

# Do you know *how safety reps can* **HELP?**



## Advice for members

### Do you have any of these problems in your workplace:

- Stress?
- MSDs?
- Bullying?
- IT equipment – i.e. causes discomfort, pain or workstations that don't adjust?
- Cramped, uncomfortable, poorly lit or ventilated workplace?
- Temperature control – either too hot or too cold?
- Changes to work practices that impact on health, safety or members' wellbeing?
- Threats of aggression or violence?

### What can your safety rep do?

#### They have legal rights to:

- **Inspect** – they can **examine a workplace** and determine if it meets the appropriate health and safety regulations and standards. They can conduct a confidential union **member survey** to provide evidence of bullying or stress and its possible causes, or if staff are suffering from pain, reps can run **body mapping sessions** to determine whether work is the cause or if it is impeding recovery.
- **Notify the employer** in writing about hazards in the workplace and request that they do a risk assessment to come up with a plan to satisfactorily resolve the problem.

- Be involved in the **risk assessment** process to ensure it is adequately done and members' views are properly considered before any plans are made.
- **Be advised and consulted** prior to any proposed substantial changes in work conditions that could affect members' health, safety and wellbeing, or when new technology is to be introduced.
- **Represent you** and other CSP members at the workplace health and safety committee meetings.

### You can ensure your workplace is kept safe by:

- Talking to your safety rep about your concerns and discuss how together you can resolve any problems that come up.
- If you don't have a safety rep – discuss with your colleagues about electing one.

### Health and Safety is a right not a luxury - Support your safety rep

For more information on the role of safety reps visit: [www.hse.gov.uk/involvement/hsrepresentatives.htm](http://www.hse.gov.uk/involvement/hsrepresentatives.htm)  
or [www.csp.org.uk/safety](http://www.csp.org.uk/safety)