

June 2024



TOP 10 NEWS

OHS, FIRE SAFETY, ENVIRONMENTAL PROTECTION, LABOUR LAW, FIRST AID

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HOW TO PROTECT YOURSELF AGAINST HEAT?

- Monitor the temperature at home by closing and covering windows, even in air-conditioned rooms.
- Avoid going out during the hottest part of the day.
- Cool down your body by taking cool showers and applying cold compresses. Hydrate your body by drinking plenty of water.
- If you are staying by the sea or a lake, remember that water intensifies the effects of sunlight by reflecting it.
- Avoid heavy foods.



WORK DURING HOT WEATHER – EMPLOYER’S OBLIGATIONS

When the temperature exceeds 28°C in the office and 25°C outdoors, the employer is under a legal obligation to provide employees with cold drinks enriched with minerals and vitamins , in addition to drinking water. However, the regulations do not specify the exact quantities of beverages that an employee is entitled to in such conditions. This is largely due to the fact that the needs of different people are individual.



TRAVEL SAFELY BY CAR – NOT ONLY ON HOLIDAYS



Checklist before the trip:

- Check the vehicle's technical condition;
- Do not embark on a journey if you are tired or sleepy;
- Plan your journey, taking into account breaks for rest (It is recommended to take breaks every 2 hours of drive);
- If you're travelling with a small child:
 - Check the child's seat attachment and the door and window locks;
 - Only feed the child during breaks;
 - Travel clothes should be layered.
- Small pets should be transported in containers adapted for this purpose;
- Regularly check the attachment of any luggage on your roof rack.



THE LABOUR CODE IS ALREADY 50 YEARS OLD

On 26 June 1974, the Labour Code was adopted, which is a comprehensive act regulating the rights and obligations of both employees and employers. The Labour Code, often referred to as "everyday law", has been amended numerous times. In 1996, the provisions of the Labour Code were adapted to the needs of a market economy. Further significant changes were introduced upon Poland's accession to the European Union.

Source: mpips



ESSENTIAL WATER SAFETY RULES:



- Always follow the lifeguards instructions;
- Never enter water under the influence of alcohol;
- Only swim in designated areas;
- Obey the rules – prohibition and warning signs;
- Only swim in open waters with assistance;
- Remember that the seabed can change;
- Never jump, especially headfirst, into unknown, shallow water;
- Do not jump into the water after sunbathing;
- Don't overestimate your abilities – save your strength for getting out of the water.

AIR-CONDITIONING DOES NOT RELEASE THE EMPLOYER FROM THE OBLIGATION TO PROVIDE EMPLOYEES WITH DRINKING WATER

The obligation to provide drinking water arises from the regulation on general occupational health and safety regulations. On the other hand, the obligation to provide workers with cold drinks in certain conditions is specified in the regulation on preventive meals and drinks. With proper air conditioning, if the temperature in the workrooms does not exceed 28°C, there is no basis for issuing cooling drinks to employees. However, the obligation to provide drinking water remains regardless of the temperature in the rooms.



A RISE IN WORK ACCIDENTS IN Q1 2024

A significant increase in workplace accidents has been recorded in the first quarter of 2024, with a total of 15,433 incidents reported, representing a 7.9% rise compared to the same period in 2023. An analysis of the first three months of 2024 reveals that one in three accidents was caused by striking a stationary object. Striking a moving object or contact with a sharp object were less common causes. These hazards are prevalent on construction sites and in industrial settings.

Source: portalBHP.pl



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OVERTIME IN BUSINESS TRIPS AND TRAVEL TIME



Accurate records of working hours during business trips is crucial for determining compensation.

Employees should receive a supplement of 50% or 100% of their salary for performing work duties outside of regular working hours.

Actual time worked on a business trip, associated with carrying out a service order outside of normal working hours, is treated as overtime work. Travel taking place outside of the applicable working hours schedule is not counted as working hours and does not constitute overtime work.

THE BOTTLE DEPOSIT SYSTEM TO ULTIMATELY ENSURE A 90% COLLECTION RATE FOR BEVERAGE PACKAGING



Starting 1 January 2025, a deposit system for beverage packaging will be implemented in Poland. According to EU guidelines, by 2025 we should be recycling 50% and by 2030 55% of all plastic packaging. The system will cover disposable plastic beverage bottles with a capacity of up to 3 litres, reusable glass beverage bottles with a capacity of up to 1.5 litres, and metal cans with a capacity of up to 1 litre.

Source: PAP



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SENIOR CITIZENS' WORK IN POLAND



In Poland, only one in six people over the age of 60 is professionally active. While 68% of seniors rate their physical condition well, the same number feel socially excluded.

An increase in the employment rate in the 55-64 age group has been observed – from 27% to around 50%. Currently, 17.7% of people over 60 are professionally active. Interestingly, the digital skills of seniors are quite high: 73% of people over 60 use a smartphone, and 70% use a computer or laptop. Only 8% of respondents do not use digital devices.

Source: CIOP and PIB resources

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KULTURA BEZPIECZEŃSTWA WELLBEING ROZWÓJ I SZKOLENIA DOBRE PRAKTYKI

SEKA S.A. ma w swoim DNA i misji edukowanie w zakresie szeroko rozumianego bezpieczeństwa. Jest to działanie nie tylko wynikające z podpisanych umów z klientami, ale także z obszaru społecznej odpowiedzialności biznesu.

Chcemy podnosić społeczną świadomość i wiedzę z zakresu bezpieczeństwa pracy, jakości życia oraz promować kultury bezpieczeństwa w pracy i życiu pozazawodowym człowieka.

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