



Women's OHS

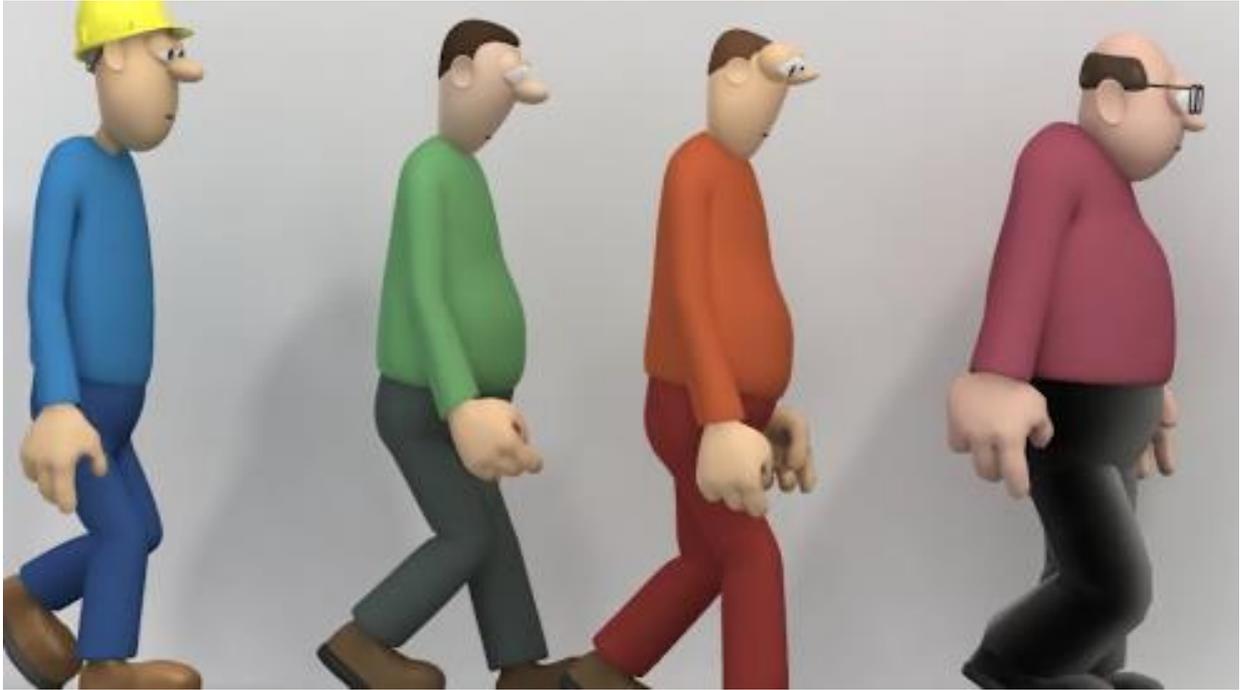
Women and men differ not only biologically, but also in respect of work performed. Identifying and finding out about hazards at work resulting from the differences allows improving OHS in areas predominantly involving women.

By investigating women-related OHS matters, the EU-OSHA raises awareness in this respect. According to the report, women:

- Work in specific sectors and perform specific jobs;
- Combine household duties with professional ones;
- Are insufficiently represented at the managerial and board levels;
- Perform jobs that are often mistakenly perceived as safe and easy.

What can an employer do in order to improve the safety in the workplace? Above all, one should identify and take into account the differences between women and men. In this respect, one can:

- Strive to make work safer and easier for everyone;
- Analyse the work actually performed and avoid making assumptions as to who and why is at risk;
- Ensure flexible working hours;
- Involve female employees in OHS-related decision-making.



7 Golden OHS Rules

‘Seven golden rules for accident-free and healthy workplace’ is the ‘Vision Zero’ campaign concept organised by the International Social Security Association (ISSA). Each of the seven rules has been made into a short film starring a character called Napo.

The ‘Vision Zero’ concept is flexible and can be applied in any workplace, at any company and in each industry all over the world.

The seven ‘golden rules’ of ‘Vision Zero’:

1. **Take leadership** – demonstrate commitment to OHS rules.
2. **Identify hazards** – control risks. Occupational risk assessment is an important tool for timely and systematic hazard identification.
3. **Define targets** – develop programmes. Success in the area of work safety requires defining clear targets and taking practical action.
4. **Ensure a safe and healthy system – be well-organized.**
5. **Ensure safety and health** in machines, equipment and workplaces. This affects the health and life of the employees.
6. **Improve qualifications** – develop competence. Invest in education and training of your staff.
7. **Invest in people** – motivate by participation. You raise your staff’s motivation by involving them in OHS-related problem-solving.



Instead of plastic bottles – edible water capsules

The society's awareness of the environmental protection issues has been on the increase over the last years. A good example of environmental action is biodegradable capsules handed out at a London marathon instead of plastic bottles.

The activities of environmental organisations, publishing every now and then reports from research into and observations of man's impact on the natural environment, have undoubtedly contributed to the creation of the invention.

Biodegradable Oohos! capsules are produced by a London-based start-up called Skipping Rocks Lab. They are manufactured using the Notpla technology, i.e. made of sea-weed and other plant-derived materials. You need to bite through the outer film coat in order to reach the liquid. The film itself is also edible. However, when disposed of, it will be biodegraded within several weeks.

As Garcia Gonzales of Skipping Rocks Lab explained to the CNN, the capsules are fully biodegradable as well as being cheap and easy to produce. Everything that is green or smelly is removed from the sea-weeds. What remains, has a jelly-like texture, similar to jelly left to cool down. The arrival of the capsules during the London Marathon could be a milestone, not only for the start-up's future, but also a reduction in plastic use.



Safe train travel

An analysis of road accident statistics indicates that the train is the safest means of transport. This is also confirmed by a report published recently by the European Union Agency for Railways, according to which the risk of fatal accidents among train passengers is one third lower than in road transport.

In continuing our series of safe-travel guides, we are providing some hints on how to avoid hazards on a train:

- **Exercise special caution** in crowded places, e.g. train stations, stops, etc. as well as when **getting on or off** a crowded train.
- **Avoid travelling by night.**
- **Do not take seats in empty compartments.**
- Try **not to sleep** during the journey.
- **Never leave your luggage unattended** – particularly handbags or suitcases.
- Keep your handbag or backpack in front of you or under your arm, with the buckle towards you.
- Only carry as much cash as necessary; When carrying a larger sum, **never keep it all in one place.**
- Try to **keep with you** any precious objects or documents at all times.
- **Notify the train staff** of any suspicious behaviour.



Hazards occurring in the Baltic Sea

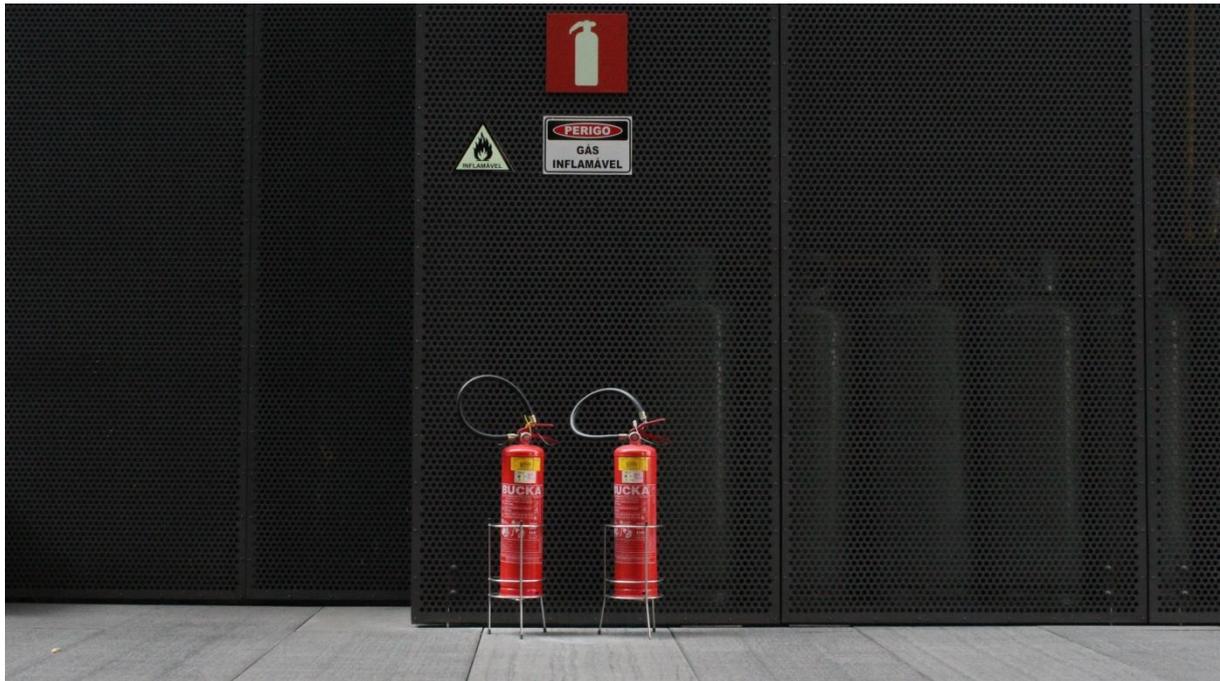
In terms of swimming safety, sea differs significantly from other bodies of water. The sea coastal zone features the most dynamic processes, such as waves and strong currents. These elements can bring about many hazards, not only for an ordinary tourist, but also for a professional swimmer.

Klaudia Ołownia, a Ph. D. student in the 4th year of doctoral studies at the Academy of Gdynia Maritime Academy, has developed her own typology of hazards occurring in the Baltic Sea based on her observations, interviews with life guards and those engaged in various types of marine research, and on a critical analysis of available literature.

She has divided the hazards into:

- Natural (flow of sea water): high waves, coastal currents, backflow, upwelling;
- Atmospheric: thick advection fog and storm;
- Those related to human activity (shore protection structures), biological (cyanobacteria, E. coli and Enterococci) and chemical (oil-derived substances and remains of World War II).

When and where can one swim safely? It is essential to choose a guarded swimming area. Most bathing areas on the coast are subject to audits checking the preparation and functioning of the areas for organisation, life-saving equipment and first-aid equipment.



Activities forbidden in the area of fire protection

Compliance with prescribed procedures, involving primarily prohibitions, allows to eliminate fire hazards in the workplace. Find out which activities are forbidden in the area of fire protection

In buildings, other building structures and areas, generally understood as sites, and also on the areas adjacent to them, one cannot undertake any actions that could give rise to: fire, spreading of fire, hamper rescue activities or obstruct evacuation. Activities that are prohibited include:

- Using a naked flame, smoking, using other agents that could cause ignition of materials occurring in the hazard zone;
- Using installations, equipment and tools that are technically defective or in an improper manner;
- Parking motor vehicles in sites and premises unfit for the purpose;
- Heating up tar or other materials with a naked flame within less than 5 m from a site;
- Setting fire, disposal of hot ash or slag, or burning out the outer layer of soil and grass, in a place conducive to ignition of: combustible materials or neighbouring sites;
- Storing combustible materials outside buildings at a distance of less than 4 m from the boundary with a neighbouring plot;
- Using electric heating devices placed directly on a combustible ground.



Safety on water

Between April and July 2018 only, about 160 people drowned. There are several reasons for the record, but these include above all alcohol and a lack of awareness of those using the swimming areas. How to face the hazard and how to prevent accidents in water?

The main reason for drowning is irresponsibility of those present/resting on the waterside, e.g.: alcohol, foolhardiness, ignorance of the dangers, violating prohibitions and terms and conditions of the swimming area.

How to avoid dangerous and hazardous situation on the waterside?

1. Never drink alcohol on the beach, let alone entering the water while intoxicated.
2. Learn the terms and conditions and strictly observe them.
3. Do not swim in unguarded places (so-called wild beaches, etc.).
4. Find out about the forces acting in water (e.g. backflows).
5. Learn how to rescue a drowning person and the rules of first aid.
6. Keep looking around as someone could need your help.
7. Should you happen to find yourself in a dangerous water situation, the very last thing you want to do is panic. Panic prevents you from taking rational decisions and makes you lose energy rapidly.



Health of office staff – a HealthDesk report

As many as 79.1% of office workers experience pain directly connected with the work performed. Over 80% work under stress and 1 in 4 individuals declare lower efficiency as a result. Over 18% of respondents have problems sleeping. One in five complains about eye pain.

Such are the results of report on the health of office workers in Poland drawn up by experts at HealthDesk. The data show that as many as **79.1% employees report pain directly related to their work**, mostly being located around the backbone.

Based on the report, TOP 7 locations of pain have been identified in office staff: 57.2% - neck, 51.5% - sacrum, 42.3% - shoulder blade, 35.0% - head, 31.3% - shoulders, 20.6% - eyes and 13.9% - wrist.

The research has also shown that **one in four office workers works in the conditions of persistent stress**. The work efficiency of such an individual is incomparably lower than that of those coping well with stressful situations.

Stress entails problems falling asleep, sleeping disorders, skin disorders, psychogenic pain or digestion disorders and pain. The report indicates that one in three workers suffers from stress-induced pain whereas **18.4% of employees have problems falling asleep caused by work** or have dreams related to work.

WZÓR KARTY PRZEKAZANIA ODPADÓW

KARTA PRZEKAZANIA ODPADÓW				Nr karty ⁽¹⁾	Rok kalendarzowy
Nazwa i adres posiadacza odpadów, który przekazuje odpad ⁽¹³⁾		Nazwa i adres posiadacza odpadów transportującego odpad ^(14,15)		Nazwa i adres posiadacza odpadów, który przejmuje odpad ⁽¹⁶⁾	
Miejsce prowadzenia działalności ⁽¹⁾				Miejsce prowadzenia działalności ⁽¹⁾	
Nr rejestrowy ⁽⁹⁾		Nr rejestrowy ⁽¹⁰⁾		Nr rejestrowy ⁽⁹⁾	
NIP ⁽⁸⁾		NIP ^(8,9)		NIP ⁽⁸⁾	
Posiadacz odpadów, któremu należy przekazać odpad ⁽⁶⁾					
Rodzaj procesu przetwarzania, któremu powinien zostać poddany odpad ⁽¹¹⁾					
Wnosiłkuje o wydanie dokumentu potwierdzającego unieszkodliwienie zakazanych odpadów medycznych lub zakazanych odpadów weterynaryjnych ⁽¹²⁾					
Kod odpadu ⁽¹³⁾			Rodzaj odpadu ⁽¹¹⁾		
Data/miesiąc ^(14,15)		Masa przekazanych odpadów [Mg] ⁽¹⁶⁾		Numer rejestracyjny pojazdu, przyczepy lub naczepy ⁽¹⁷⁾	
				Numer certyfikatu oraz numeru pojemników ⁽¹⁸⁾	
Potwierdzam przekazanie odpadu		Potwierdzam przyjęcie odpadów do transportu i wykonanie usługi transportu ⁽¹⁵⁾		Potwierdzam przyjęcie odpadu	
data i podpis ⁽¹⁹⁾		data i podpis ⁽¹⁹⁾		data i podpis ⁽¹⁹⁾	

New KPO and KEO forms in force since 1 May 2019

On 30 April of this year, a Regulation was published by the Minister of Environment concerning the templates of documents required for waste recording purposes. The regulation entered into force on 1 May 2019.

Under art.68 (1) of the Act on waste of 14 August 2012 (Dz.U. of 2019, items 701 and 730), the regulation sets out templates of the following documents:

1. Waste disposal sheet,
2. Waste record sheet,
3. Dangerous waste record sheet,
4. Communal waste deposit record sheet,
5. Used electric and electronic equipment record sheet,
6. Non-serviceable care record sheet.

The amendments to the regulation follow from the act *Provisions implementing the Enterprise Law and other acts relating to business*, which aim at adjusting various legal instruments to the solutions implemented by the legislative package called 'Constitution for Business'.

The new document templates do not contain a REGON number box and no longer require a company seal. Moreover, the graphical layout of the KPO and KEO forms has changed.





Training outsourcing

Every employee at your business, regardless of the position taken, must undergo obligatory training or hold valid professional qualifications. Ensuring that training courses are carried out on time, and hence observing deadlines, is yet another of your duties as an employer.

Wouldn't you prefer to dedicate the time spent on staff training to other activities carrying profit for the business? Might it not be more profitable to delegate the training administration and supervision to a third-party firm?

As a result of the responsibility for training coordination and management being taken over by SEKA S.A., you will no longer have to concentrate on tasks that must be done, are time consuming and only generate costs.

We ensure:

- Monitoring timely execution of obligatory training;
- Planning the process of obtaining professional qualification in accordance with your business needs;
- Stable supervision over training;
- Access to SEKA S.A.'s know-how, modern training programmes and a trainer base.