

OCCUPATIONAL HEALTH AND SAFETY POLICY STATEMENT

THE ART OF MINDFUL PSYCHOLOGY is committed to providing an environment that is safe and without risk to employees, volunteers, participants, colleagues, contractors and visitors. We comply with all legislative requirements of health and safety. We aspire to eliminate all risks to health and safety that is reasonable and practical.

Please note that at the time of writing The Art of Mindful Psychology (AoMP) does not employ any individuals. This policy is written with awareness of those around me in a range of practice environments.

COVID-19

AoMP complies with all COVID health and safety guidelines presented by the Australian Government. We are committed to regularly updating and complying with requirements put in place. This includes front line requirements, hand washing, sanitising, mask wearing, social distancing, maintaining numbers per space requirements, COVID testing, isolation and vaccinations.

AoMP is committed to:

- Observing, noticing, calling, encouraging and sharing best practice to all areas of safety and health.
- Support unwell/injured employees and support them back to work as safely as possible.
- Training of safety performance.
- Reviewing OH&S responses for continuous improvement.
- Ensuring tools and equipment are updated, safe, serviceable and available for use.
- Encourage and support reporting of hazards and incidents, following reporting protocols of site if on location.
- Identifying hazards and implementing controls.
- Taking appropriate immediate action following the report of an injury, incident or near miss.
- Review and update controls and processes where necessary after an incident.

COMMITMENTS

- Awareness of OH&S practices in a range of practice environments, including AoMP's environment.
- Establish and maintain a health and safety management system consistent with the nature of AoMP's practice.
- Identify and maintain compliance with health and safety obligations and other requirements relevant to AoMP.
- Engage qualified persons to ensure effective implementation of best OH&S practice.
- Provide future OH&S training.
- Develop and maintain a culture that encourages all personnel to actively manage health and safety risks.
- Provide and include colleagues in decision making of OH&S practices and policies.
- Define, document and communicate health and safety responsibilities.
- Actively identify and manage workplace health and safety risks. Identify hazards, risks and implement risk controls.
- Ensure hazards and incidents are documented and promptly reported, and investigated where necessary, with control measures implemented to eliminate or minimise the risk of recurrence.
- Maintain physical infrastructure and associated environment, including buildings and equipment, in a condition that ensures it is safe to use.
- Establish, maintain and monitor progress of all OH&S practices.

RESPONSIBILITY FOR SAFETY

Everyone is responsible for ensuring their own health and safety in the workplace, and the health and safety of others who may be affected by their actions or omissions.

All colleagues, participants, volunteers, visitors and contractors are responsible for identifying and reporting hazards in the workplace.



NICOLE OSBORN

Founder | Psychotherapist

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