



## Awareness Seminar

# Be Healthy at Work

8th October 2015

### Aim of Seminar

The aim of this seminar is to highlight the need for more focus on risks to health and wellbeing in the workplace. The seminar is aimed at small businesses and sole traders.

### Who should attend?

The seminar will be of interest to all employers, those with responsibility for health and safety in the workplace and to anyone with an interest in improving the health and wellbeing of workers.

It should be of particular interest to the following:

- Small business owners
- Sole traders
- Safety officers
- Safety representatives
- HR managers
- Supervisors

### Why Attend?

This seminar will provide an opportunity for you to improve your awareness and knowledge of key health and wellbeing hazards, both existing and emerging, and key steps to take to reduce your exposure to these hazards.

Stress, bullying and mental ill-health issues in the workplace are increasing.

Hazardous agents such as asbestos and silica continue to present significant risks to workers, particularly construction workers.

Evidence shows there is increased risk of skin cancer from ultra violet (UV) radiation among outdoor workers.

The seminars will feature speakers from the Health & Safety Authority, the Health Service Executive and an industry based expert.

They will outline best practice, prevention and management strategies for controlling these risks.

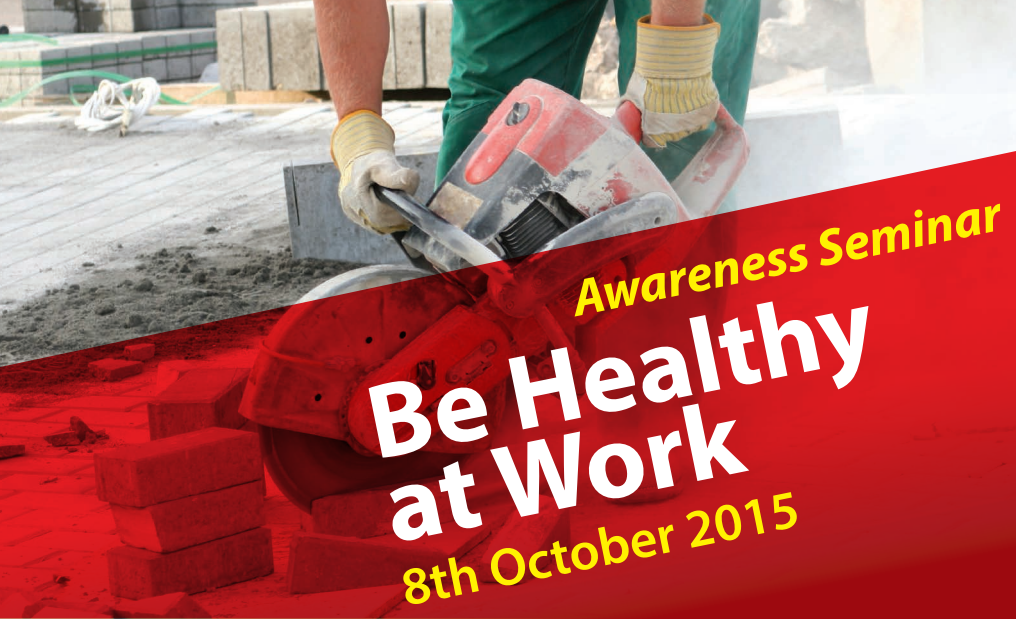
### Seminar Content

Attendees will be provided with information, guidelines and tools to address some key hazards at the workplace which may present significant cancer risks or mental ill health.

As well as highlighting the legal, safety and business cases for action, the seminars will provide information on:

- Common causes of work related ill health, cancer causing agents such as asbestos, silica dust and UV radiation
- Good mental health
- Coping with stress and bullying
- Potential cost savings
- Reduced absenteeism

*Content will be delivered in a practical and easy to understand format and no specialised knowledge or expertise is necessary.*



# Be Healthy at Work

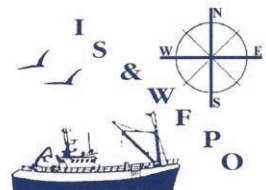
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Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Cork County Council  
Comhairle Contae Chorcaí



## Venue

Regional Training Centre, Innishmore, Ballincollig, Co Cork  
Co-ordinates: 51.8885N 8.6114W

## Agenda

09.00	Registration
09.30	Introduction / Opening remarks
09.45	<b>Breathe Easy: Controlling exposure to asbestos and silica dust</b> Darren Arkins, Senior Inspector, Occupational Hygiene Unit, Health and Safety Authority
10.30	<b>Mental health hazards in the workplace</b> Patricia Murray, Occupational Psychologist, Health and Safety Authority
11.10	<b>BREAK for TEA &amp; COFFEE</b>
11.30	<b>No time to lose – Working together to fight occupational cancer</b> Dr John Gallagher, Employment Health Advisor
12.10	<b>Promoting health and wellbeing in the workplace</b> Dr. Maria O'Brien, Health Promotion and Improvement, Health Promotion, Health & Wellbeing Division, HSE.
12.50	Questions & Answers
01.00	Closing Remarks

*This seminar has been organised jointly by the Health and Safety Authority (HSA) and the Southern Region Safety Forum (SRSF).*

*The SRSF is a voluntary group consisting of the HSA, IOSH, NISO, ISWFPO, Cork, Kerry and Limerick Co Councils, HSE and IFA. It's objective is the reduction of accidents and ill-health in the Region's workplaces.*

## How to book

To register for a seminar, simply email: [eddie.ronayne@corkcoco.ie](mailto:eddie.ronayne@corkcoco.ie) giving your name (and the names of any other attendees), your organisation and telephone number.

Attendance is free of charge.

**Places are strictly limited so early booking is advised.**

Multiple bookings from the same organisation are permitted subject to availability.

For any further details on the seminars, email: [eddie.ronayne@corkcoco.ie](mailto:eddie.ronayne@corkcoco.ie) or telephone **021 4285778**.

