

Health & Safety health check

A free checklist



Health & Safety health check

Wondering where your business is at when it comes to Health & Safety compliance? Whether you just need a bit of reassurance or you're confident in your compliance but want to know what else you can do to make your business stand out, Citation ISO Certification's Health & Safety health check is for you.

This checklist is designed to help you evaluate how effectively you're managing both the physical and psychological wellbeing aspects of Health & Safety within your business. As you navigate through the questions, you'll start to understand what you're already doing really well and where there's room for improvement.



Core pillars of compliance

Processes

Do you have a competent Health & Safety person or adviser? Yes No

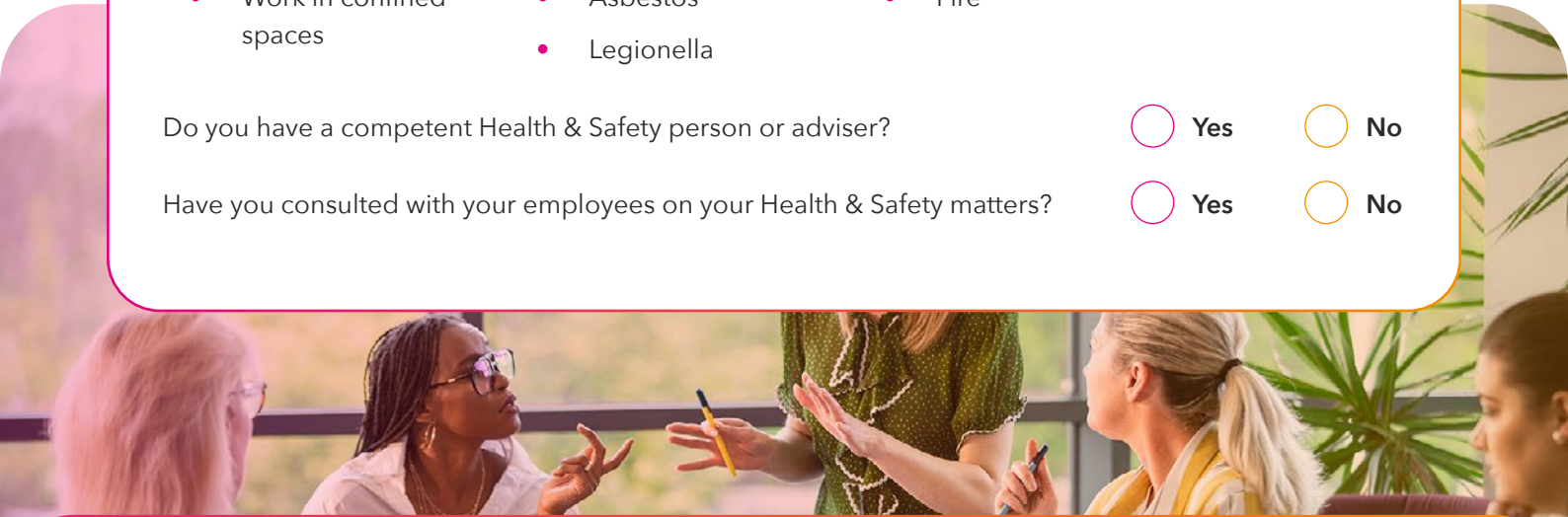
Do you risk assess all relevant work activities and your wider workplace? Yes No

Including:

- Work at height
- COSHH
- Stress
- Work in confined spaces
- Asbestos
- Fire
- Legionella

Do you have a competent Health & Safety person or adviser? Yes No

Have you consulted with your employees on your Health & Safety matters? Yes No





Documentation

- Do you have a written Health & Safety policy? Yes No
- Does your Health & Safety policy consider sub-contractors and visitors to your premises? Yes No
- Do you have a Health & Safety handbook in place and communicated with employees? Yes No
- Have your team seen, reviewed and acknowledged all your risk assessments? Yes No
- Is your winter preparedness plan updated and communicated? Yes No
- Do you have an accident reporting log? Yes No
- Do you have a mental health policy? Yes No

Training, tools and resources

- Have you and anyone involved in your business completed all mandatory Health & Safety training? Yes No
- Do you regularly consult with your team about your plan for spotting, evaluating and managing risks? Yes No
- Have you invested in the correct equipment needed for your team to complete their work safely (e.g. Personal Protective Equipment (PPE), Respiratory Protective Equipment (RPE))? Yes No
- Are managers trained to recognise signs of stress and mental health issues in employees and provide appropriate support? Yes No

Evaluation and improvement

- Do you regularly review and amend your risk assessments? Yes No
- Do you monitor and evaluate your Health & Safety performance? Yes No
- Do you regularly put in place corrective actions where you might be underperforming? Yes No
- Do employees have access to resources or programs that promote mental wellbeing? Yes No





Answered no to any questions? Citation ISO Certification is here for you.

If you answered no to any of the above questions, you might not be meeting your legal requirements, and you could be stunting your business growth.

While getting on top of your legal responsibilities is the best way to secure the future of your business, Health & Safety actually goes far beyond just ticking boxes and just fulfilling your legal duties. It can actually be a real engine for growth, productivity and a boosted bottom line.

So, how do you take your Health & Safety management from box ticking to business boosting?

Introducing ISO 45001 and ISO 45003

ISO 45001 is the globally recognised Standard for occupational Health & Safety management, transforming businesses of any size, in any sector. ISO 45001 is all about implementing a proactive approach to preventing work-related ill health and injury in your business. And it's not just about managing risks, it's about engaging with your entire team, so everyone is on the same page when it comes to workplace safety, and you can find innovative solutions together.

Couple that with ISO 45003, the pioneering Standard addressing psychological wellbeing in the workplace, you can comprehensively manage both physical and psychosocial risks - making sure you're taking care of the mental health and wellbeing side of Health & Safety. Together, they offer a complete framework for continual improvement in Health & Safety, creating a positive and engaged workplace and enhancing your business' reputation.

Achieving certification in these Standards not only demonstrates that you're sticking to Health & Safety best practice, reducing accidents and complying with the law, but also helps position your business as an industry leader.



Citation ISO Certification – proud to support businesses across the UK

If you want to champion Health & Safety in your business and achieve ISO certification, we'll be with you all the way. Even if you're going it alone, you're not on your own and it's not as scary as you might think. It's based on how your business systems currently operate and basically makes them better and helps fill the gaps to get your business up to Standard.

At Citation ISO Certification we help businesses of every size and sector with a fast, simple, and cost-effective route to ISO certification. We are one of the UK's leading certification bodies and we're by your side throughout your ISO journey. No complicated jargon just simple expert advice to help you achieve certification in as little as 45 days.

If you have any questions or would like the help, guidance and advice of our expert team, you can call us on **0333 344 3646** or email ISOsales@citation.co.uk for a chat about what you need and to get the ball rolling.