The Vice-Chancellor’s Awards for Health and Safety 2017

Nominations

1. **Team Healthy Week: Tilly Hall, Leigh Marklew, James Buckley, Emma McKenzie-Hogg**
   This informal team came together, worked and collaborated to develop a successful concept to engage staff in Healthy Week with a clear, modern campaign using social media and online messaging. Significant staff engagement was realised across campus with 200 Healthy Week heroes (representing all faculties and services) and 500 people attending events during the week.

2. **Heather Swinsco, Faculty of Engineering HR**
   Heather’s role involves supporting staff health and wellbeing, through a mental health initiative in partnership with Sport and Physical Activity. Staff were given additional support to use exercise to support improvements to their mental health. Early feedback from participants is very positive.

3. **Team Healthy Week Heroes – Jess Mayho, Addi Manolopoulou and Rachael Brown**
   Jess helped to engage staff at Weetwood in making lifestyle changes. Addi delivered staff yoga, knitting and step-tracking. Rachel designed an activity tracker, ran an ‘adopt a pot plant’ session, bought in a herb window box for the staff kitchen and arranged for a ‘dog therapy’ session for staff relaxation.

4. **Lynne Thompson, Laidlaw Library**
   Lynne motivates a large team of frontline staff, organises charity bake-offs, champions fundraising efforts and coordinates a monthly foodbank collection across 4 libraries. Her constant good humour and encouragement contributes to team wellbeing and her attitude is vital to the service’s success.

5. **Gillian Felton, NIHR**
   Gillian heads a project on workplace wellbeing in the NIHR Clinical Research Network Coordinating Centre. She created the ‘Wellbeing Warriors’ network, drafted a wellbeing strategy, delivered personal trainer sessions, added fruit to the tuck box and proposed wellbeing as a standard item on inductions and staff reviews.

6. **School of History**
   Cross-school activities focusing on creating a healthy work/life balance with staff/academic team building in a fun and inclusive way. For example, geocaching, climbing steps, swapping coffee for water, historians craft group, office yoga and taking part in the Students 5k colour race.

7. **Alumni and Development**
   There was 100% departmental participation in Healthy Week activities, with a legacy of positive behaviours and improved wellbeing for staff and students - e.g. a departmental netball match, campus walk and team healthy picnic. 70 students who work on the phones swapped fruit for the usual biscuits.

8. **Frances Andralojc, Sport and Physical Activity**
   Frances set up the ‘Lifestyle and Wellbeing Programme’, using physical activity to treat students who attend the Student Counselling Centre. She helped over 50 students this year with bespoke physical interventions, exercise programmes and guidance on diet, sleep, stress and other lifestyle factors.
9. Residential Services, Facilities Directorate
An accessible and inclusive 'sensory garden' was developed to assist people assessed with Autism Spectrum Disorder (AS), promote good mental wellbeing and provide year-round interest. It provides a calming effect, potentially reducing anxiety, stress, and/or depression and the garden is a case study on the national Green Tourism and RHS ‘Wild About Gardens’ websites.

10. Jessica Mayho, Sport and Physical Activity (SPA)
Staff at Weetwood often don’t get involved with activities on main campus, as they are based off-site, but Jess persuaded many of them to take part in a wide variety of events including introductory cycle track sessions, a rugby union ‘boot camp’, fruit smoothies, and a ‘healthy breakfast’ day.

11. Laura Beare, Galleries - Library
Laura invited colleagues across the University (and especially in the Library) to join her in sessions including seated yoga for beginners, meditation and Sketch Club. She encouraged healthy eating in her immediate team in Special Collections and posted the Healthy Week materials in Library staff areas.

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12. Robert Bartley, Formula Race students, Mechanical Engineering
Every year, Formula Race students take on the challenge of building and operating a real racing car on a racing circuit. Robert designed a portable car-lifting device so the car can be started safely whether in gear or not and introduced a new safe working method, which will be used in future years.

13. Jumana Akhtar, Retrasafe Ltd/ Biology SPARK
Jumana designed and developed a retractable ladder stabilising device which is simpler, easier to use and more cost-effective than any competitor. The product (patent pending) reduces the risk of ladders slipping and the numbers of falls from height. It is now used by London Underground contractors.

14. Jacquie Beaumont, Ruth Hindmarsh, Peter Bolger, Cleaning Services
They saw that Cleaning Services staff were having difficulty in disposing of waste in external refuse bins which are quite high, difficult to keep open to put in the waste bags safely. They designed the ‘bin lid prop’ with staff in Mechanical Engineering for £135 to prop the lid open and keep staff safe.

15. The Chemistry Student SHE Committee, Holly Foster, Nisha Pokar, Namrah Shahid, Stephanie Foster (plus Rebecca Lane, Rebecca Rose: graduated), School of Chemistry
Coming back from industrial placements 4th year MChem students discussed the collective ownership of health and safety there. They set up their own SHE (Safety, Health and Environment) Committee, recruiting 25 students to discuss issues and deliver activities to encourage good practice, leading to a near 50% reduction in incidents associated with chemical spills/ contact.

16. Dr Marie Parker, Dr Rachael Barlow and Sarah Perry, Senior Lab Managers, SCIF
The team implemented specific training to ensure all researchers are competent to the same standards for specific rooms and equipment. Training has covered: centrifuges, the cryoroom, gas cylinder management, Tutela, GM2 communal lab, microbiology labs and -80 degree freezers.

17. Faculty of Engineering Safety Office Staff
The team migrated existing faculty-level safety guidance for staff and students into a wiki format to ensure 18001 accreditation, easy updating and allow information to be retrieved at any time of day or night from anywhere in the world with an internet connection and device.

18. Future Manufacturing Processes Research Group, Faculty of Engineering
They went beyond compliance to establish excellence and positive engagement from students and staff in health and safety. They built a research team whose members were empowered to operate at the professional standard expected by industry, using consultation to ensure good practice flourished.
19. **Ben Johnson, Stuart Weston, Emma Sykes, Andy Gaw and the EC Stoner fire wardens**
   The EC Stoner fire wardens saw that better processes were needed for efficient evacuation of the building. They took the initiative to work with Wellbeing Safety and Health and the many EC Stoner occupants to identify, trial, then implement and fund a radio system in this challenging building.

20. **Timothy Knighton, Business and Facilities Co-ordinator, School of Healthcare.**
   Tim has driven a massive improvement in levels of compliance with the mandatory online health and safety training system, using a systematic audit approach and feedback to individuals’ line managers. This led to a relative improvement of 50% in completion across all categories of the training.

21. **Henry Gauci, Faculty of Biological Sciences**
   Henry is a full-time Portable Appliance (PA) Tester in the faculty and identifies and (importantly) solves electrical safety issues. PA Testing is like painting the Forth Bridge – there is no end point as it takes at least 2 years to get around all 25,000 items. Henry is very diligent and has excellent attention to detail for faults which may go unnoticed by many.

22. **Dr Rachael Barlow, SCIF, School of Medicine**
   Rachael has been instrumental in revitalising health and safety inductions for over 150 starters every year. She has implemented a successful health and safety PowerPoint presentation which ensures all new starters have pertinent information to work safely on site. Participants must complete and pass a test to gain access to the secure buildings on site and enable auditing to meet the OHSAS 18001 standard.

23. **Beth Parry, Library**
   Beth was called into action to assist a student who had been injured when falling down the stairs in the Brotherton Library. Her quick thinking and calm demeanour in a stressful situation ensured that the student didn’t panic. Unbeknownst to Beth, the student had suffered a serious back injury and any movement could have resulted in paralysis.

24. **Romain Cames and the Bike Hub, Sustainability Service.**
   In the Bike Hub, University community members can hire bikes, borrow tools, help others and learn about cycling mechanics. This year they adapted their operational practices to install three public repair stations, foster behavioural change around safe workshop practices and cycle safety, building support and understanding with users and visitors.

25. **Professor Robert Kelsall and Professor John Cunningham, Electronic and Electrical Engineering.**
   Robert and John began addressing weaknesses in health and safety management and ripping up old attitudes to laboratory ownership and management. They determined to work – and train our students – to the high health and safety management standards that industry hold, and instil a new sense of progress and continuous improvement.

26. **Ed Woodhouse, Lead Technician, Chemical and Process Engineering, Faculty of Engineering**
   Ed facilitates day-to-day implementation of health and safety, coordinating the labs and services across the Energy Building to provide a safe environment for students. He brings a positive ‘can-do’ attitude to his work and always puts the safety and interests of students at the forefront of his priorities.

**Congratulations to all those nominated.**

For more information on the work of Health and Safety Services see [www.leeds.ac.uk/safety](http://www.leeds.ac.uk/safety)