



Personal Trainer Academy

HEALTH AND SAFETY POLICY

STATEMENT OF GENERAL POLICY

Personal Trainer Academy requires its Centre manager to ensure that the following policy is implemented and to report annually on its effectiveness.

1. MANAGEMENT CENTRE AND ARRANGEMENTS

This policy has been prepared and published under the requirements of Health & Safety at Work legislation. The purpose of the policy is to establish general standards for health and safety at work and to distribute responsibility for their achievement to all managers, supervisors, and other employees through the normal line management processes.

2. MANAGEMENT RESPONSIBILITIES

The Centre manager has overall responsibility for the implementation of the Centre's policy. In particular he is responsible for ensuring that the policy is widely communicated and that its effectiveness is monitored.

Directors/ Senior Managers

These managers are wholly accountable to the Centre manager for the implementation and monitoring of the policy within the area of their specified responsibility.

Safety Officer

2.1. The Safety Officer is a nominated manager responsible for co-ordinating effective health and safety policies and controls across the centre.

2.2. The Safety Officer is responsible for:

- the production and maintenance of the Centre's policy and ensuring that Department Guidelines are consistent with policy;
- its application;
- monitoring and reporting on the effectiveness of the policy;
- the provision of general advice about the implication of the law;
- the identification of health and safety training needs. The safety officer also acts on behalf of the Centre manager, as the Centre's formal link with the Health and Safety Executive, Environment Health Departments and other external agencies;



- the production and maintenance of Health and Safety Codes of Practice for each aspect of the services within the Centre.

2.3 Responsibilities for Specific Workplaces

WORKPLACE	SENIOR MANAGER	ACCOUNTABLE TO THE SENIOR MANAGER FOR HEALTH AND SAFETY IN THEIR DEPARTMENTS
PT Academy 255 Hospital Street B19 2YF	Centre manager	The Centre manager is accountable to the Directors for this respective area.

3. HEALTH AND SAFETY MANAGEMENT PROCESS

- 3.1. Personal Trainer Academy believes that consideration of the health, safety and welfare of staff is an integral part of the management process. The provision of the Health and Safety at Work Act, associated Codes of Practice and E.C. Directives will be adopted as required standards within the Centre. Responsibility for health and safety matters shall be explicitly stated in management job descriptions.
- 3.2. Personal Trainer Academy requires managers to approach health and safety in a systematic way, by identifying hazards and problems, planning improvements, taking executive action and monitoring results so that the majority of health and safety needs will be met from locally held budgets as part of day-to-day management, although many health and safety problems can be rectified at little additional cost.
- 3.3. For major additional expenditure, cases of need will be submitted by Directors to the Centre manager.
- 3.4. If unpredictable health and safety issues arise during the year, the Centre manager must assess the degree of risk, in deciding the necessary resources and actions to commit to addressing these issues.

4. HEALTH, SAFETY AND WELFARE GUIDELINES

- 4.1. It is the policy of Personal Trainer Academy to require departmental managers to produce appropriate health and safety policies or guidelines. These should embody the minimum standards for health and safety for the department and the work organised within it.
- 4.2. It shall be the responsibility of the manager to bring to the attention of all members of his or her staff, the provisions of the guidelines, and to consult with appropriate Health



and Safety Representatives about the updating of these guidelines. The model contents of a guideline are:

- a clear statement of the role of the department;
- regulations governing the work of the department;
- clear reference to safe methods of working, for example nursing procedures, manufacturers' manuals;
- information about immediate matters of health and safety concern, such as fire drills, fire exits, first aid;
- training standards;
- the role and identity of the Health and Safety Representative;
- names of specialist advisers who can be approached about the work of the department;
- the manager responsible for centre and control of work;
- accident reporting procedures;
- departmental safety rules;
- fire procedures;
- Policies agreed by the Centre.

5. IDENTIFICATION OF HEALTH AND SAFETY HAZARDS - ANNUAL AUDIT AND REGULAR RISK ASSESSMENTS

5.1. It is the policy of Personal Trainer Academy to require a thorough examination of health and safety performance against established standards in each department, **at least** annually. The technique to be adopted for such examinations will be the 'Safety Audit'. The Audit requires review of:

- standards laid down in the policy;
- departmental guidelines;
- relevant regulations;
- environmental factors;
- staff attitudes;
- staff instructions;
- methods of work;
- contingency plans;
- Recording and provision of information about accidents and hazards and the assessment of risk.

5.2. The information obtained by the Audit will be used to form the basis of the plan for the department for the following year. Audits must be completed by July of each year.

5.3. The responsibility for ensuring that audit activity is carried out as part of this policy rests with the Centre manager and will be carried out by the Safety Officer. Although the Audit remains a management responsibility, managers are required as part of this policy to seek the involvement of the appropriate Health and Safety Representative in the conduct of the Audit.

5.4. It is the management's responsibility to ensure that any deficiencies highlighted in the Audit are dealt with as speedily as possible.



- 5.5. In addition to carrying out Safety Audits, it is the responsibility of the department manager to check, at least quarterly, all portable equipment, including electrical appliances, in their area, and to ensure that all problems are immediately dealt with.
- 5.6. Managers have a continual responsibility for the elimination of hazards in order to maintain a safe working environment and will also be expected to carry out regular **risk assessments** in line with the Health and Safety Executive Guidelines; that is follow the 5 steps:
 1. Identify the hazards
 2. Decide who might be harmed and how
 3. Evaluate the Risks and decide on precautions
 4. Record the findings and implement the precautions
 5. Review the assessment and update when necessary

6. SAFETY REPRESENTATIVES

- 6.1. Personal Trainer Academy will support Safety Representatives in carrying out their role and give all reasonable assistance. Safety Representatives will be encouraged to discuss specific health and safety issues with the relevant Head of Department. They may also formally report hazardous or unsafe circumstances to the Head of Department and will be formally notified of the remedial action taken or be given a reason why the action cannot be taken.

7. TRAINING

- 7.1. Health and Safety training shall be incorporated within annual training programmes, as part of the development of a systematic training plan. Health and Safety training needs will, therefore, be identified and planned for in the same manner as other training needs.
- 7.2. Four areas of need shall be given special priority:
 - training for managers, to equip them with an understanding of the manager's responsibilities under this policy, and the role and purpose of safety representatives;
 - training for safety representatives to enable them to discharge their function;
 - training for all members of staff to acquaint them with the main provisions of the law and its practical implication, the main features of this policy and key safety rules;
 - Induction and in-service training for staff at all levels to acquaint them fully with new requirements and hazards.

8. RECORDS, STATISTICS AND MONITORING

- 8.1. Personal Trainer Academy will operate systems for recording, analysis and presentation of information about accidents, hazard situations and untoward occurrences Advice on systems will be provided by the Safety Officer, in conjunction, where appropriate with specialist advisory bodies for example local Environmental Health Departments, and the responsibility for the operation of these systems rests



with managers and supervisors at all levels. Information obtained from the analysis of accident statistics must be acted upon and, where necessary, bids for additional expenditure made to the Centre manager

9. REPORTS TO THE HEALTH AND SAFETY EXECUTIVE

- 9.1. The responsibility for meeting the requirements of the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1985 to the Health and Safety Executive, shall rest with the Centre manager as delegated to the Safety Officer.

10. SPECIALIST ADVISORY BODIES

- 10.1. Certain bodies and the individual members of those bodies, have always had a Health and Safety role, most notably, the Health & Safety executive, or local Environmental Health Departments. If further specialist advice is required, this may be obtained by Managers from expert individuals or bodies outside the Centre.

11. THE OCCUPATIONAL HEALTH SERVICE

- 11.1. It is the policy of Personal Trainer Academy to provide Occupational Health Services. Such services are provided confidentially to the individual employee and include counselling on health and associated matters, investigation of hazards and accidents, environment studies, health interviews and employment medicals.

12. FIRST AID

It is the policy of Personal Trainer Academy to make provision for First Aid and the training of 'First Aiders' in accordance with the First Aid Regulations (1982). The Safety Officer is responsible for ensuring the Regulations are implemented and for identifying training needs.

13. FIRE

- 13.1. The Centre manager is responsible for ensuring that the staff receive adequate fire training, and that nominated fire officers are designated in all Centre premises. The Centre manager delegates these responsibilities to the Directors.
- 13.2. In addition, Personal Trainer Academy will nominate a Fire Officer (this may be the Safety Officer or someone external to the Centre)
- report and advise on the standard of fire safety in the Centre's premises and the standard of fire training of its staff;
 - undertake overall responsibility for fire training;
 - assist in the investigation of all fires in the Centre's premises and to submit reports of such incidents.



14. CONDEMNATION AND DISPOSAL OF EQUIPMENT

14.1. Procedures for the, condemnation and disposal of equipment are set out in the Centre's Standing Financial Instructions. Managers introducing new equipment should have new equipment checked by the Safety Officer.

15. LIFTING AND HANDLING

15.1. Managers are responsible for informing staff of safe lifting techniques. The Safety Officer will identify specific training needs. The HR Office / Head Office will ensure training in lifting and handling is provided to staff who require it.

16. NON-SMOKING ON CENTRE PREMISES

Personal Trainer Academy has agreed that there will be no smoking in its buildings. The overall aim is to reduce smoking and so save life, reduce risk of fire, prevent unnecessary illness and chronic disability. The rules relating to smoking on Centre premises are available from the HR Department / Head Office.

17. COMPUTER INSTALLATIONS AND VISUAL DISPLAY UNITS

All new computer installations must adhere to the British Standard Specifications and comply with the Health and Safety (Display Screen Equipment) Regulations 1992. All new employees operating VDUs are issued with a copy of the Health and Safety Executive Booklet entitled 'Working with VDUs'. New employees who regularly use VDUs will be required to undergo sight screening.

18. CONTROL OF WORKING TIME

18.1. Personal Trainer Academy is committed to the principles of the Working Time Regulations. No member of staff is expected to work more than 48 hours per week (including overtime) unless there are exceptional circumstances. Similarly all other requirements of the regulations e.g. in relation to breaks, night workers etc. will be complied with.

19. HEALTH AND SAFETY AND THE INDIVIDUAL EMPLOYEE

19.1. The Health and Safety at Work Act requires each employee 'to take reasonable care for the Health and Safety of himself and of other persons who may be affected by their acts and omissions' and co-operate with management to enable management to carry out their responsibilities under the Act. Employees have equal responsibility with Personal Trainer Academy for Health and Safety at Work.

19.2. The refusal of any employee to meet their obligations will be regarded as a matter to be dealt with under the Disciplinary Procedure. In normal circumstances counselling of the employee should be sufficient. With a continuing problem, or where an employee leaves themselves or other employees open to risk or injury, it may be necessary to implement the formal stages of the Disciplinary Procedure.



20. PEOPLE WORKING ON CENTRE PREMISES NOT EMPLOYED BY THE CENTRE

20.1. Persons working in Personal Trainer Academy premises who are employed by other centres are expected to follow Centre Health and Safety Policies with regard to the safety of Centre employees, their own personal safety (and that of other parties such as the general public if appropriate) and their method of work. This responsibility will be included in contracts or working arrangements. Similarly seconded Centre employees working in other host premises will be expected to follow the host employers Health and Safety Policy.

21. VISITORS AND MEMBERS OF THE PUBLIC

21.1. Personal Trainer Academy wishes to ensure that as far as is reasonably practicable, the Health, Safety and Welfare of visitors to Centre establishments will be of the highest standard.

21.2. Any member of staff who notices persons acting in a way which would endanger other staff, should normally inform their Head of Department. If the danger is immediate, common sense must be used to give warning, call for assistance or give aid as necessary. It is equally important not to over-react to a situation.

22. CONTRACTORS

22.1. Personal Trainer Academy wishes to ensure that as far as is reasonably practicable, the Health, Safety and Welfare of Contractors working in the Centre's establishments will be of the highest standards. In addition, Contractors and their employees have an obligation so far as is reasonably practicable to ensure all equipment, materials and premises under their control are safe and without risks to health.

22.2. Contractors must also observe the Centre's Fire Safety Procedures. These obligations will be drawn to the attention of the Contractors in the contract document issued to them. In addition a Centre manager will be identified in the contract as having authority to stop the work of Contractors who are placing themselves, other staff, or visitors at risk. Any member of staff who judges there is a risk where contractors are working, should inform their Manager immediately.

22.3. In tendering, Contractors will be asked to confirm they have a written Health, Safety and Welfare Policy. The Centre's Manager letting the Contract will be responsible for monitoring the Health and Safety performance of the Contractor and the Contractor's performance will be a factor in deciding whether or not to invite the Contractor to tender again.

23. Venue Hire

22.1 Personal Trainer Academy's tutors and Assessors are responsible for checking the validity of the Health and Safety Policies at the venues at which they conduct their classroom and practical sessions.



Directors signature:

Dated:

Review date: 1st October 2019