



## POLICY HEALTH AND SAFETY

### Purpose of policy

1. Deborah Rowland trading as Cruising Carers and Companions (the Employer) takes health and safety issues seriously and is committed to protecting the health and safety of its staff and all those affected by its business activities. This policy is intended to help the Employer achieve this by clarifying who is responsible for health and safety matters and what their responsibilities are.
2. This is a statement of policy only and does not form part of your contract of employment. This policy may be amended at any time by the Employer at its absolute discretion. The Employer will review this policy at regular intervals to ensure that it is achieving its aims effectively.

### Who is responsible for workplace health and safety?

3. Achieving a healthy and safe workplace is a collective task shared between the Employer and staff. This policy and the rules contained in it apply to all staff of the Employer, irrespective of seniority, tenure, and working hours, including all employees, directors and officers, consultants and contractors, casual or agency staff, trainees, homeworkers, fixed-term staff and any volunteers. Specific responsibilities of staff are set out in the section headed "Responsibilities of all staff" below.

### Employer responsibilities

4. The Employer is responsible for:
  - a. Taking reasonable steps to safeguard the health and safety of staff and people affected by the Employer's business activities.
  - b. Identifying health and safety risks and finding ways to manage or overcome them.
  - c. Providing a safe and healthy place of work and safe entry and exit arrangements, including during an emergency situation.
  - d. Providing and maintaining safe working areas, equipment and systems and, where necessary, appropriate protective clothing.
  - e. Providing safe arrangements for the use, handling, storage and transport of articles and substances.
  - f. Providing adequate information, instruction, training and supervision to enable all staff to do their work safely, to avoid hazards and to contribute positively to their own health and safety at work. The Employer will give you the opportunity to ask questions and advise who best to contact in respect if you are unsure about how to safely carry out your work.
  - g. Ensuring any health and safety representatives receive appropriate training to carry out their functions effectively.
  - h. Providing a health and safety induction and appropriate safety training to your role, including:
    - Manual handling.
    - The use of personal protective equipment (PPE).



## POLICY HEALTH AND SAFETY

- i. Promoting effective communication and consultation between the Employer and staff concerning health and safety matters.
  - j. If an epidemic or pandemic alert is issued, providing instructions, arrangements and advice to staff as to the organisation of business operations and steps to be taken to minimise the risk of infection.
  - k. Regularly monitoring and reviewing the management of health and safety at work, making any necessary changes, and bringing those to the attention of all staff.
5. Overall responsibility for health and safety lies with Manager. They have appointed the Personal Assistants as the Health and Safety Officer with day-to-day responsibility for health and safety matters.
6. Any concerns about health and safety matters should be communicated to the Health and Safety Officer.

### Responsibilities of all staff

#### General staff responsibilities

7. All staff must:

- a. Take reasonable care for their own health and safety and that of others who may be affected by their acts or omissions.
- b. Co-operate with the Health and Safety Officer and the Employer generally to enable compliance with health and safety duties and requirements.
- c. Comply with any health and safety instructions and rules, including instructions on the safe use of equipment.
- d. Keep health and safety issues in the front of their minds and take personal responsibility for the health and safety implications of their own acts and omissions.
- e. Keep the workplace tidy and hazard-free.
- f. Report all health and safety concerns to the Health and Safety Officer promptly, including any potential risks, hazards or malfunctioning of equipment, however minor or trivial they may seem.
- g. Co-operate in the Employer's investigation of any incident or accident which either has led to injury or which, in the Employer's opinion, could have led to injury.

#### Staff responsibilities relating to equipment

8. All staff must:

- a. Use equipment as directed, following any instructions given by representatives of management or contained in any written operating manual or instructions for use, and adhering to any relevant training.
- b. Report any fault with, damage to, or concern about any equipment (including health and safety equipment) or its use to the Health and Safety Officer, who is responsible for maintenance and safety of equipment.
- c. Ensure that health and safety equipment is not interfered with.
- d. Not attempt to repair equipment unless suitably trained and authorised.



## POLICY HEALTH AND SAFETY

Staff responsibilities relating to accidents and first aid

9. All staff must:

- a. Promptly report any accident at work involving personal injury, however trivial, to the Health and Safety Officer so that details can be recorded in the Accident Book. They must also cooperate with any associated investigation.
- b. Familiarise themselves with the details of first aid facilities and trained first aiders, which are available from the Health and Safety Officer on board.
- c. If an accident occurs, contact the duty first aider on board, giving name, location and brief details of the problem.
- d. The Health and Safety Officer is responsible for investigating any injuries or work-related illnesses, preparing and keeping accident records, and for submitting reports under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR), where required.

Staff responsibilities relating to national health alerts, including the Coronavirus (COVID-19) pandemic

10. If an epidemic or pandemic alert is issued, all staff must comply and co-operate with all instructions, arrangements and advice issued by the Employer as to the organisation of business operations and steps to be taken by staff to minimise the risk of infection. Any questions should be referred to the Health and Safety Officer.
11. Given the outbreak of Coronavirus (COVID-19), it is important that all staff members follow the guidelines set out in this policy to ensure maximum safety and to minimise the risk of infection. We will review these guidelines regularly to ensure they are kept up-to-date with Government guidance.
12. Please see the section headed “Staff returning to work - Coronavirus (COVID-19)” below for health and safety measures which specifically address the Coronavirus (COVID-19) pandemic.

Staff responsibilities relating to emergency evacuation and fire

13. All staff must:

- a. Familiarise themselves with the instructions about what to do if there is a fire which are available from the Health and Safety Officer on board.
- b. Ensure they are aware of the location of fire extinguishers, fire exits and alternative ways of leaving the ship in an emergency.
- c. Comply with the instructions of firewardens if there is a fire, suspected fire or fire alarm (or a practice drill for any of these scenarios).
- d. Co-operate in fire drills and take them seriously (ensuring that any clients do the same).
- e. Ensure that fire exits or fire notices or emergency exit signs are not obstructed or hidden at any time.
- f. Notify the Health and Safety Officer on board immediately of any circumstances (for example, impaired mobility) which might hinder or delay evacuation in a fire. This will allow the Health and Safety Officer on board to discuss a personal evacuation plan for you, which will be shared with the appropriate cruise staff.



## POLICY HEALTH AND SAFETY

14. On discovering a fire, all staff must:

- a. Immediately trigger the nearest fire alarm and, if time permits, call reception and notify the location of the fire.
- b. Attempt to tackle the fire ONLY if they have been trained or otherwise feel competent to do so.

15. On hearing the fire alarm, all staff must:

- a. Remain calm and immediately follow on board instructions, walking quickly without running, and following any instructions of the ship staff.
- b. Leave without stopping to collect personal belongings.
- c. Stay out of any lifts.

16. The Health and Safety Officer on board is responsible for ensuring that fire risk assessments take place, that changes are made where required, and for making sure there are regular checks of fire extinguishers, fire alarms, escape routes, signage and emergency lighting.

### Risk assessments and manual handling

17. Risk assessments are essentially a careful examination of what in the workplace could cause harm to people. The Employer will assess any risks and consider measures to best minimise any risk. The Employer will carry out general workplace risk assessments when required or as reasonably requested by staff. Managers must ensure that any necessary risk assessments take place and the resulting recommendations are implemented. The Health and Safety Officer is responsible for workplace risk assessments and any measures to control risks.

18. Personal Protective Equipment (PPE) is provided where risks cannot be otherwise effectively controlled.

19. Guidance on manual handling (for example, lifting and carrying heavy objects) can be obtained from the Health and Safety Officer and where necessary training will be provided by the Employer, but the Employer will try to minimise or avoid the need for manual handling where there is a risk of injury.

### Non-compliance with health and safety rules

26. Any breach of health and safety rules or failure to comply with this policy will be taken very seriously and is likely to result in disciplinary action against the offender, in accordance with the Employer's disciplinary policy, up to and including immediate dismissal.

### Attribution

27. This health and safety policy was created using a document from [Rocket Lawyer](https://www.rocketlawyer.com/gb/en) (<https://www.rocketlawyer.com/gb/en>).