



Contactyoga4health@gmail.com Tel 07782 413 146

Charity Number: 1190806

YIHA HEALTH AND SAFETY POLICY

Purpose of Policy

1. Yoga in Healthcare Alliance (YIHA) takes health and safety issues seriously and is committed to protecting the health and safety of its staff, tutors and all those involved in its business activities, including attending programmes. This policy is intended to clarify who is responsible for health and safety matters and what those responsibilities are.
2. This is a statement of policy only and does not form part of a contract of employment. This policy may be amended at any time by the YIHA in its absolute discretion. The YIHA will review this policy at regular intervals to ensure that it is achieving its aims effectively.
3. As YIHA does not employ more than five people, we are not legally required to have a written health and safety policy. However, YIHA has chosen to adopt this Health and Safety Statement for best practice purposes. The Health and Safety at Work Act 1974, the primary UK health and safety legislation, requires employers to ensure, "so far as is reasonably practicable, the health, safety and welfare at work" of those working for them.
4. The Management of Health and Safety at Work Regulations 1999 also place a duty on employers and employees to assess and manage risks arising from work activities. Responsibilities related to this are outlined for all YIHA staff, tutors, trainees and volunteers in YIHA Risk Assessment, Incident and Accident Reporting Policy. [Added Oct 2025: All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.]
5. This policy document should be read in conjunction with YIHA Risk Assessment, Incident and Accident Reporting. All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.

Who is responsible for workplace health and safety?

6. Achieving a healthy and safe workplace is a collective task shared between the YIHA, staff, tutors, trainees and those attending any programmes. This policy and the rules contained in it apply to all of those involved in YIHA activities of business irrespective of seniority, tenure and working hours, including all employees, directors and officers, consultants and contractors, casual or agency staff, trainees, tutors, homeworkers and fixed-term staff, programme attendees/ patients and any volunteers. Specific responsibilities of staff are set out in the section headed "Responsibilities of all staff" below.

YIHA Responsibilities

7. The YIHA is responsible for:

- a. taking reasonable steps to safeguard the health and safety of staff, tutors and those attending YIHA training and of people visiting its premises or training premises in line with the Health and Safety Policy of that establishment.
- b. providing health and safety guidance for Yoga4health tutors so that they are able to organise their programmes safely and in accordance with Health and Safety Policies of partner organisations and premises where they are delivering their programmes.
- c. identifying health and safety risks and finding ways to manage or overcome them.
- d. providing a safe and healthy place of work (including guidance for home-working staff and volunteers) and safe entry and exit arrangements, including during an emergency situation.
- e. providing and maintaining safe working areas, equipment, and systems and, where necessary, appropriate protective clothing.
- f. providing safe arrangements for the use, handling, storage and transport of articles and substances.
- g. providing adequate information, instruction, training, and supervision to enable all staff, tutors, trainees and volunteers to do their work safely, to avoid hazards and to contribute positively to their own health and safety at work. YIHA will give those engaged in the activities of their business the opportunity to ask questions and signpost who best to contact in respect of those questions if you are unsure about how to safely carry out your work.
- h. ensuring any health and safety representatives receive appropriate training to carry out their functions effectively.
- i. providing a health and safety induction and appropriate safety training, including:
 - the use of personal protective equipment (PPE)
 - Risk Management, Safe Practice, Modification of Physical Practice
- j. promoting effective communication and consultation between the YIHA and staff, trainees and volunteers concerning health and safety matters and will consult with them directly relating to health and safety.
- k. if an epidemic or pandemic alert is issued, providing instructions, arrangements, and advice to those working in YIHA premises or representing the YIHA in providing training as to the organisation of business operations and steps to be taken to minimise the risk of infection.
- l. regularly monitoring and reviewing the management of health and safety at work and associated policies and guidance, making any necessary changes, and bringing those to the attention of all staff, trainees, tutors and volunteers.

8. The YIHA Board of Directors has overall responsibility for health and safety at YIHA business premises.

9. Any concerns about health and safety matters in other premises, where YIHA training programmes are being delivered, should be notified to the Principal Health and Safety Officer at those premises. See further guidance for tutors/ trainees below regarding this.

Responsibilities of all Staff, Y4Health Tutors, Trainees and Volunteers

General Responsibilities

10. All staff, Y4Health tutors, trainees, and volunteers must:
 - a. take reasonable care for their own health and safety and that of others who may be affected by their acts or omissions.
 - b. adhere to YIHA Health and Safety Policies and Procedures, enabling compliance with health and safety duties and requirements.
 - c. familiarise themselves with and adhere to the health and safety policy and procedures of the organisation and premises that they are working with/in, if delivering a YIHA/ Yoga4Health programme at another location/ organisation
 - d. familiarise themselves and adhere to health and safety guidance given by their insurance provider.
 - e. comply with any health and safety instructions and rules, including instructions on the safe use of equipment.
 - f. keep health and safety issues in the front of their minds and take personal responsibility for the health and safety implications of their own acts and omissions.
 - g. Keep their own first aid training certification current and up to date
 - h. keep the workplace tidy and hazard-free.
 - i. report all health and safety concerns in accordance with the organisation and premises that they are operating within and the requirements set out by their insurance provider.
 - j. operate in accordance with YIHA Risk Assessment, Incident and Accident Reporting Policy to manage, minimise and mitigate risk [Added Oct 2025: All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.]
 - k. report any potential risk, hazard, or malfunction of equipment, however minor or trivial it may seem in accordance with the YIHA risk, accident and incident reporting policy and the corresponding reporting system set out by the organisation and/or premises where they are operating. All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.
 - l. report any accident and incident in accordance with the YIHA risk, accident and incident reporting policy and the corresponding reporting system set out by the organisation and/or premises where they are operating. All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.
 - m. co-operate with any investigation of incident or accident which either has led to injury or which could have led to injury.

Responsibilities relating to equipment:

11. All staff, tutors, trainees, and volunteers must:
 - a. use equipment as directed by any instructions given by representatives of management or contained in any written operating manual or instructions for use and any relevant training.

- b. report any fault with damage to or concern about any equipment (including health and safety equipment) or its use to the Principal Health and Safety Officer, who is responsible for maintenance and safety of equipment, at the premises where they are delivering the programme.
- c. ensure that health and safety equipment is not interfered with.
- d. not attempt to repair equipment unless suitably trained and authorised.

Responsibilities relating to accidents and first aid.

12. All staff, tutors, trainees, and volunteers must:

- a. ensure that any accident or emergency is dealt with safely and swiftly in line with first aid guidance at the premises in which they are working.
- b. ensure that their personal emergency first aid certification is valid and current and that they know the contact details for the designated first aider at the premises where they are working in the event of an emergency.
- c. promptly report any accident at work involving personal injury, however trivial, via the YIHA reporting system (as outlined in the YIHA risk, accident and incident reporting policy) and the accident book at the premises where they are delivering their programme. They may be required to cooperate in any associated investigation. All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.
- d. familiarise themselves with the details of first aid facilities and trained first aiders, at the premises where they are delivering their programme, including emergency contact details for a first aider should an emergency occur.
- e. the Health and Safety Officer at the premises where the programme is being delivered will be responsible for investigating any injuries or work-related disease, preparing, and keeping accident records, and for submitting reports under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR), where required. Staff, tutors, trainees and volunteers should complete their own records (as per the YIHA accident and incident report forms) and notify the YIHA of any events after they have followed the Health and Safety Policy of the organisation and premises where they are delivering their programme. All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.

Staff responsibilities relating to emergency evacuation and fire.

10. All staff, tutors, trainees, and volunteers must:

- a. familiarise themselves with the instructions about what to do if there is a fire at the premises where they are working, this information is normally displayed on notice boards and should be provided by the organisation/ premises Health and Safety Officer prior to the programme starting.
- b. ensure they are aware of the location of fire extinguishers; fire exits and alternative ways of leaving the building in an emergency.
- c. comply with the instructions of fire wardens if there is a fire, suspected fire or fire alarm (or a practice drill for any of these scenarios)

- d. co-operate in fire drills and take them seriously (ensuring that any visitors to the building do the same),
 - e. ensure that fire exits, or fire notices or emergency exit signs are not obstructed or hidden at any time.
 - f. notify the Health and Safety Officer, at the venue where you are working, immediately of any circumstances (for example, impaired mobility) which might hinder or delay evacuation in a fire. This will allow the Health and Safety Officer to discuss a personal evacuation plan for you, which will be shared with the fire wardens and colleagues working near to you.
11. On discovering a fire, all staff, tutors, trainees, and volunteers must:
- a. immediately trigger the nearest fire alarm and, if time permits, call the specified emergency contact at the premises where they are operating, notifying them of the location of the fire
 - b. do not attempt to tackle the fire. Only nominated members of staff trained in the use of fire extinguishers should attempt to tackle the fire.
12. On hearing the fire alarm, all staff, tutors, trainees and volunteers, must:
- a. remain calm and immediately evacuate the building, walking quickly without running, following any instructions of the fire wardens.
 - b. leave without stopping to collect personal belongings.
 - c. stay out of any lifts.
 - d. remain out of the building until notified by a fire warden that it is safe to re-enter.

The Principal Health and Safety Officer at the premises where you are working is responsible for ensuring fire risk assessments take place and changes made where required, and for making sure there are regular checks of fire extinguishers, fire alarms, escape routes, signage, and emergency lighting. Tutors are responsible for risk assessing venues to ensure that escape routes are accessible and that they are familiar with the emergency fire procedures at these locations. See individual insurance provider guidance and YIHA guidance concerning risk assessment for more details.

Risk assessments, display screen equipment and manual handling in accordance with the Manual Handling Operations Regulations 1992.

13. Risk assessments are a careful examination of what in the workplace could cause harm to people and what measures should be taken to mitigate the identified risks to maintain a safe environment. YIHA may carry out general workplace assessments when required or as reasonably requested by staff.
14. The Health and Safety Officer at individual premises and venues must assess any generic risks and consider measures to best minimise any risk.
- a. Tutors, trainees and trainers must ensure that they conduct regular risk assessments with respect to the rooms in which they are teaching or delivering YIHA programmes (in accordance with YIHA Risk, Incident and Accident Reporting Policy and associated training) and that any resulting actions and recommendations are implemented. Tutors, trainees and trainers are responsible for the health and safety of their participants. Further guidance is provided in the YIHA risk, accident and incident reporting policy, Yoga4Health training and training material, YIHA risk assessment

forms and from individual insurance providers. All personal data recorded in accidents or incidents must be processed in line with the UK GDPR and Data Protection Act 2018.

15. Personal Protective Equipment (PPE) is provided where risks cannot be otherwise effectively controlled.
16. Staff who use a computer for prolonged periods of time should try, where possible to organise short breaks every few hours away from the computer screen but may request a workstation assessment and/or an eye test by an optician by contacting the YIHA. Guidance on the use of display screen equipment can also be obtained from the YIHA on request.
17. There should be no need for anyone involved in YIHA's activities of business, including delivering programmes, to lift or carry heavy objects. Any guidance required for manual handling should be requested from the YIHA prior to any lifting or carrying of heavy objects as it is not considered that this is a requirement of any YIHA role. In accordance with the Manual Handling Operations Regulations 1992.

Responsibilities relating to Pandemic or Infectious Disease Outbreak (formerly Coronavirus (COVID-19)) and further pandemics

18. In the event of a pandemic or Infectious Disease Outbreaks (formerly Coronavirus (COVID)), it is important that all staff, tutors, students, and service users follow these guidelines to ensure maximum safety and minimise the risk of infection. We will review these guidelines regularly to ensure they are kept up to date with Government guidance.
19. Ensure you familiarise yourself with the guidelines provided here alongside current Government guidance specific to your location and circumstances.

Social distancing

20. In the event of a pandemic or COVID-19 outbreak, you may be required to maintain social distancing wherever possible. To achieve this, you must stay (as per current UKHSA or Government guidance on physical distancing) away from other individuals, while at work and when travelling between sites (e.g., from different office locations).
21. Social distancing must be followed at all times, including in common areas, break rooms, canteens, meeting rooms and reception areas. If individuals are found to not be following social distancing rules or if the space does not allow for social distancing, we will implement staggered breaks or other measures to maintain social distancing.
22. We may change your arrival and departure times in the work/ training location to reduce crowding into and out of the workplace and will ensure that we discuss this with you first to accommodate your needs as far as possible.
23. We will take into account the impact of any measures on individuals with protected characteristics as defined by the Equality Act 2010, namely sex, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, or sexual orientation. This means we will ensure our measures do not adversely affect one group over another.
24. We may also implement new seating or desk arrangements to maintain social distancing.
25. Where social distancing guidelines cannot be followed in full in relation to a particular activity, we will consider whether that activity needs to continue.

26. In the event of an accident or emergency, you are not expected to follow social distancing rules if it would be unsafe to do so. You will be given instructions in the event of an emergency on what you should do.

Hygiene practices at work

27. Staff, tutors, trainees, service users and volunteers must follow all hygiene measures which we implement, and may include increased frequency of hand washing, wearing protective clothing, sanitising workstations and desks.
28. We will provide adequate handwashing facilities (or hand sanitiser where not possible) at entry/exit points and expect all staff to use these facilities frequently whenever entering and exiting the workplace.
29. We encourage Staff, tutors, trainees, service users and volunteers to bring their own food if required and to use their own utensils and drinking containers.
30. We also expect Staff, tutors, trainees, service users and volunteers to apply good hygiene practices generally, such as covering their mouths or faces when coughing or sneezing, not shaking hands or touching other people and to dispose of any waste, such as used tissues or hand wipes, responsibly.
31. Staff, tutors, trainees, service users and volunteers are expected to wipe down surfaces regularly. You should provide adequate cleaning equipment to enable you to clean the surfaces that you have touched.

Meeting rooms

32. Where possible, staff are expected to stay (as per current UKHSA or Government guidance on physical distancing) apart in meetings and to not face directly opposite each other.
33. Meetings should be restricted to a maximum of 2 participants, or only those who are strictly necessary.

Protective clothing and face coverings

34. Where you are already using PPE in your work activity to protect against Pandemic or Infectious Disease Outbreak (formerly Coronavirus (COVID-19) risks, you should continue to do so.
35. We may require staff/ trainees/ service users to wear a face covering as a precautionary measure to protect others. If you do wear a face cover, it must cover your mouth and nose. However, a face covering is not a substitute or replacement for general hygiene practices.
36. Tutors, trainees and service users are not required to wear face coverings as it is not safe or healthy to exercise with a face covering on.
37. If you choose to wear a face covering, we encourage the following steps:
- Wash your hands regularly with soap and water for 20 seconds or use hand sanitiser before putting the face cover on, and after removing it.
 - Avoid touching your face or face covering to prevent contamination.
 - Change and wash your face covering daily if it is washable or dispose of it responsibly.

Mental health whilst working during Pandemic or Infectious Disease Outbreak (formerly Coronavirus (COVID-19))

We take the health of our staff, students, volunteers and anyone working with us seriously, including their mental well-being.

38. If you are working remotely from home or returning to the workplace, we encourage staff, students and volunteers to:

- Connect with their fellow colleagues for informal chats or video calls.
- Get regular exercise and sunlight outdoors.
- Take regular breaks away from their workstation.
- Ensure they are drinking sufficient water and eating properly.

Non-compliance with health and safety rules

39. Any breach of health and safety rules or failure to comply with this policy will be taken very seriously and is likely to result in disciplinary action against the offender, in accordance with the YIHA disciplinary policy, up to and including immediate dismissal.

CHANGE RECORD

Date of Change:	Changed By:	Comments:
26.11.20	Paul Fox	Policy approved by the Trustees
11.3.21	Paul Fox and Amanda Jane Crompton	Updated with latest Covid advice and procedures. Policy approved by the Trustees
28.11.2022	AJC	Reviewed and revised
30.11.2022	PF	Approved
30.11.2023	AJC	Reviewed for currency
06.05.2024	AJC	Reviewed and revised
15.05.2024	PF	Approved
23.10.2025	AJC	Reviewed and revised
28.10.2025	PF	Approved