

# Partnerships



Faculty of  
Occupational  
Medicine



- Worker Involvement
- Worker safety training
- Dynamic risk assessment conference
- Violence and Aggression
- Community engagement groups
- Safety rep - in work support

**stuc**



**Healthy  
Working  
Lives**

For free and confidential advice,  
or a workplace visit, call our Adviceline:

**0800 019 2211**

[www.healthyworkinglives.com](http://www.healthyworkinglives.com)

In partnership improving health and safety

The Scottish  
Centre for Healthy  
Working Lives

**Working for  
a healthier  
Scotland**





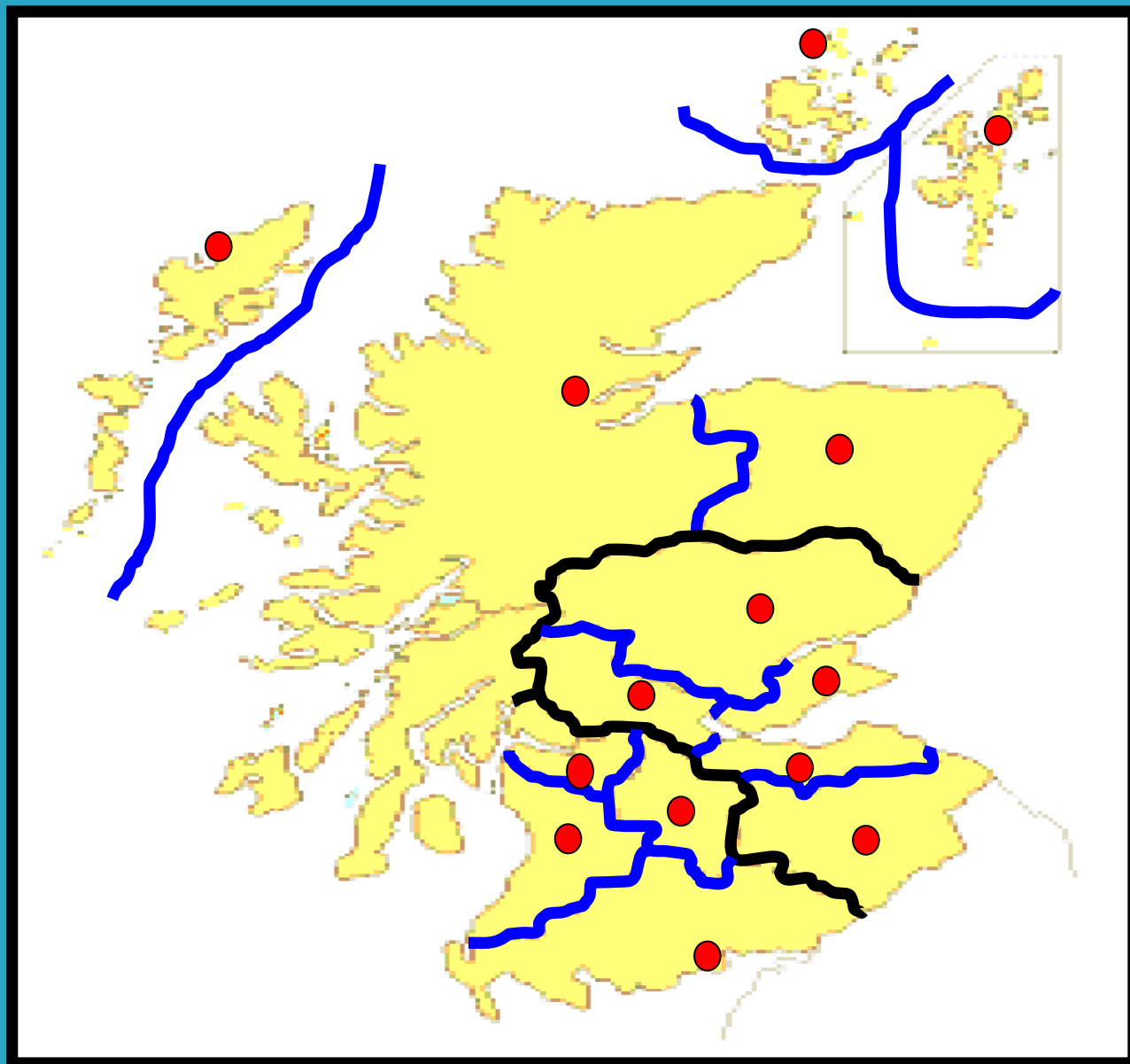
**Healthy  
Working  
Lives**

# Scottish Centre for Healthy Working Lives

14 Health Boards

FREE services

Health and Safety  
Health Promotion  
Occupational Health





## Welcome to the Scottish Centre for Healthy Working Lives

We are here to help employers, employees and all our partner agencies come together to create a much healthier and more motivated workforce.

To do this, we offer free, confidential [Workplace Visits](#), practical information and [advice](#), and a structured [Award Programme](#).



## Top Tips Love the fruit bowl.

Encouraging healthy eating helps keep staff healthy.

↘ [read more on Healthy Eating at work](#)



### ↘ Healthy Working Lives Awards

Our Award Programme supports employers and employees to develop health promotion and safety themes in the workplace in a practical, logical way that's beneficial to all. Find out more about [our Award Programme](#).



#### ↘ Request a Workplace Visit

Workplace Visits are free and confidential, and are designed to give you the best possible advice on making your workplace healthier and safer.

#### ↘ Free National Adviceline

0800 019 2211

Confidential advice and information on a wide range of workplace health issues.

9am-5pm Mon-Thur

9am-4.30pm Fri

↘ [Email a Query](#)

Request Call Back

### ↘ Advice

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Information on common hazards from asbestos to vibration.

#### ↘ [Minimising Risks](#)

Information and advice on controlling risk and safety procedures that can help to eliminate or control risks to staff and the public.

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#### ↘ [Vocational Rehabilitation](#)

Find out how organisations can benefit from supporting people with disabilities or illnesses to stay in employment or go back to work and how to find help to do so.

### ↘ News & Events

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### Workplace Hazards

- [Asbestos](#)
- [Alcohol](#)
- [Blood Borne Viruses](#)
- [Confined Spaces](#)
- [Driving at Work](#)
- [Drugs](#)
- [Electricity](#)
- [Fire](#)
- [Gas](#)
- [Heights/Falls From Height](#)
- [Home working](#)
- [Legionella/Legionnaires' Disease](#)
- [Noise](#)
- [Slips, Trips and Falls](#)
- [Hazardous Substances](#)
- [Transport and Vehicles](#)
- [Vibration](#)
- [Skin and Respiratory Sensitisers](#)
- [Smoking](#)
- [Violence and Aggression](#)

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## Personnel and Staffing Issues

Follow the links below for advice on safe and healthy practices relating to staffing and procedures that help promote good working relations.

You will also find information on supporting employees at various life stages and those who are dealing with life changes and other challenges.



### Consultation with Employees

Employee consultation helps to inform policy development, assist their uptake, and is a legal requirement in most workplaces.

### Lone Working

Learn about safety issues around lone working and how to minimise the risks to staff.

### Working Time

Read about legal requirements around

### Working with Contractors

Advice on selecting competent contractors and ensuring essential health and safety information flows between client and contractor.

### Maternity and Parenting

Information on maternity pay, parental leave, and special considerations for pregnant workers and breastfeeding mothers.

### Young People in the Workplace

Advice on protecting the health and safety of young

### Disability Discrimination Act (DDA)

Information on meeting the requirements of the DDA, and sources of help and advice when making reasonable adjustments.

### Welfare at Work

Advice on provision of adequate welfare facilities, including heating, lighting, ventilation, rest areas, toilet facilities, and drinking water.

### Sick Note to Fit Note

Find information, advice and direction for employers

### Search Advice

Use the search form below to find different types of information held on this website.

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### Newsletter

Subscribe to our newsletter for regular updates on Occupational Health and Safety.



Home



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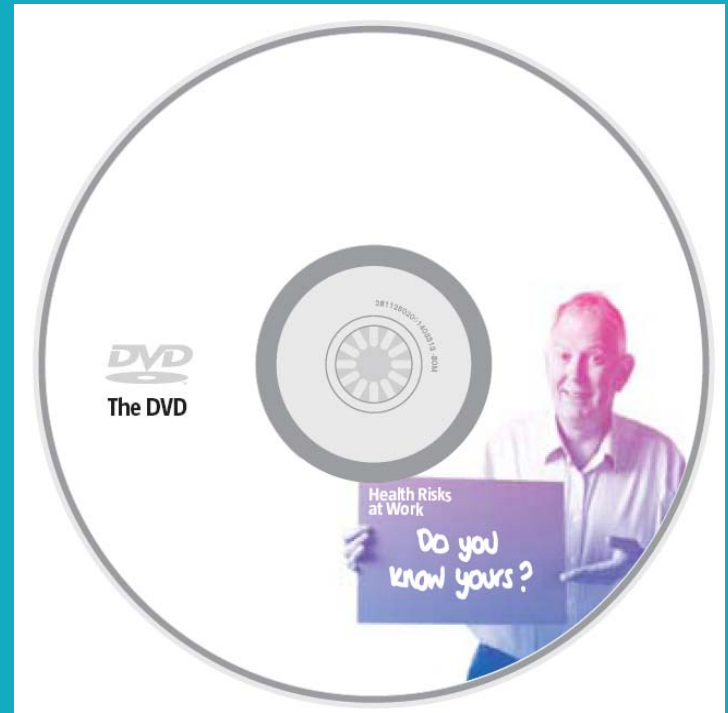
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Dear XXXX

..... The day I spent with you at XXXX has proved to be very invaluable as I have been able to take on work from large organisations (Scottish XXXX and XXXX Council).

These businesses insist on sub contractors having the correct paperwork for all employees in Health and Safety. I had never heard of Method statements or Risk Assessments before and now I am quite confident at being able to write these and have the responsibility of my employees safety in mind at all times.

The short time spent learning and ongoing learning has been very worthwhile and I look forward to continuing with Health and Safety Procedures in the future.

Many thanks for your leadership expertise,



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