



Departmental Health and Safety Bulletin



SWR Staff Updates

Karen Petherick has joined SWR as an Occupational Health Adviser - karen.petherick@strath.ac.uk

Joanna Wiles has joined SWR as a Health and Safety Manager supporting health and safety for TIC - j.wiles@strath.ac.uk

Ewan Henderson has joined SWR as a Health and Safety Manager supporting health and safety for ANZIC - ewan.henderson@strath.ac.uk

Training

Stress Awareness

Mandatory Online [Stress Awareness Course](#) for all staff. You may have already completed this as part of your Induction when you joined the University - If you are unsure whether or not you have - you can check by logging in [here](#) (Login with single sign-on) and scroll down to the stress awareness section. Any issues please email safety.training@strath.ac.uk

Course details: Stress is something everyone feels at times, especially when dealing with change or life challenges, such as money worries, work issues or relationship problems. A little stress can be a good thing, as it helps us to get things done or focus on something that needs our attention. How we manage stress can make a big difference to our mental wellbeing, and the first step to managing it is to know how it affects us and why.

This course is designed to help you:

- Know what stress is and how it can affect you
- Identify your own responses to stress and notice them when they occur
- Take steps to prevent stress from becoming a problem
- Reduce and manage stress when it does occur

Contact details: Departmental Safety Convenor – Mr J. Gillan (Technical Support & Safety Manager – JA827)

✉: safety@phys.strath.ac.uk

☎: 0141 548 3052

📞: 07816 609171



Departmental Health and Safety Bulletin



Staff Wellbeing and Mental Health Training

[Staff Wellbeing and Mental Health Training](#) for all staff.

Course details: The University have teamed up with NHS Education for Scotland (NES) and Public Health Scotland to develop a course on mental health and suicide awareness available to you online. It will enable you to develop your understanding of what mental health is and how you can positively influence your own and others mental health. You will also learn how to have healthy conversations about mental health, how to support people experiencing mental ill health and how you can help to prevent suicide.

Manager's Mental Health Training : Starting the Conversation

[Managers Mental Health Training: Starting the Conversation](#) for Managers, Leaders, Supervisors and Team Leaders

Course details: This online module is designed to help you to be able to support the mental health of your team and encourage a “culture of care” at Strathclyde with regards to mental health and wellbeing. The learning is delivered via a mix of narrated video content (transcripts available) and online resources. The course presenters are Kevin Donovan, the University Workplace Wellbeing Manager and Dr Kirsten Russell, Lecturer in Psychology at Strathclyde.

Contact details: Departmental Safety Convenor – Mr J. Gillan (Technical Support & Safety Manager – JA827)

✉: safety@phys.strath.ac.uk

☎: 0141 548 3052

📞: 07816 609171



Departmental Health and Safety Bulletin



Evacuation Chair Training (practical)

Evacuation chair practical training courses have been arranged for 5th March, however demand on the waiting list is extremely low. Colleagues who have an interest in receiving this training are strongly encouraged to register [University of Strathclyde - DAT Booking - Evacuation Chair Training – Part 2](#). Low interest may lead to training courses being rescheduled.

Wellbeing

Wellbeing Hub [Staff Wellbeing Hub](#) – A central online resource to support your workplace wellbeing. On this page, you'll find links to support your emotional, financial and physical wellbeing.

Fire Safety Drills

During Covid restrictions fire drills in all University buildings were put in abeyance for obvious reasons. When buildings became occupied again fire drills were only completed sporadically across campus. This was partly due to the University being without a Fire Safety Adviser for a considerable period.

In 2025, it is anticipated that all buildings will have at least one organised fire drill. Alan Watson, University Fire Safety Adviser, would like to involve departments to help with the organisation and delivery of drills in buildings which they occupy. There will be several benefits to this, not limited to occupiers having a better understanding of the dynamics of their buildings, as we endeavour to avoid days of exams, graduations, events, etc. It is envisaged that persons in the role of DSC/FSC, or a nominated member of staff who has completed the Department Fire Safety training would be best placed to take forward this task. The Nominated person for the John Anderson Building is John Gillan.

Contact details: Departmental Safety Convenor – Mr J. Gillan (Technical Support & Safety Manager – JA827)

✉: safety@phys.strath.ac.uk

☎: 0141 548 3052

📞: 07816 609171



Departmental Health and Safety Bulletin



Health and Safety Executive (HSE) Information

- **Guidance on working in cold and wintry weather**
- Make sure you protect workers during low temperatures and wintry conditions.
- You can find helpful advice from HSE on keeping people as comfortable as possible when working in the cold.
- Our website offers information and guidance including:
- advice on advice on [how to protect workers in low temperatures](#)
- clarity on [what the law says about temperature in the workplace](#)
- how you can assess the risks and [manage workplace temperatures to protect workers](#)
- In addition, our [workplace temperature checklist](#) will help you carry out a basic risk assessment and you can read our [guidance on preventing slips and trips in winter weather](#).
- **Managing the risk of working from height**
- Falls when working at height remain the most common kind of workplace fatality, with 50 fatal accidents being recorded in 2023 to 2024.
- Considering the risks associated with work at height, and putting in place sensible and proportionate measures to manage them, is an important part of working safely.
- Our [step-by-step guide can help you control risks when working at height](#).
- Visit the HSE website for more guidance on [managing the risks of working from height](#). University Arrangements for managing work at height can be found [here](#).

Contact details: Departmental Safety Convenor – Mr J. Gillan (Technical Support & Safety Manager – JA827)

✉: safety@phys.strath.ac.uk

☎: 0141 548 3052

📞: 07816 609171



Departmental Health and Safety Bulletin



Occupational Health Service

- **Physiotherapy Clinic**
- The Physiotherapy Clinic is available to staff. Information can be found at [Physiotherapy clinic | University of Strathclyde](#)

2025 GM Annual Return

- The 2025 GM Annual Return process is currently being undertaken. GM project holders have been notified of the return by e-mail and are expected to respond by the 7th February 2025. Project holders are required to notify the GMSC of any changes to their GM projects and confirm the status of the project. If you require any further information on changes to GM projects, please don't hesitate to contact gmcommittee@strath.ac.uk.

Chemical Safety

- **Chemical Weapons Convention - CWC Declaration**
- Thank you to Departments concerned for their responses regarding the returns for the CWC declaration. These have been collated and submitted within the required deadline.

Contact details: Departmental Safety Convenor – Mr J. Gillan (Technical Support & Safety Manager – JA827)

✉: safety@phys.strath.ac.uk

☎: 0141 548 3052

📞: 07816 609171



Departmental Health and Safety Bulletin



Risk and Resilience

Incident Response Guide

As part of Risk and Resilience management, a new [Incident Response Guide](#) has been designed to provide staff and students with clear instructions on whom to contact and what actions to take during an incident.

Contact Us

If you would like further information on any of the topics contained within the Bulletin please contact the provided details, or safety@strath.ac.uk.

Safety, Wellbeing and Resilience | University of Strathclyde | Room GH820 | Graham Hills Building | 50 George Street | Glasgow G1 1QE

Safety Information and Advice Line: 0141 548 2726

Contact details: Departmental Safety Convenor – Mr J. Gillan (Technical Support & Safety Manager – JA827)

✉: safety@phys.strath.ac.uk

☎: 0141 548 3052

📞: 07816 609171