

Driving on University business

You must have the correct driving licence and vehicle documents

Find out more at tees.ac.uk/healthandsafety



Accident reporting

Accidents at work must be recorded on a University accident report form

Find out more at tees.ac.uk/healthandsafety

Accident and Incident Report Form
Health and Safety

Date of accident: _____

Time of accident: _____

Name of injured person: _____

Sex: M F

Job Title: _____

Details as appropriate

Postgraduate

PAT testing

All portable electrical appliances need to be examined and tested by a trained PAT tester

Find out more at tees.ac.uk/healthandsafety



No smoking

The campus heart
is a designated
no smoking area



Find out more at tees.ac.uk/healthandsafety

Save a life

CPR training sessions can be booked through the Health and Safety Centre

Find out more at tees.ac.uk/healthandsafety



Watch your step

In 2015 slips, trips and falls accounted for a third of all University accidents

Find out more at tees.ac.uk/healthandsafety



Take a break

Time at your workstation should be broken up by periods of non-intensive, non-display screen work

Find out more at tees.ac.uk/healthandsafety



Silver Cloud

Online self-help support
for students and staff
experiencing problems
with stress, anxiety
and depression

Find out more at tees.ac.uk/healthandsafety



Keep fit and healthy

Take regular exercise such as walking, going to the gym or taking part in a sport

Find out more at tees.ac.uk/healthandsafety



Healthy eating

Eat the recommended amount of salt, sugar and fat in your diet to prevent health problems

Find out more at tees.ac.uk/healthandsafety



Alcohol consumption

Prevent health issues
by following the NHS
guidelines on recommended
alcohol consumption

Find out more at tees.ac.uk/healthandsafety



Watch your step

Take care to avoid
slips, trips and falls



Find out more at tees.ac.uk/healthandsafety