

Health & Safety

First Aid

Minor injuries may occur at work and staff may suffer from illness whilst at work. We will comply with the relevant first-aid guidance and ensure that there are sufficient trained employees on our sites at any time during operational hours

It is your responsibility to report to your manager as possible any accident to yourself whilst at work or to any other person arising out of workplace activities.

You should also inform the Health and Safety Officer of any illness that you may have that may effect your work in any way (i.e. diabetes, epilepsy etc.)

It is the responsibility of the Health and Safety Officer to take control of any accident situations and to call for help if necessary. It is also their responsibility to ensure that the First Aid Box is correctly stocked. The First Aid Box is located in the Ground Floor Kitchen

If anyone is off work for more than 3 days as a result of an accident at work (not counting the day of the accident but including any days which would not have been working days e.g. Saturday and Sunday), the Health and Safety Inspectorate will be informed within 7 days.

Mental Health First Aiders

We are committed to creating a workplace where mental health is treated with the same importance as physical health. As part of this commitment, we have trained Mental Health First Aiders (MHFA) who are available to offer confidential, non-judgmental support to colleagues experiencing mental health challenges.

Mental Health First Aiders are not therapists or counsellors, but they are equipped to listen, provide reassurance, and guide you toward appropriate professional help if



needed. They also play a key role in promoting awareness, reducing stigma, and fostering a culture of openness around mental health.

You can find a list of our current Mental Health First Aiders, along with contact details and guidance on how to reach out, below:

Claire Allen, Internal Auditor | claire.allen@hb.co.im | Ext: 446

Yvonne Byron, Operations Supervisor | Yvonne.byron@hb.im | Ext: 425

Lynsey Harris, Head of People | lynsey.harris@hb.im | Ext 429

Jenny Harrison, HR Operations Manager | jenny.harrison@hb.im | Ext: 443

Claire Moyer | claire.moyer@spar.co.im

If you require any further assistance or would like to learn more about becoming a Mental Health First Aider, please contact the People Team at hb@hb.im.