



**Welcome to Virtual IOSH Chiltern Branch**

# 8<sup>th</sup> April 2020

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- IOSH News
- Branch Support for Members During this Crises
- Sarah Jones – Resilience
- Gary Pharo – Use of RPE



# Continue the Conversation

**Tweet Tweet**  
**@IOSH\_Chiltern**

**@IOSH\_Tweets**



Edit profile

**IOSH Chiltern**

@IOSH\_Chiltern

Official Twitter #IOSH Chiltern Branch. All welcome to events.  
[#wellness](#) [#health](#) [#Herts](#) [#Beds](#) [#Bucks](#) Tag Positive OSH [#POSH](#) [#healthandsafety](#) [#TeamChil](#) 😎

📍 Markyate, England

[exclusive.iosh.com/membership/our...](https://exclusive.iosh.com/membership/our...)

📅 Joined September 2017

578 Following 582 Followers

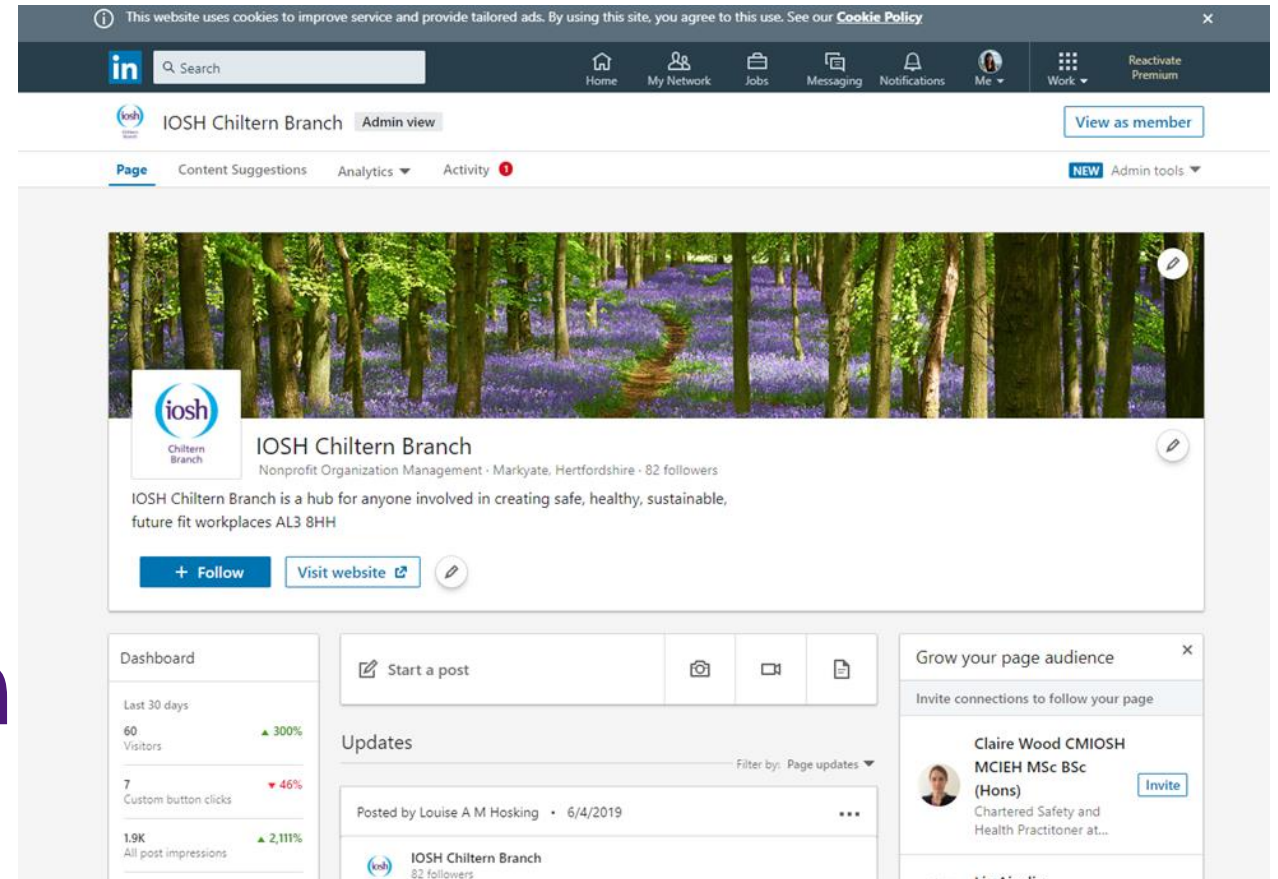
Tweets

Tweets & replies



# Chiltern Contact – Website, LinkedIn, Eventbrite

**Please Use LinkedIn  
to Stay Connected**



The screenshot shows the LinkedIn profile page for the IOSH Chiltern Branch. At the top, there is a navigation bar with the LinkedIn logo, a search bar, and icons for Home, My Network, Jobs, Messaging, Notifications, and Me. Below this is the profile header for "IOSH Chiltern Branch" with an "Admin view" button and a "View as member" button. The profile picture is a landscape image of a forest path with purple flowers. The profile name is "IOSH Chiltern Branch" with the description "Nonprofit Organization Management · Markyate, Hertfordshire · 82 followers". The bio states: "IOSH Chiltern Branch is a hub for anyone involved in creating safe, healthy, sustainable, future fit workplaces AL3 8HH". There are buttons for "+ Follow" and "Visit website". Below the profile information is a "Dashboard" section with statistics for the last 30 days: 60 Visitors (up 300%), 7 Custom button clicks (down 46%), and 1.9K All post impressions (up 2,111%). To the right of the dashboard is a "Start a post" section with icons for text, image, video, and document. Below that is an "Updates" section showing a post by Louise A M Hosking dated 6/4/2019. On the far right is a "Grow your page audience" section with an "Invite" button for Claire Wood CMIOSH, MCIEH MSc BSc (Hons), Chartered Safety and Health Practitioner at...

<https://exclusive.iosh.com/membership/our-membership-network/our-branches/chiltern-branch/recent-events/>  
<https://www.eventbrite.co.uk/o/iosh-chiltern-branch-19694449829>

# Anticipated Virtual Meetings – Subject to Change



1pm until about 2.30pm. You will need an authenticated zoom account to attend

- 8th April – Sarah Jones will speak about resilience and leadership & Gary Pharo from Sandstrom Respiratory Protective Devices
- 15<sup>th</sup> April – Dr Jutta Tobias-Mortlock: Mindfulness
- 17<sup>th</sup> April – Dr Andrew Sharman: IOSH President and Dr David Gold: IOSH Approach to Mental Health as a result of the crises
- 22<sup>rd</sup> April – Peter Kelly – Senior Psychologist HSE
- 29<sup>th</sup> April – Nicole Vazquez: Lone Working
- 6<sup>th</sup> May – David Thomas – What will the OSH Profession of the Future be?
- 13<sup>th</sup> May – Kirsty – Angerer: Ergonomics and MSDs



# Join IOSH Chiltern Committee – We Need Help

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A Message from IOSH President Andrew Sharman



# Last Time.....

## OPPORTUNITIES

- Visualize (risk assessments)
- Think about use of animation
- Use mobile polling/voting

Adapt  
Innovate  
Collaborate

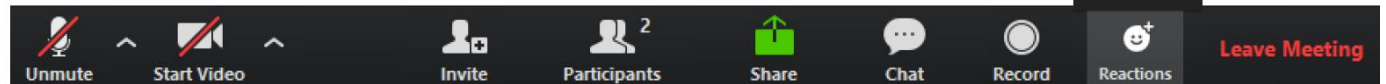
## Let's dive in



using the WAVING HAND icon (or select from Participant option)

Q1. How many of you have HOSTED a meeting with ZOOM or similar

Q2. How many of you have RARELY used a video collaboration tool



Attendees from IOSH Caribbean and across the UK  
With Richard White – Slides on LinkedIn

# IOSH News – IOSH Benevolent Fund

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- A Separate Registered Charity
- Available to members with 3 years good standing
- Provides Financial help for those in ill health or hardship
- The fund is reliant on donations
- Contact [governance@iosh.com](mailto:governance@iosh.com) in confidence

[www.iosh.com/ioshbenevolentfund](http://www.iosh.com/ioshbenevolentfund)





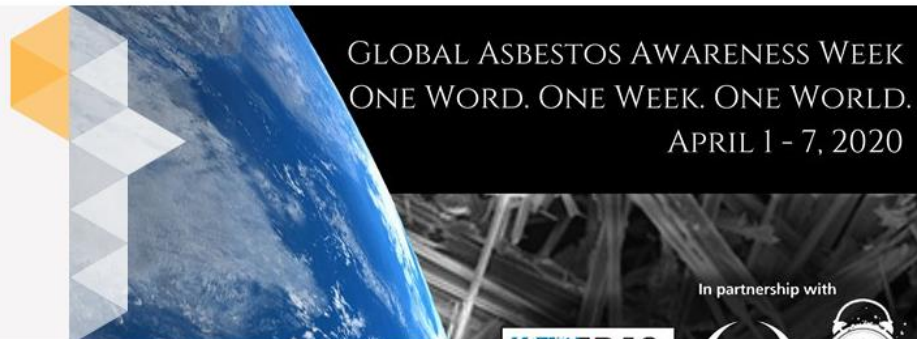
# IOSH News

<https://www.iosh.com/more/news-listing/>

<https://www.linkedin.com/company/iosh/>

- Events and AGMs Postponed - Chiltern have no future events currently planned
- 75<sup>th</sup> Birthday celebrations postponed but will be covered in IOSH Magazine
- IOSH have created Dedicated Web Pages for Support & Advice on Covid-19
- Guidance issued for Health Care workers <https://www.iosh.com/coronavirus/healthcare-workers>
- And for Remote workers <https://www.iosh.com/resources-and-research/our-resources/communicable-diseases/coronavirus/remote-workers/>
- Weekly IOSH Webinars. Last one had 3300 attendees Thursdays 12.30pm
- Next IOSH Webinar is on physical and **mental wellbeing 9<sup>th</sup> April** <https://www.iosh.com/coronavirus/webinar>
- Global Asbestos Awareness Week 1<sup>st</sup> -7<sup>th</sup> April – think about the other OSH plates you spin

IOSH partners with  
ADAO for Global  
Asbestos Awareness  
Week 2020



Work-related cancer claims  
742,000 lives a year worldwide



**Sarah Jones**

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