

Cross-Party Group on Accident Prevention and Safety Awareness

Tuesday 21st November 2023 18:00-20:00

(Scottish Parliament and online)

Minute

Present

MSPs

Clare Adamson (SNP) Convenor

Mark Griffin (LAB)

Speakers

Peter McCrossan Lanarkshire Health Board

Julia Robinson RoSPA

Dawn Skelton Glasgow Caledonian University

Robert Thomson Care and Repair Scotland

Members

Michael Avril	RNLI
Basuli Basu	SCSN
Kevin Chase	SCSN
Fred Cullum	IOSH
Jim Dorman	St Andrew's First Aid
Kathy Jenkins	Scottish Hazards
Bill Harley	Fife Safer Communities
Lynn Hill	Fife Safer Communities
Elizabeth Lumsden	RoSPA (Secretariat)

Jason McKay	Kingdom Housing Association
Michelle McKenna	CPIN
Dave Roy	Kingdom Housing Association
Alistair Taylor	Clare Adamson's office
Brian Topping	Safety Advocate
Belinda Wilson	NHS Lothian
Stephen Bridgman	Public Health Scotland

Online

Robert Atkinson	Public Health Scotland
Bernadine Blair	SFRS
Gill Burton	Scottish Cot Death Trust
Andy Cathro	Safety Advocate
Heather Dewar	Wild Wimmin'
Iona Doolan	Occupational Therapy Student
Mark Lilley	Safety Advocate
Jan Miller	UWS
Jane Campbell Morrison	SAAF
John Nelson	AECOM
Jenny Paterson	Venture Trust
Katrina Philips	CAPT
Rhain Reynolds	RoSPA (minute taker)
Carol Wood	NASUWT
John Johnston	Technip FMC
Andy McNair	Chartered Health & Safety Professional

Apologies

Dr Emilia Crighton	NHS Greater Glasgow and Clyde
Hannah Dale	Division of Health Psychology - Scotland
Gena Falconer	Highland Council
Eleanor Griffiths	East Renfrewshire Council
Karen McDonnell	RoSPA
Cherie Morgan	Play Scotland
John Nelson	AECOM (if he doesn't get in online – travelling)
Scott Sanford	SNIPeF
Caroline Wilson	The Risk Factory
Yvonne Gilfillan	Babcock International Group
Duncan Speirs	Christopher's Saving Life Campaign
Lorraine Gillies	SCSN

1 Welcome

The Convener, Clare Adamson MSP, welcomed everyone to the meeting and thanked Carol Wood of NASUWT for funding the cost of the refreshments.

Clare updated the group on her parliamentary work which included: A firework safety question raised at First Minister's questions; a question raised on digital education concerns around online safety; a question during Gas Safety Week, during which the work of RoSPA was praised – RoSPA has developed surveys on carbon monoxide poisoning awareness and prevention for landlords and the general public.

Clare informed the group that she led the debate during Drowning Prevention Week, for which it was the 10th year, and highlighted the work of Water Safety Scotland and Carlene McAvoy. Clare encouraged members to watch the debate if they have not yet seen it.

A debate was also held on single use vapes which focused on their immense environmental damage. A proposal for an outright ban is being considered. Clare highlighted the good work of Trading Standards officers, and the safety concerns around the product which has been emphasised by CAPT and other members of this group.

Clare thanked the group for their efforts and excellent advocacy which is helping to get safety policy where it needs to be on the political agenda.

2 Minutes of the Previous Meeting

The minutes of the last meeting on June 6 were proposed as accurate by Jim Dorman and seconded by Bill Harley.

3 Matters Arising

There were no matters arising.

4 Headlines Newsletter – previously circulated on this occasion as very comprehensive – thanks to all those who contributed. This is a great way of sharing all the good work that the Members are involved in to prevent accidents. Liz Lumsden asked for members' preference on when the newsletter is distributed.

5 Speakers

Mark Griffin MSP Proposed Bill on establishing a Scottish Employment Injuries Advisory Council (SEIAC)

Mark Griffin MSP thanked the group for their assistance in drafting the proposal. Mark explained that the current UK-wide system of disablement benefit for industrial diseases is out of date. They propose that a Scottish version would be independent and have its own research budget (which differs from the UK which relies on instruction from Government). In order to plan the delivery, the advisory group should be set up by April 1st 2025.

Professor Dawn Skelton World Falls Guidelines and the Importance of Exercise

Dawn is Professor of Ageing and Health at Glasgow Caledonian University, Chair of the British Geriatrics Society Rehabilitation Group and co-author of the World Falls Guidelines

Julia Robinson Fall Prevention for Social Housing Tenants

Jules is RoSPA's new Falls Engagement Lead. Previously Customer Health and Safety Advisor at Trent & Dove social housing association in Staffordshire and winner of RoSPA's inaugural Fall Prevention Trophy in May 2023

Peter McCrossan The NHS Lanarkshire Falls Strategy 2020 -2025

Peter McCrossan is a podiatrist by background and is currently the Director for Allied Health Professions in NHS Lanarkshire. As part of Peter's portfolio, he is the designated falls lead for Lanarkshire and was the project lead for developing the NHS Lanarkshire Falls Strategy, launched in September 2020.

Robert Thomson How Care and Repair can help prevent falls

Robert Thomson has been the National Director of Care and Repair Scotland since 2000. Prior to that he set up and managed Glasgow Care and Repair, which was one of eight pilot services in Scotland.

Presentations are available on the RoSPA website at [Cross Party Group - RoSPA](#)

6 Questions and Comments

The Convener, Clare Adamson, thanked the speakers for their presentations and noted that it would be beneficial if more was spent by the NHS on falls prevention, then money could be saved in the long term.

Brian Topping asked Jules Robinson about the benefit of having a checklist in the home that all professionals entering the home could use. Jules agreed this type of

information could be useful, however the visits Trent & Dove carried out were intended to help residents understand the risk assessment process and equip them with the skills to check their own homes going forward.

Clare commented that professionals often work with Fire and Rescue Services to refer anyone with potential fire risks seen when visiting people's homes.

Fred Cullum raised the issue of lifting bariatric individuals who have fallen and that a reduction in falls, both in their own homes and in care homes, would reduce the risk of moving and handling injuries to professionals. Dawn Skelton said that many ambulances have equipment to assist with picking people up, but not all are suitable for bariatric individuals. Dawn suggested a better system is to use a separate non-medical team with the required equipment to pick up fallers, which provides better value for money and frees up emergency services, as most falls do not lead to major injuries. There are then follow up visits to teach people how to get themselves up. Trials in England have shown a reduction in repeat call outs. Also work has been done training care home staff on when the ambulance service is required and when they can lift people themselves, however this is limited by not having the appropriate equipment.

Kevin Chase asked how Robert Thomson got the ambulance data. Robert explained that they have a sharing protocol with the local ambulance service which allows them to place people on a falls register.

Dawn highlighted the work of the Scottish Ambulance Service for collating information on local falls services so they can provide the correct information to people they help who are not admitted.

Stephen Bridgman asked what proportion of harms, such as hip fractures, could be prevented if all the effective falls prevention interventions were put in place. Dawn explained that there has been limited research done but systematic reviews show improvements are made, although not a reduction in hip fractures. Dawn suggested this may be because the very frail have not been able to effectively take part in strength and balance exercise programmes and they are the group most likely to have fractures. Clare commented on the link to mental health and Dawn commented that falls prevention exercise programmes do much more than prevent falls as they improve many aspects of physical and mental health.

Cathy Jenkins asked about multifactorial assessments which involve pharmacists, Dawn confirmed they do, and Peter advised pharmacists in Lanarkshire are now linked to GP surgeries. Cathy also asked about whether Nordic Walking aids falls prevention, Dawn confirmed that it improves strength and balance however no studies have been done specifically on falls prevention. As it helps with strength and balance it is likely to reduce falls.

Carol Wood asked how would those in rural areas who cannot drive access falls prevention support. Dawn advised that the NHS Inform website links to <https://fallsassistant.org.uk/> which includes a self-assessment and exercises to do at home. People can also contact the falls team for their area and request an assessment, then the team would provide an exercise programme to follow at home. More general 15-minute exercise sessions can be accessed for free on the Make Movement Your Mission Facebook page and YouTube.

7 Dates of the next meetings

February 6th 2024 Proposed theme is 'Update on Data'
March 26th 2024 Proposed theme is 'New Initiatives'