. A member of Security staff spotted the person lying in the field and immediately set about administering CPR after confirming the person was not breathing. Two other Security staff arrived and the three combined to ensure the neighbour survived.

The three Security staff, who receive first aid and

#### Other Accidents, Incidents and Near Misses

In addition to accident reports involving injuries a further 88 Reports were received during the year. These are broken down as:

- x 18 for Sporting Injuries.
- x 47 Near Miss/Concern Reports.
- x 23 Illnesses and Other non-accident Reports.

Of the 47 Near Miss/Concern Reports 5 related to scientific experiments and associated laboratory activities, 4 involved electrical equipment and 8 were received for non-injury accidents and near

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Due to the wide variances in recording methodologies employed across the Sector and beyond, comparison with National statistics should only be considered as indicators of performance. There is currently no single agreed methodology for recording and measuring absences, though the latest UCEA Report does now provide a framework for collecting data. UCEA is presently reviewing how the sector records sickness absence reasons/ categories to improve benchmarking data.

The 2013 Sickness Absence rate of 4.3 days equates to around 1.7% of the working time<sup>5</sup> being lost due to sickness absence. The rate in 2012 was 1.8% and 2011 was 2.23%.

66.83% of University (FTE equivalent) did not report a single day sickness absence in 2013 (64.18% in 2012).

Using medically certified data <u>only</u>, it is noted that psychological illnesses and musculoskeletal causations (includes backs, joints and fractures) once again account for the greatest number of long term and medically certified absences.

College, School and Departmental sickness absence rates varied from as low as zero reported absences to a rate of 19 days (per FTE). Sx Schools / Departments reported zero sickness absences.

## Staff Sckness Absence Causations

The declared illness/reason of each absence, both certified and self-certified, is recorded centrally and helps to provide a better understanding of Staff health needs. 23% of all sickness absences were confirmed by a medical certificate (FitNe ), with the remainder self-declared.

Under the category of long-term musculoskeletal there were 4 incidences of fractures/injuries, 2 incidences of back pain/injury and a further 11

<sup>&</sup>lt;sup>5</sup> Based on an average of 260.715 working days per year

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The Occupational Health Practitioner operates an active and supportive return to work programme for all longer term sickness absence cases.

# HEALTH SURVEILLAN CEHECKS

Over a hundred members of staff receive annual health surveillance to confirm their wo5s4Roe no

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#### HEALTHPROMOTION EVENTS

Gath Asand: As a result of the successful 2012 TAITH grant application the following work to support sustainability and health was possible in 2013:



BleStepe : The University was able

storage facilities by >40% as a result of the TAITH grant and additional funding from the institution. This investment has been very successful with approximately 685 official bike storage / securing spaces now available, compared to 460 in 2012.

BkLon s The grant allowed for the purchase of eight Œ v νÁ P všo u bikes. As a result the number of staff bike loans nearly doubled in 2013.

TabbWb



: From 1st March 2013 staff and students were encouraged to participate in the Travel the World Challenge. The aim of the promotion was to raise awareness of the recommended 10,000

steps and to encourage staff and students to get active and be environmentally aware by asking them to record their walking, swimming or cycling activity and promote non-car travel. promotion lasted 90 days, with the first 60 days held as a friendly competition with staff at Aberystwyth University.

In total, 400 staff and 192 students registered to participate. Overall staff completed 67,000 miles (2.69 times around the world), 11,000 more miles than Aberystwyth.

A subsequent participant survey highlighted it had raised awareness of how little exercise some people took. They also felt the pedometers funded by a TAITH grant application had been a great motivator to get active.

Car She : An on-line portal for staff and students to car share was created, although this needs to be further promoted in 2014 to encourage use.

Yo: Also during 2013 a Supporting You campaign was run in December as a staff health promotion with two aims, firstly to remind staff of the service, support and information provided by ^ ( šÇ ^ Œ À ] • U οšΖ health whilst at work and in general. In addition, and to enhance on research already completed OE P OE ] v P • š (([• ‰ OE % š]} v • workplace health promotion service 8, a survey was sent out to all staff asking for thoughts on future health and well-being promotions.

In total 277 staff responded to the survey from a variety of Departments, Schools and Colleges, a summary of the responses are outlined below:

- x Yoga, Pilates, complimentary therapies and Z C C I walks were the most popular promotions staff would like to see offered.
  - x The theme of a healthy mind and stress reduction also featured as desired by many

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