



Focal Point Engagement Session | Q4

Wednesday 27 November 2024, 0930-1200

Housekeeping



No planned drills >
assembly at car park



Restrooms >
far end of the bar



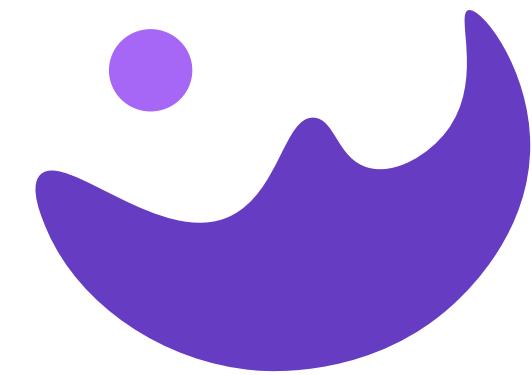
Please silence phones >
Quiet area in the bar for taking calls

Agenda

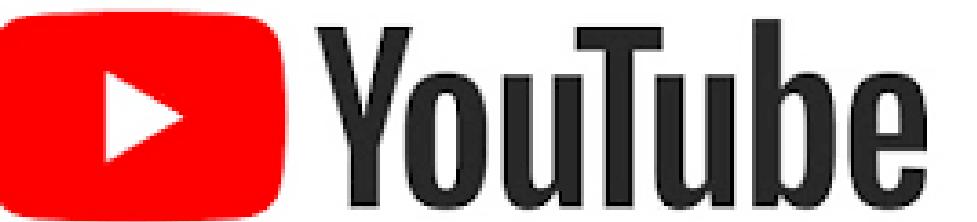


Time	Topic	Presenter(s)
0930	Registration / Refreshments	
1000	Welcome & Wellbeing Moment	Nicola Taylor
1010	Wellbeing Survey Findings	Allan Errington, Co-Chair Wellbeing Workgroup
1030	SCiS General Update	Craig Wiggins
1045	SCiS Workgroup Updates	Programme Delivery Managers (Gillian, Alan, Aimie)
1115	Give Blood: Why Your Festive Donation Matters	Kimberley Petrie, Scottish Blood Transfusion Services
1145	Kahoot! Quiz	Gillian Simpson
1200	Close & Lunch	Nicola Taylor

Wellbeing Moment



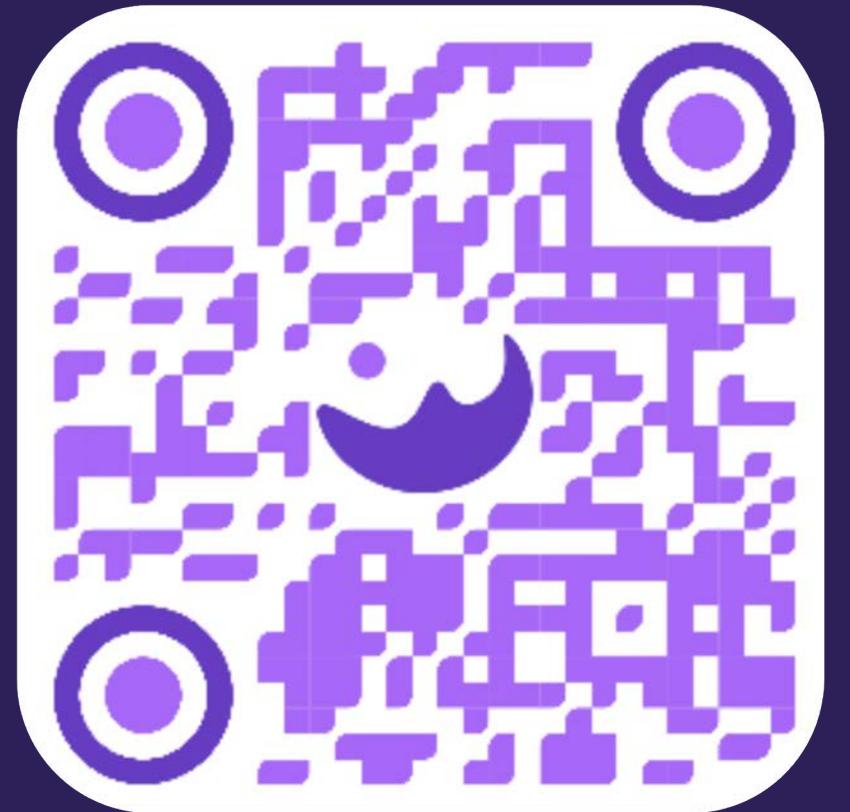
Transforming harmful [online searches](#)
into a journey of hope.



Watch Alice Hendy MBE short video by
clicking YouTube icon above



Protect your family and colleagues with R;pple



R;pple
Subscriptions

📞 +44 (0) 20 3988 6040

✉️ info@ripplesuicideprevention.com

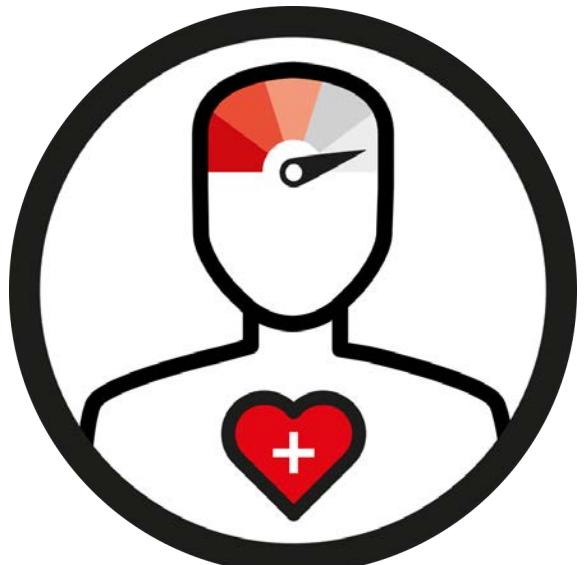


“Where’s Your Head At?”

Wellbeing Survey Findings

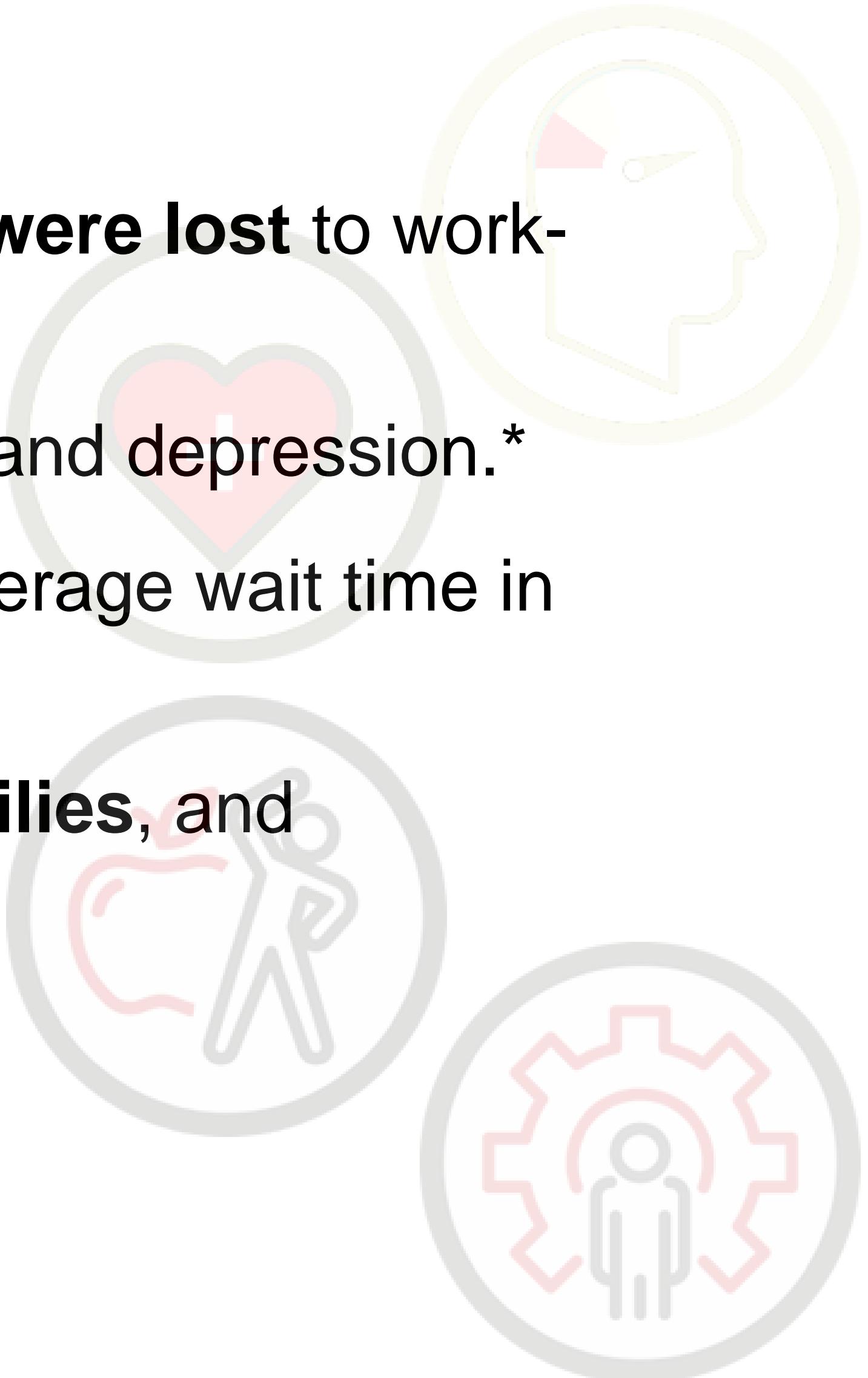


Allan Errington
Head of HSSEQ
ESS – Defence, Government Services, Offshore & Remote



What's the problem?

- ▶ The latest research shows that **35.2 million working days were lost** to work-related ill health in 2022/2023*
- ▶ Of that number, almost **24 million** related to stress, anxiety and depression.*
- ▶ People now face longer wait times for treatment, with the average wait time in UK being **18 weeks from referral.****
- ▶ The impact is multifaceted, impacting **individuals, their families, and employers.**



*CIPD Wellbeing at Work Survey 2023 **NHS.Gov

Is there a particular need in the energy sector?



- ▶ This industry involves **high-stress** roles, **safety-critical environments**, **demanding schedules**, and often **challenging working conditions**, all of which can impact employees' health.
- ▶ Offshore energy and marine sectors experience **isolation** from supportive family and friends, and have reports of **unsatisfactory work and living spaces**.
- ▶ Traditionally it's been a **male-dominated** industry with higher **stigma** around asking for help with issues relating to both physical and mental health.
- ▶ There is a correlation between **accidents at work** and peoples' **state of mind***
- ▶ 40% of remote **rotational workers** were found to have experienced **suicidal thoughts**, while 29% met the benchmark for **clinical depression.***

*Report published by the International SOS Foundation

Wellbeing Workgroup



Step Change in Safety formed its WG in 2023 to look at wellbeing on a wider spectrum, with a view to learn about the varying aspects of wellbeing, how they influence each other, and what impact they have in the workplace.

The group aim is to provide tools to help our industry foster an environment that values health as much as safety. We want to remove the stigma, increase understanding and help people find support, and access resources tailored to their needs.

Where do we start?



Survey

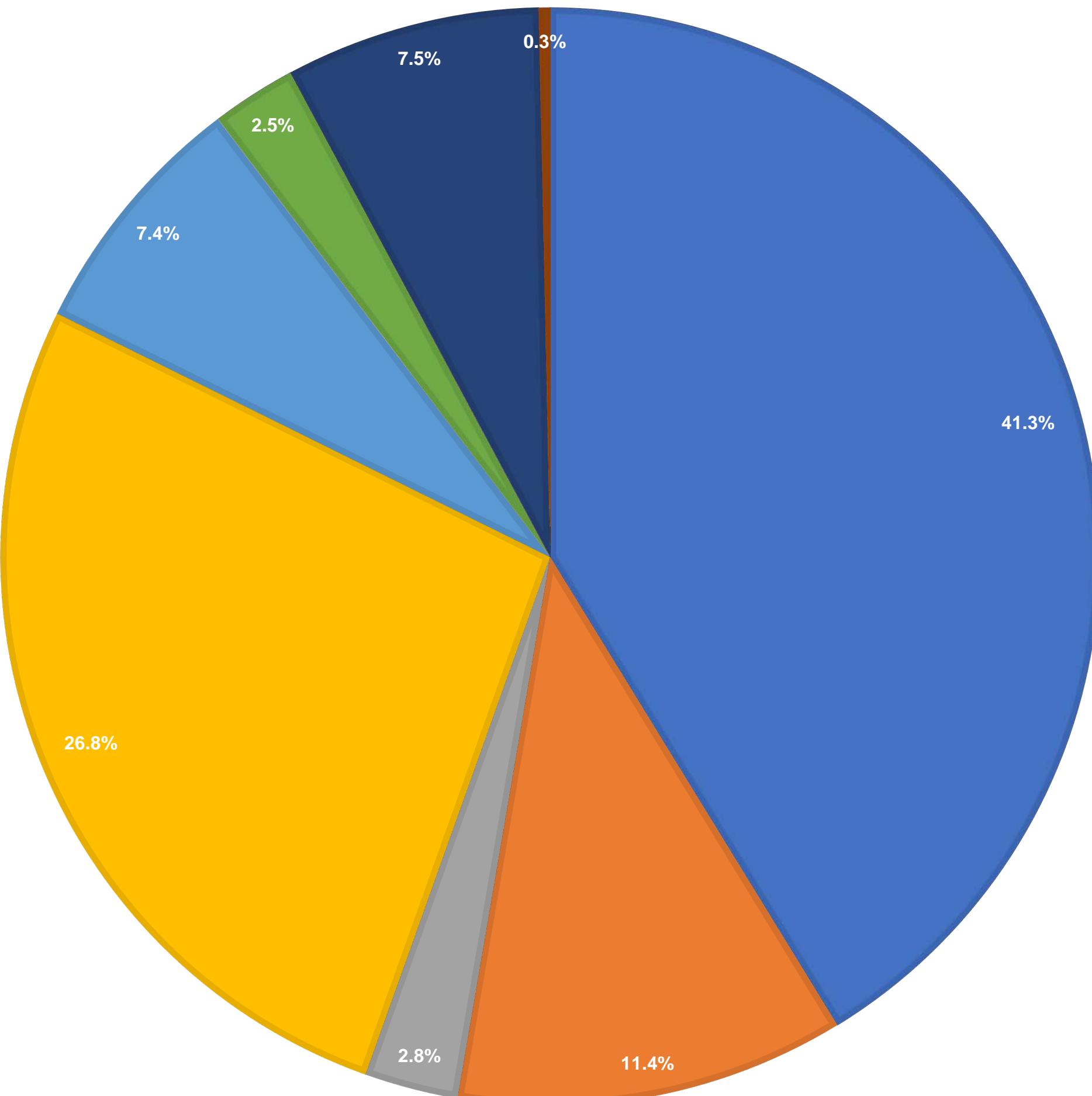
- Physical Health
- Nutrition & Lifestyle
- Work Environment
- Financial Wellbeing
- Purpose & Community
- Intellectual & Fulfilment
- Emotional & Mental Health



Responses



- Oil & gas production
- Marine/shipping
- Renewables
- Drilling/wells
- Decommissioning
- Logistics
- Other
- Nuclear



Total respondents = 1315

O&G production = 627

Drilling/wells = 346

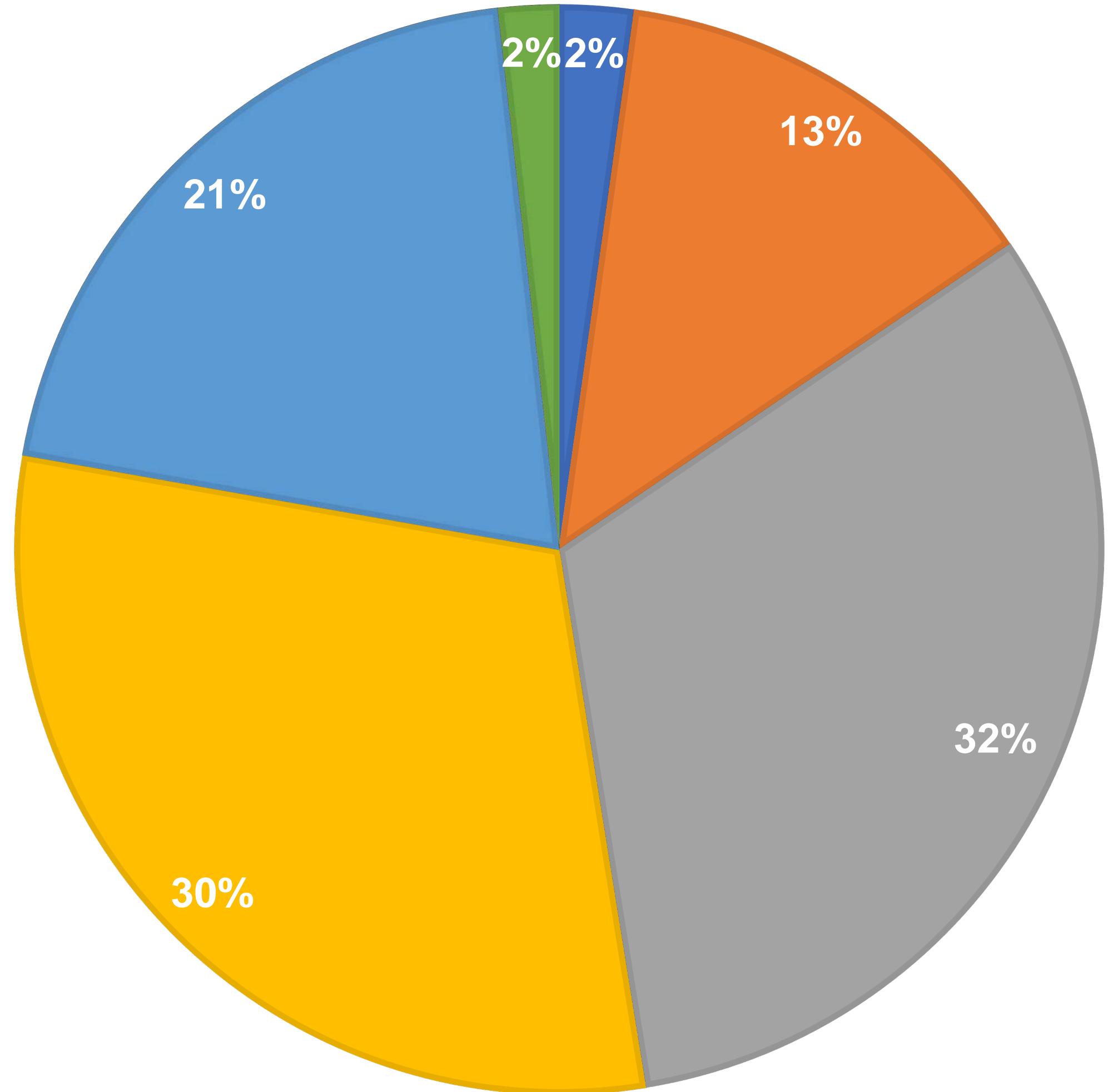
Marine/shipping = 129

Decommissioning = 60

Age range



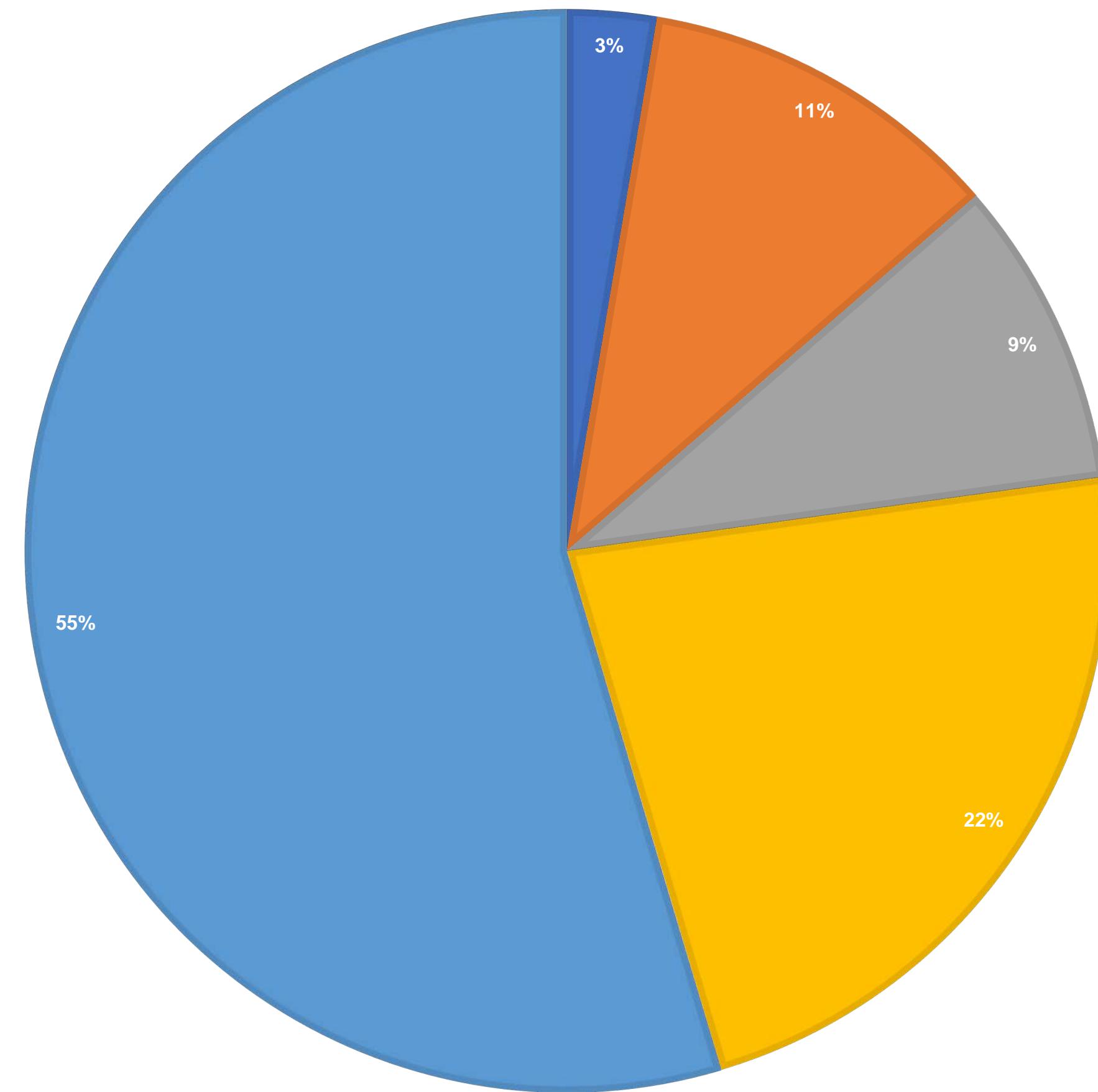
■ 16-24 ■ 25-34 ■ 35-44 ■ 45-54 ■ 55-64 ■ 65+



Time in Industry



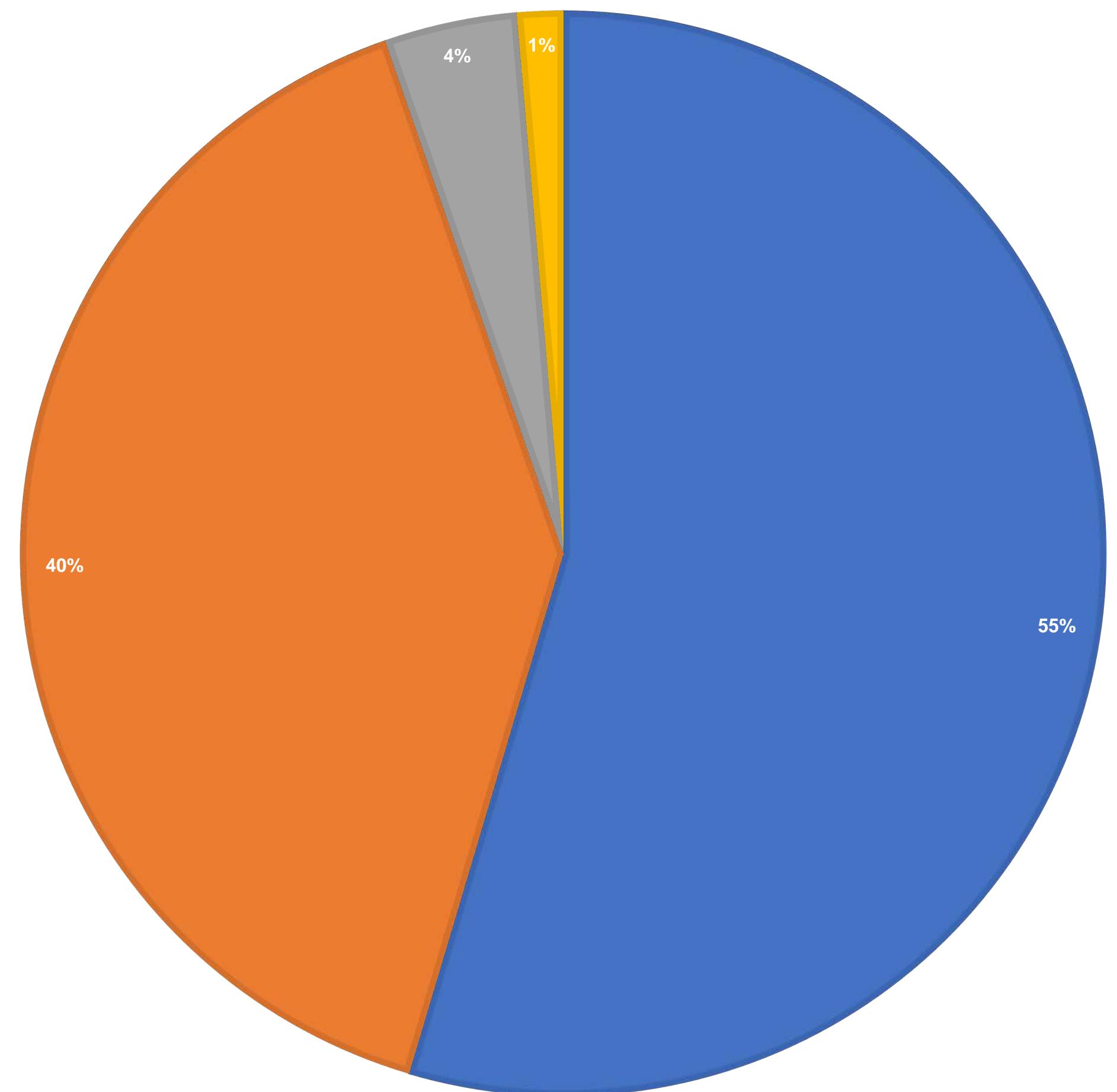
■ Less than 1 year ■ 1-5 years ■ 6-10 years ■ 11-15 years ■ More than 15 years



Primary Work Location



■ Offshore ■ Onshore office ■ Onshore worksite ■ Other



Survey Returns

- Participants responded on a **5-point-Likert Scale**
- Higher score represented **greater agreement** with the statement
- Owing to the number of questions and low response rates, data is presented as **Medians**
- No comparisons to other similar populations can be made to determine how positive, negative, or typical the findings are



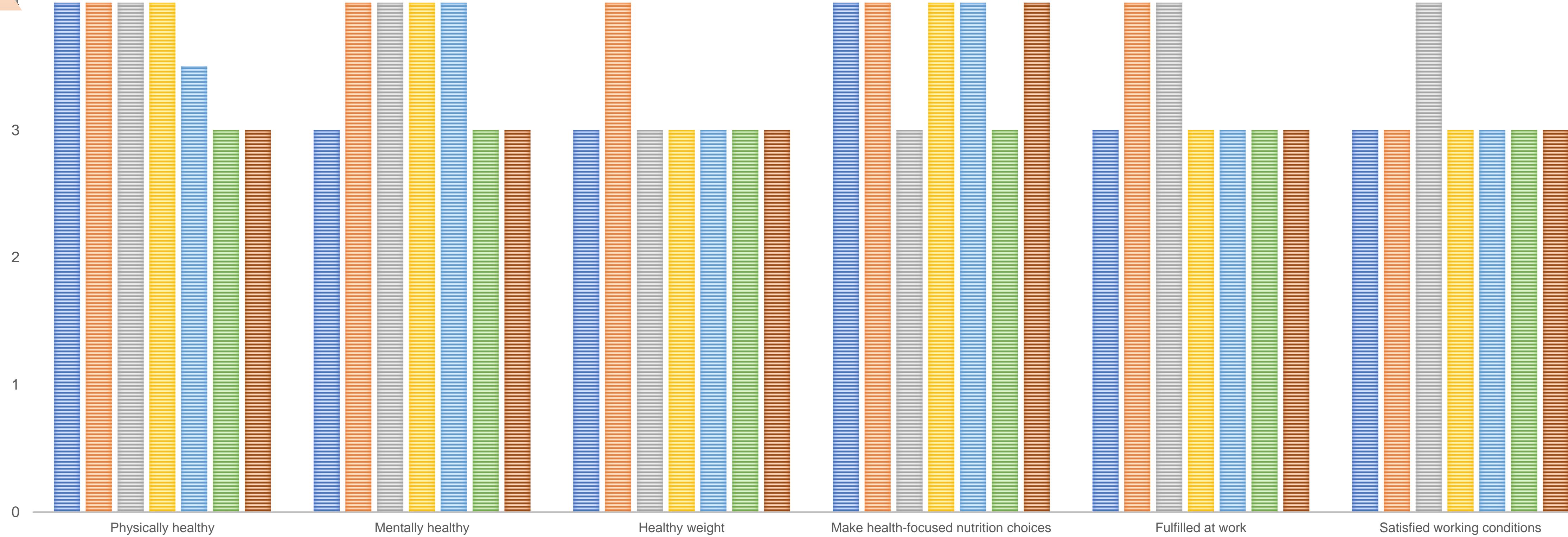
General Health & Wellbeing



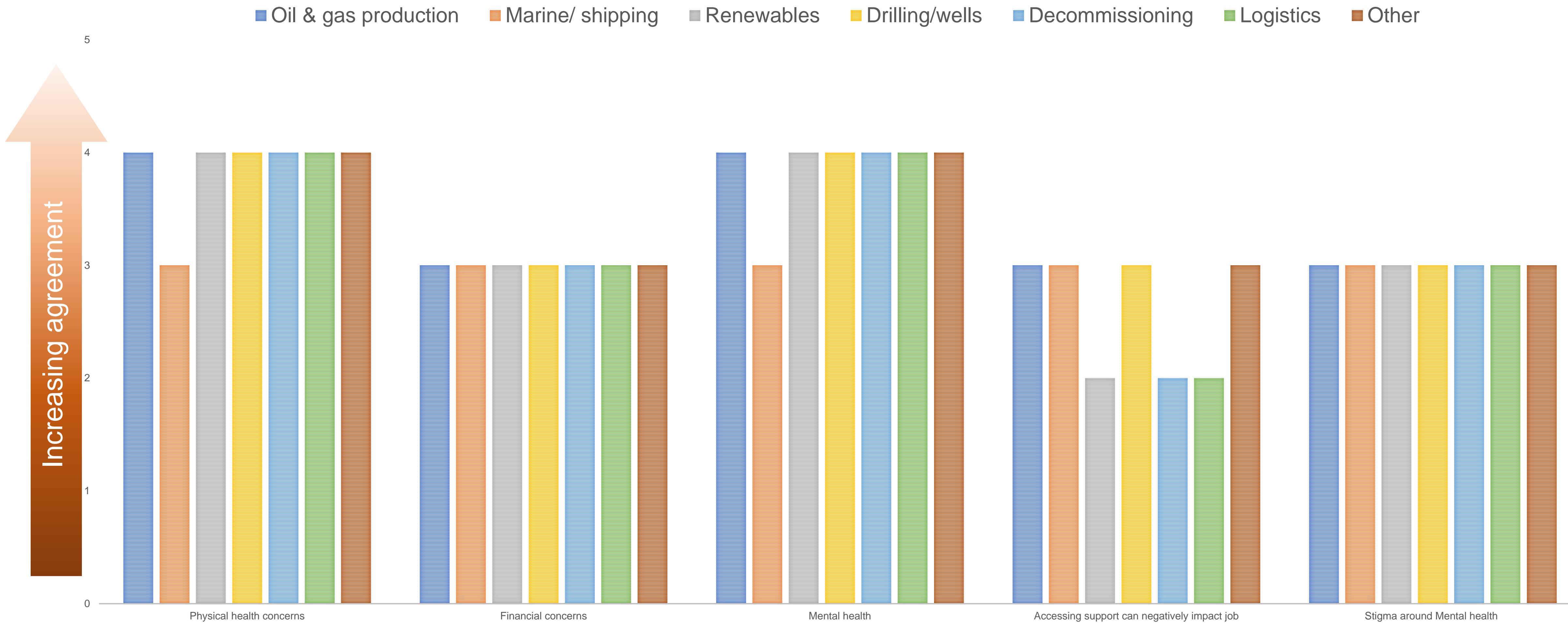
■ Oil & gas production ■ Marine/ shipping ■ Renewables ■ Drilling/wells ■ Decommissioning ■ Logistics ■ Other

5

Increasing agreement



Awareness of Support



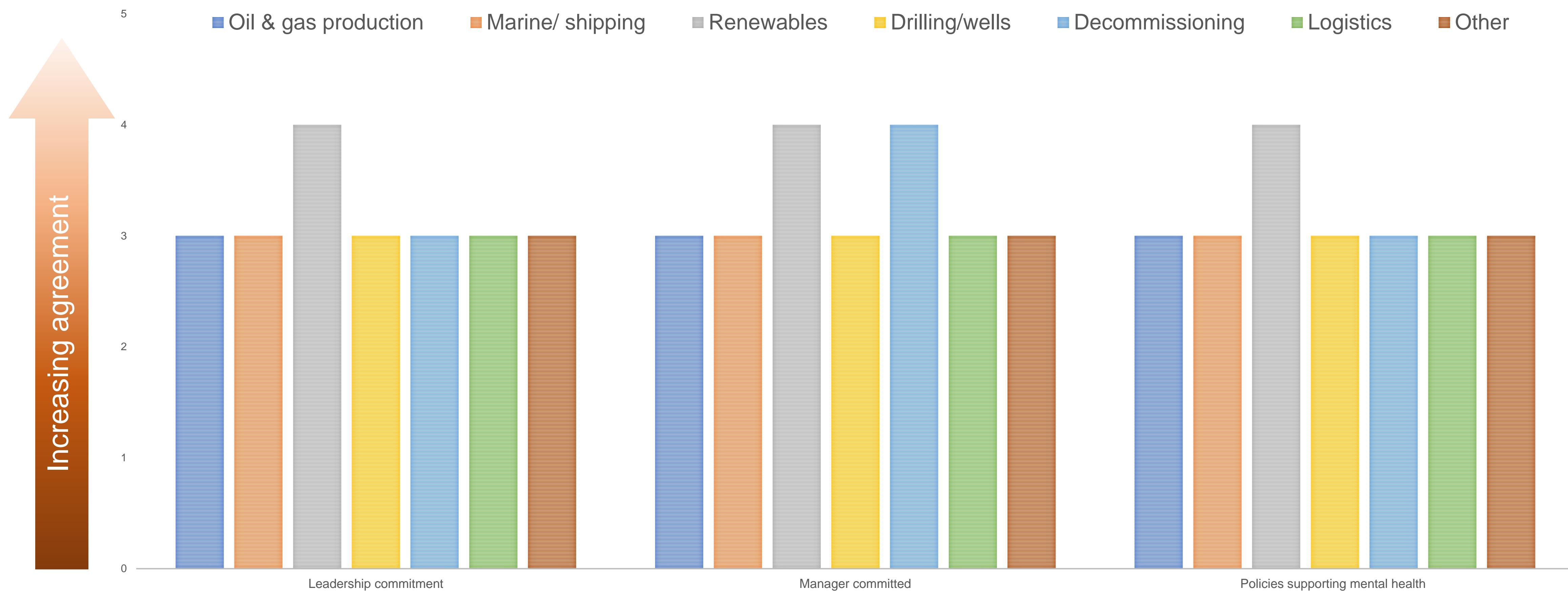
Awareness of Support Summary

- **Marine/shipping** employees were far less likely to know where to access **mental health/wellbeing support**
 - In this sector, ~84% reported to work Offshore, which could impact the **accessibility of support**
- **Offshore, rotational shift and night shift workers** were:
 - Less certain how to **access support**
 - This is likely to be a significant **barrier to seeking support**
 - **Perceived stigma** around mental health was evident across all sectors. This is an **additional barrier** to seeking support

Recommendations

- Wellbeing supports need to be **accessible to all workers** and fit in with **their work patterns** (e.g. night shifts, changing locations)
- Supports need to be **promoted to all individuals**, e.g. signposting new starts to supports, regular Education and Training for existing employees to **normalize mental health conversations**
- Provide **clear, accessible and anonymous resources**

Organisational & Management Culture Towards Mental Health



Organisational & Management Culture Towards Mental Health: Key Findings



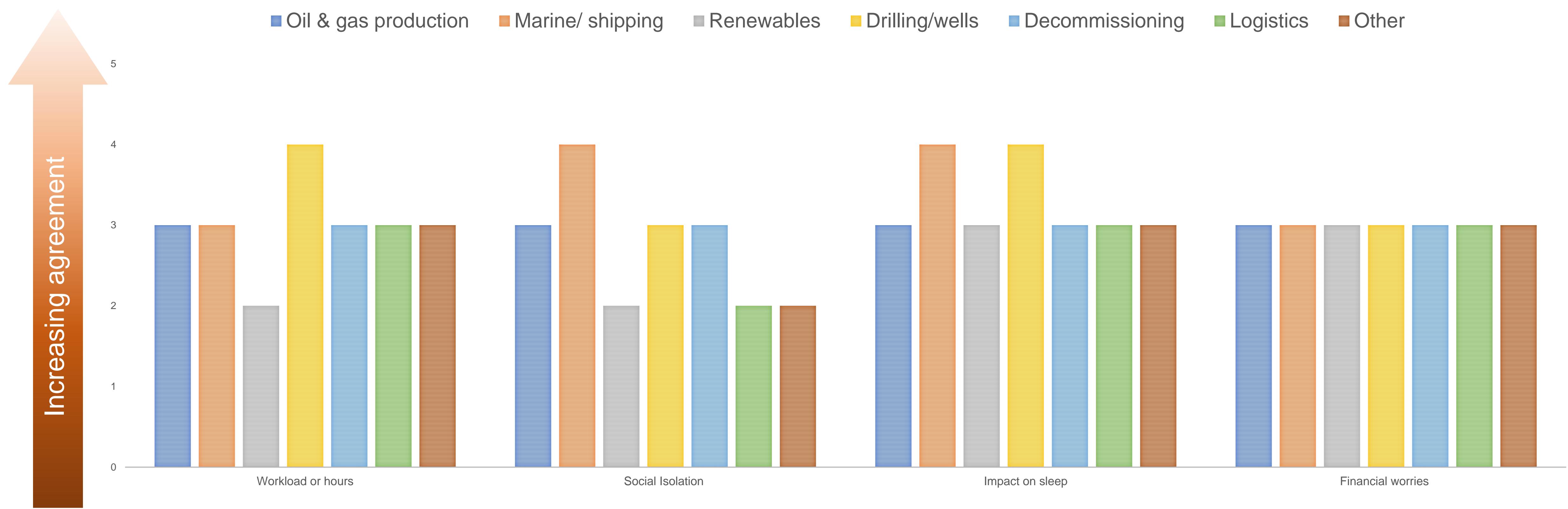
“As a manager/supervisor, I feel equipped to have mental health-based conversations”

- 763 individuals responded; **52.3% agreed** or strongly agreed
- Individuals in the **renewable sector** were most positive about organisational **supports and policies**
- **Offshore, rotational shift, and night shift workers** were less positive about organisational **supports and policies**

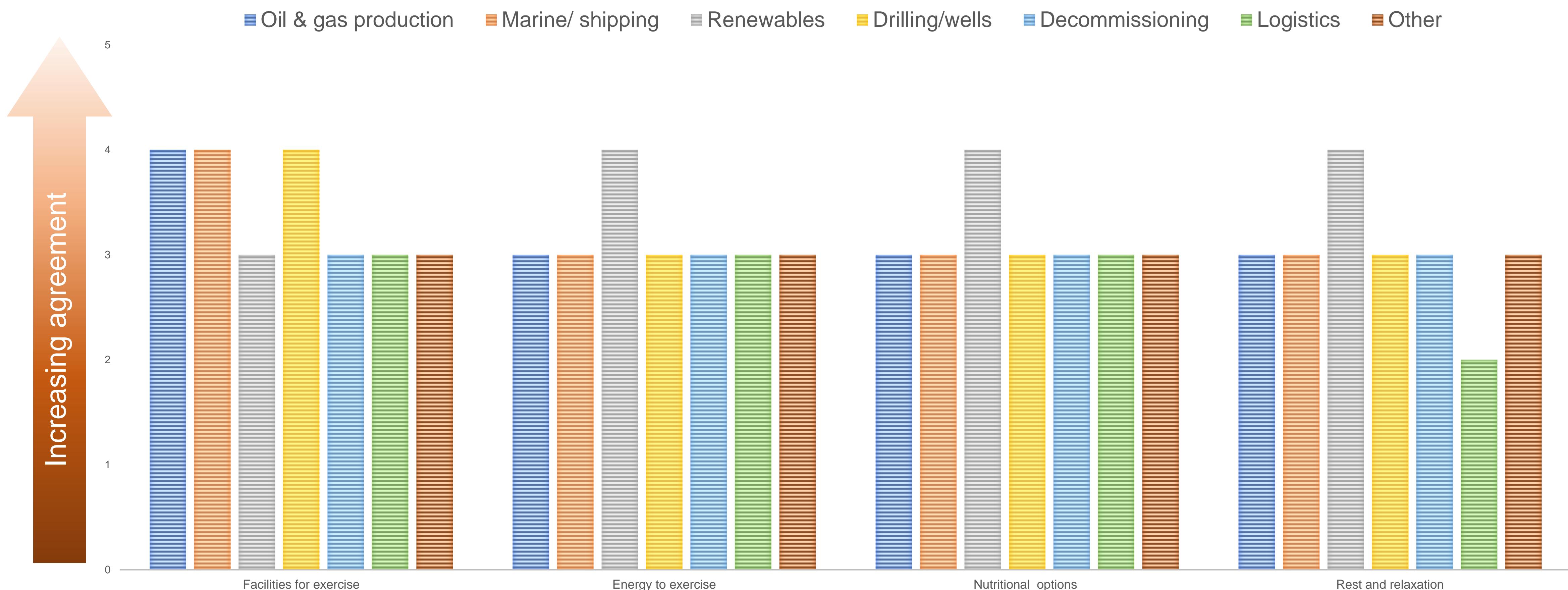
Recommendations

- Ensure all managerial staff receive **relevant training around mental health and wellbeing**
- Ensure staff have access to the **same support and resources**, including access to a manager and at a time that aligns with their work pattern
- Develop **organisational policies** that will also benefit atypical staff (e.g. flexible/hybrid working, paid time-off, core hours, **mental health days**) as they perceive they benefit less from existing policies

External Factors Impacting upon Mental Health



External Factors Impacting upon Mental Health continued

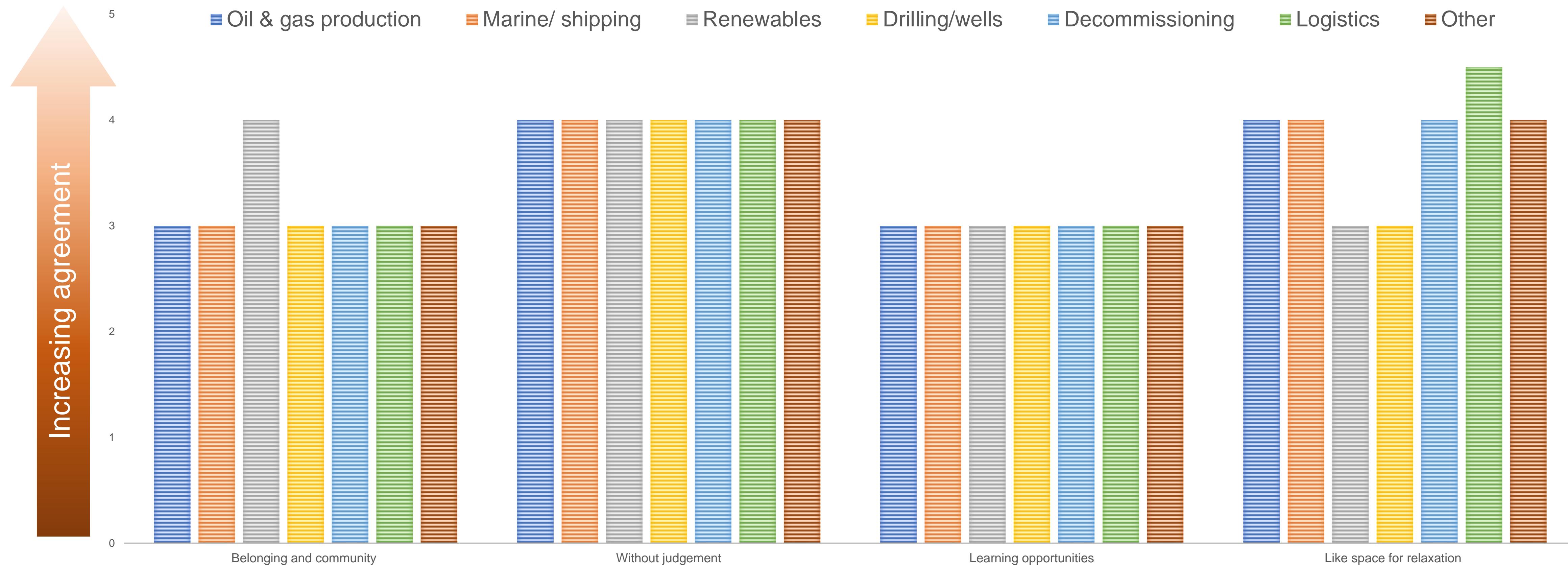


External Factors Impacting upon Mental Health



- Workers in **drilling/wells** were most likely to report that their **workload or hours** most impacted **negatively upon their health and wellbeing**
- **Marine/shipping** and **drilling/wells** workers reported the greatest impact to **sleep** because of their work
- Workers in **marine/shipping**, and to lesser extent in drilling/wells and decommissioning, reported that their job **isolated them from friends/family**
- **Offshore workers** reported their workload/hours had the greatest impacts on **their mental health**
- The **longer the time in industry**, the greater the job impacted **negatively on workers' health and wellbeing**
- Facilities for **exercise** varied depending upon the sector, with workers in **oil/gas**, **marine/shipping**, and **drilling/wells** being the **most positive**
- Workers in **Renewables** were the most positive in terms of having **energy to exercise**, having **healthy nutritional options** whilst at work, and **sufficient opportunities for rest/relaxation**
- Workers in logistics were the least likely to say they had **sufficient opportunities for rest/relaxation**

Purpose and Community



Purpose and Community: Key Findings



- Workers in **renewables** sectors had the greatest **sense of belonging and community** in their workplace
- All sectors felt **positive that they could be themselves without judgement**, particularly for 9-5 workers and day shift workers
- In all sectors and across work patterns, workers could benefit from having more **personal learning opportunities**, but especially in the sectors of renewables, and drilling/wells, and offshore and atypical shift workers
- Across work patterns there was **desire for a space for relaxation and personal time** and low rating of availability of **social activities and resources**, particularly for offshore workers

Summary / Recommendations



- Clear need to **invest in mental health and wellbeing support** for all, making supports accessible for offshore and atypical shift workers
- Provision of **training and support for managers**, to recognise signs of mental health issues, how to respond appropriately, and encourage help seeking
- **Reduce stigma** in accessing support through investment in education and awareness campaigns
 - **Training sessions/ workshops** on mental health, its importance, and the available support
 - **Normalise** and promote **open discussion** around mental health and wellbeing; making supports easily **accessible** and visible
 - Establish **peer support programmes**
- Reduce isolation, build job satisfaction and purpose, self-esteem and reduce stress through:
 - Recreation and social activities to encourage **Work-Life Balance**
 - Personal learning opportunities
- Ensure developments are available for offshore and atypical workers through **consistent communication channels**, enhancing **on-site amenities**, offering **virtual participation** in events, and flexible policies to allow for **equal access to learning opportunities**



Craig Wiggins
CEO
Step Change in Safety

SCiS Team



Craig Wiggins
CEO



Gillian Simpson
Lead Programme
Delivery Manager



Aimie Clark
Programme
Delivery Manager



Fiona Fitzgerald
Programme
Delivery Manager



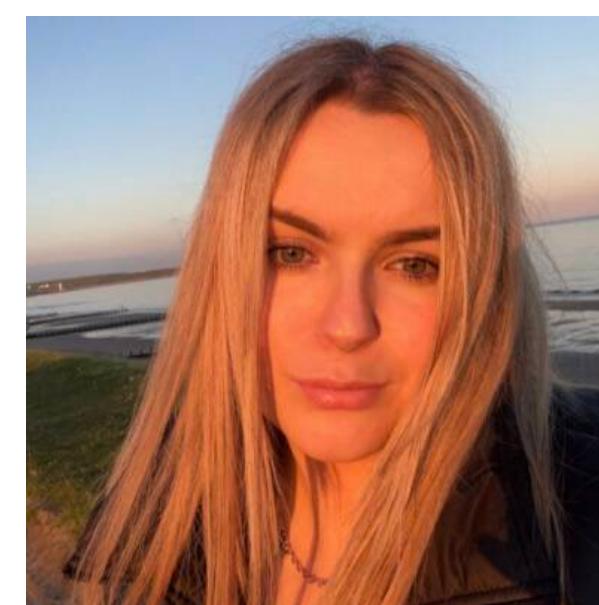
Alan McIntyre
Programme
Delivery Manager



Emma Gracie
Support Team
Co-ordinator



Nicola Taylor
Business Engagement
Manager



Nicola Mackie
Digital Communications
Assistant

**“Preventing Incident and Injury
in the Energy Industry”**

General Update



2024

- Membership: numbers increased to 175
- Quarterly Themes: positive feedback and will continue for 2025
- Events: increase in attendance, presentations recorded and available via website
- Networks: Focal Points, Safety Reps, Site Managers continue to be developed
- Surveys: Process Safety Workforce Survey & Wellbeing Survey

2025

- Membership: no increase to 2025 fee
- Quarterly Themes: continue as per 2024, in collaboration with Safer Together (Australia), Always Safe (Norway) and Energy Safety (Canada)
- Events: as per 2024, including Offshore Safety Awards: July 2025 (in collaboration with OEUK)
- Networks: new Decommissioning network
- Campaign: Site Visit Program (Ithaca Captain Asset first visit)

Prevent incident and injury across the energy sector

- Industry plateau in safety performance, slight upward pressure in 2024
- Back to basics: launch 3-year program to significantly reduce incidents and injuries

Lean into the energy transition

- Proud of our oil & gas heritage, welcome new members across all energy sectors
- Share key experiences, tools and learnings
- Drive leadership and culture development

Develop the Unique Selling Point (USP) of Step Change in Safety

- Deliver more value from our services
- Collaboration discounts to members: Technical Online Process Safety Training (Salus) & E-Obs Boost (Empirisys)

Develop our international footprint

- SCiS brand already well respected internationally
- Opportunities in Middle East, focus area for 2025



Gillian Simpson

Lead Programme Delivery Manager
Step Change in Safety

- ▲ WEST (Workforce Engagement Support Team)
- ▲ Major Accident Hazard (MAH) Understanding
- ▲ Wellbeing
- ▲ Safe Working Essentials

Quarterly Themes



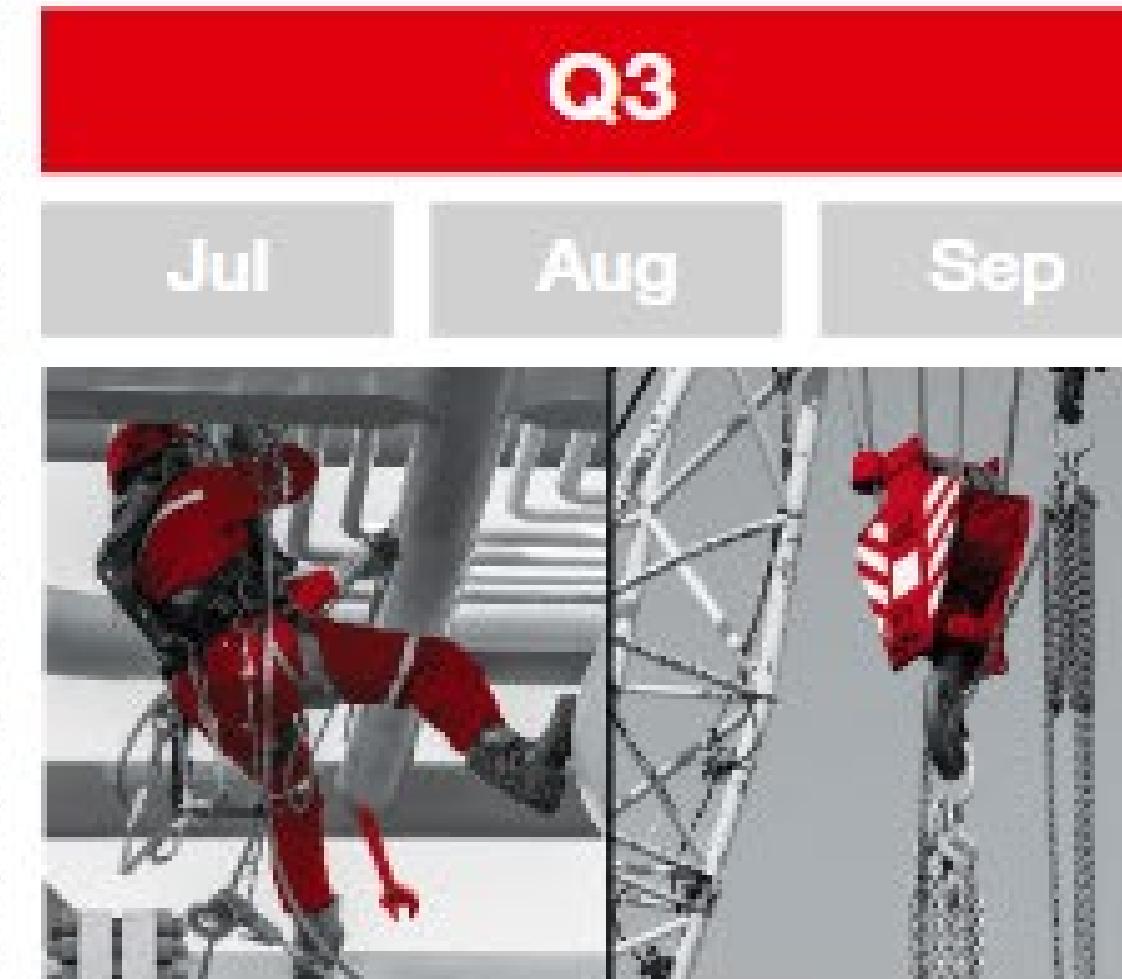
Prevention of Major Accidents

- Appreciate how your routine activities interact with barriers which keep us safe
- Be better equipped to recognise when a barrier has been impaired and know what action to take to report it
- Understand how your decisions affect the risk of major accidents



Prevention of Personal Injury

- Enhance awareness of personal hazards and the potential for personal injuries
- Reinforce the hierarchy of control in reducing personal risk
- Understand how your decisions affect the risk of personal injuries



Safe Lifting, Working at Height, Preventing Dropped Objects

- Improve hazard awareness of routine lifting tasks and their potential to cause a major accident
- Identify and manage hazards related to working at height
- Increase awareness of potential dropped objects and their effects



Wellbeing and Work Environment

- Improve understanding of all wellbeing aspects
- Increase awareness of environmental health impacts
- Improve communication and understand your colleagues

Q4

Oct

Nov

Dec



Wellbeing and Work Environment

Featured Resources



[Wellbeing Checker](#)



[Dyslexia Awareness Info Sheet](#)



[Dyslexia – Craig's Story](#)



[Menopause at Work](#)

Resources still to come

- Animated Safety Moment – Narcotic Effects of Hydrocarbons

- Occupational Lung Disease and RPE Resource Pack
 - Safety Moment Pack
 - 8 Bitesize Films
 - 4 Luma Learnings (interactive films)
 - Guidance and good practice

Q4

Oct

Nov

Dec



Wellbeing and Work Environment

Events



SUNDAY
SAFETY
SESSION

Q4: Wellbeing and Work Environment

Q1 2025: Preventing Major Accidents



- JuT Animation – Process Safety Fundamentals – Preventing Major Accidents
- SAFE Talk – conversational-style film about Hazard Identification and Risk Assessments

Prevention of Major Accidents

Preventing incident and injury in the energy industry through **active leadership**, **member collaboration** and **workforce engagement**

Workgroups



Human Factors



Lifting & Mechanical
Handling



MAH
Understanding



Process Safety
Leadership



Site Visits



Sharing & Learning



Workforce
Engagement



Safe Working
Essentials



Wellbeing



Helicopters

Networks



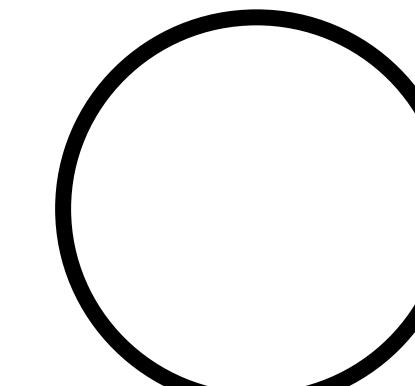
Safety Reps



Focal Points



Site Managers



Decommissioning
(2025)

Major Accident Hazard Workgroup

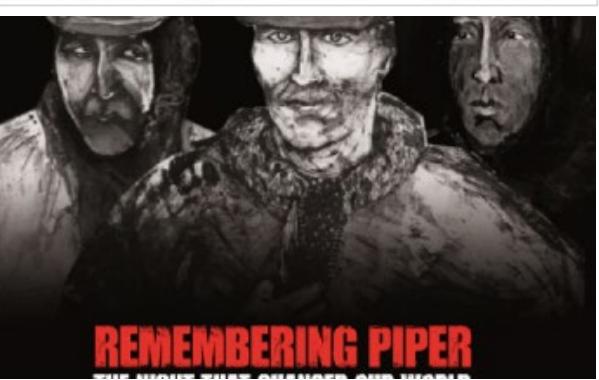
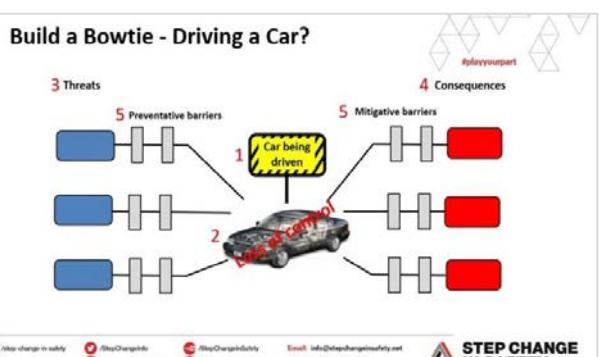
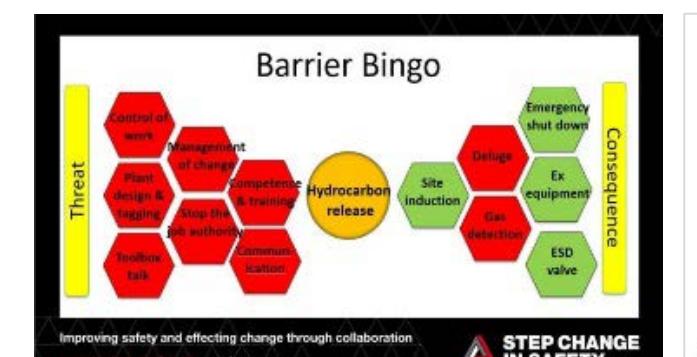
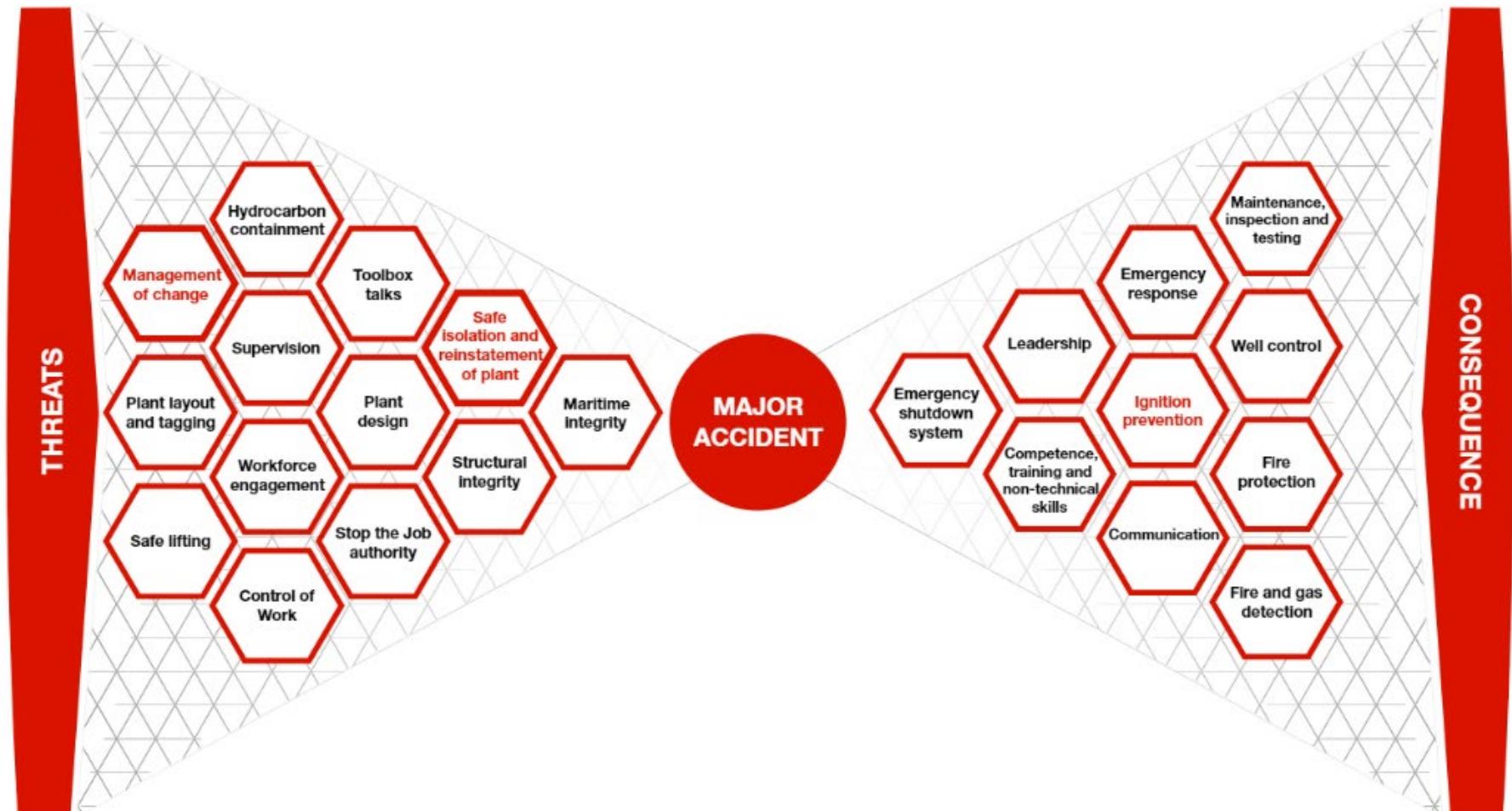


Achievements in 2024:

- Process Safety Fundamentals interactive film with questions
- Presented at Safety rep event

Plans for 2025:

- SAFE (Safety Awareness for Everyone) Talks – short, informal films covering EI Process Safety Management Framework topics. If first one is well received, plan to create one a quarter.



Wellbeing Workgroup



Achievements in 2024:

- Workgroup populated and met regularly
- Developed and launched a survey to establish main concerns
 - 1300 responses
 - Report launched w/c 25th Nov
- Wellbeing event at Beach Ballroom, Aberdeen. Extremely positive feedback, >120 attendees

Plans for 2025:

TBC – examine report and create workplan



Workforce Engagement Workgroup



Achievements in 2024:

- Two Elected Safety Rep events – April and September
- Four issues of Tea Shack News
- Won Scottish PPA (Professional Publishers Association) Launch/Relaunch of the Year Award for TSN



Plans for 2025:

- Two Elected Safety Rep events – April and September
- Four issues of Tea Shack News
- Considering Campaigns:
 - Soft launch of Workforce Engagement Toolkit revisions
 - Boots on for Safety



Safe Working Essentials



Achievements in 2024:
Workgroup inactive in 2024

Plans for 2025:
TBC – review SWE toolkit?





Alan McIntyre

Programme Delivery Manager
Step Change in Safety

- ▲ Mechanical Lifting
- ▲ Human Factors
- ▲ Process Safety Leadership

Lifting Workgroup

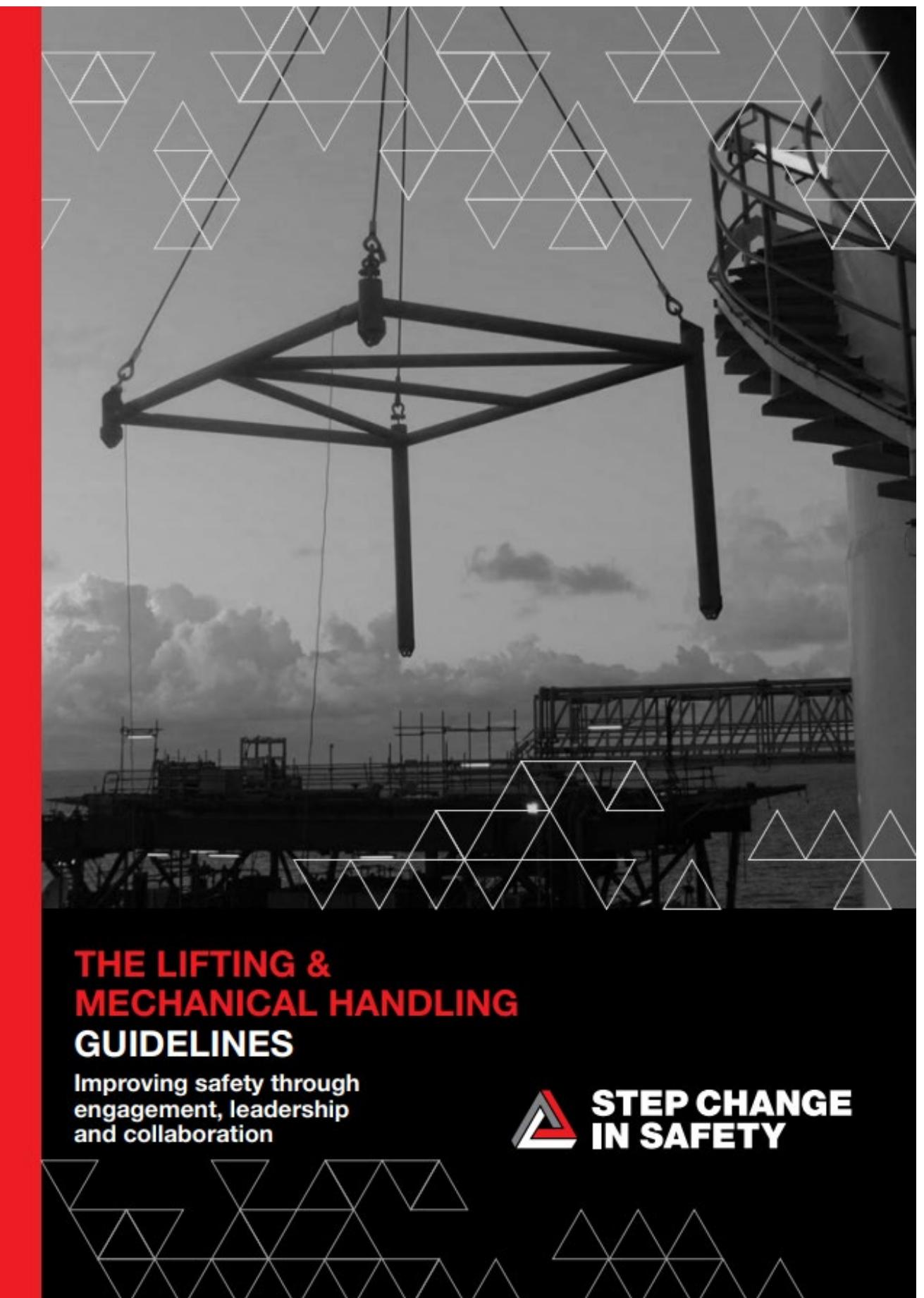


Achievements in 2024:

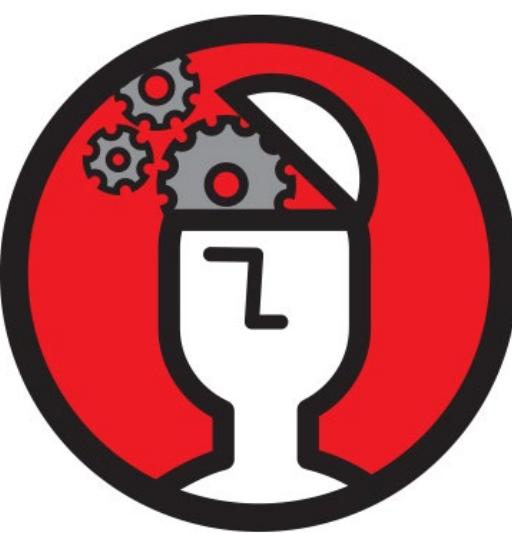
- Forum: Master links – Standards and Inspections

Plans for 2025:

- 2-day Lifting event: Topics inc. competence, inductions, human factors
- Forum: New technology in Lifting operations
- Scaffolding Guidelines: Review, update and publish



Human Factors Workgroup



Achievements in 2024:

4 Quarterly Forums

- HF in Procedures
- HF in Incident Investigation
- HF in Risk Assessment
- HF in Leadership and Behavioural Safety

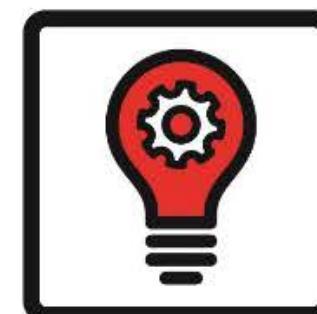
Plans for 2025:

4 Forums – Quarterly – Topics TBC

Performance Influencing Factors (PIFs)

- 1-page summaries
- Guidance for use in TBTs

Safety Critical Task Analysis Guidance



Learning from
Normal Work



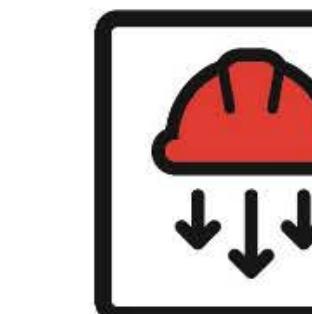
Human Factors
in Procedures



Human Factors in
Incident Investigation



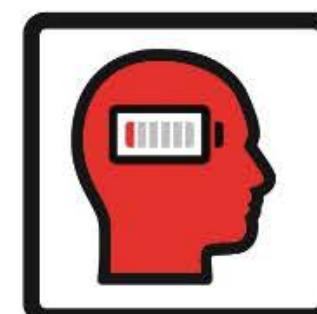
Human Factors in
Risk Assessment



Leadership &
Behavioural Safety



Competence
and Training



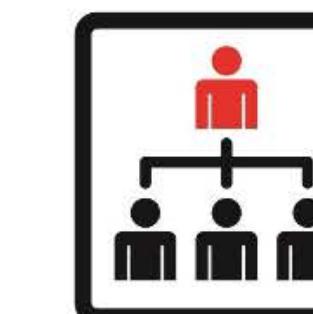
Fatigue



Human Factors in
Critical Communications



Staffing
and Workload



Organisational
Change

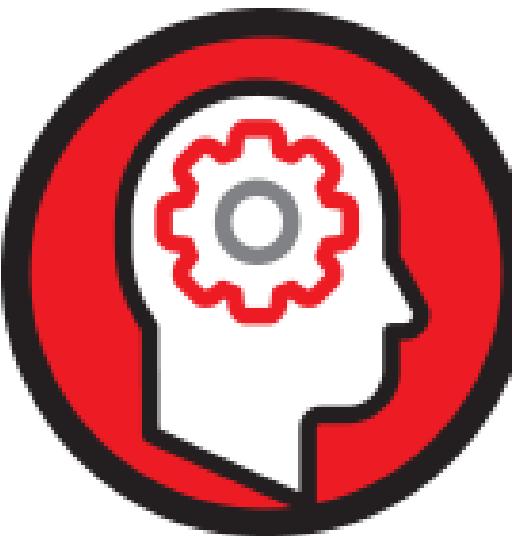


Human Factors
in Design



Alarms
Management

Process Safety Leadership Workgroup



Achievements in 2024:

- Process Safety Improvement Plan event
- Intro to Process Safety video

Plans for 2025:

- SAFE talks – Process Safety Topics TBC
- Present at Site Managers Event – Sept 2025

Principles of Process Safety Leadership for the offshore UKCS Oil & Gas Industry

Good process safety is at the heart of everything. As industry leaders, we acknowledge our role in ensuring continuous improvement in this area. In pursuit of this challenge, we have established the following principles of process safety management for our industry:

PRINCIPLES:	
	• Clear and positive process safety leadership is at the core of managing a major hazard business and is vital to ensure that risks are effectively managed;
	• Engagement of the workforce is needed in the promotion and achievement of good process safety management;
	• Robust and regular auditing of the safety management system and associated major accident hazard barriers, is essential to ensure that system weaknesses are identified and process safety risks are being effectively managed;
	• Good process safety management requires constant active engagement and vigilance;
	• Publication of process safety performance information provides important assurance about the management of risks by an organisation;
	• Senior leadership team visibility and promotion of process safety leadership is essential to set a positive safety culture throughout the organisation;
	• Sharing good practice across industry sectors in order to learn and implement lessons from relevant incidents occurring internally and externally to the organisation, is important to maintain the currency of corporate knowledge and competence.

We regard these principles as fundamental to the successful management of a major hazard industry. We will work with all stakeholders to establish them as foundations to effective management of risks via the following arrangements:

ORGANISATION AND RESOURCES:

1. Process safety accountabilities should be defined and championed at the senior leadership team level and all should be held accountable for process safety leadership and performance;
2. At least one senior leader should be fully conversant in process safety management in order to advise the leadership team of the status of process safety risk management within the organisation and of the process safety implications of their decisions;
3. Appropriate resources should be made available to ensure a high standard of process safety management throughout the organisation and staff with process safety management responsibilities should have or develop an appropriate level of competence;
4. Organisations should develop a programme for the promotion of process safety by active senior management engagement with the workforce, both direct and contract staff, to underline the importance of process safety leadership and to support the maintenance of a positive process safety culture within the organisation;
5. Systems and arrangements should be in place to ensure the active involvement of the workforce in the design of process safety controls and in the review of process safety performance;
6. Business risks relating to process safety should be assessed and reviewed using an appropriate business risk analysis methodology;
7. Leading and lagging process safety indicators should be set for the organisation and reviewed to ensure they remain appropriate for the needs of the business. Information on process safety performance should be routinely reviewed by the senior leadership team and relevant information made available to OGUK for inclusion in their H&S annual report;
8. Companies should actively engage with others within their sector and elsewhere to share good practice and information on process safety incidents that may benefit others. Companies should have mechanisms and arrangements in place to incorporate learning from others within their organisation;
9. Systems and arrangements should be in place to ensure the retention of corporate knowledge relating to process safety management. Such arrangements should include information on the basis of safety design concept of the plant and processes, plant and process changes, and any past incidents that impacted on process safety integrity and the improvements adopted to prevent a recurrence.

OUR COMMITMENT

Implementation of the above process safety leadership principles and arrangements may vary in both detail and time in different organisations. However, in recognition of the essential role these principles and arrangements play in the management and sustainability of our major hazard industry, we commit to working to establishing them as foundations of effective process safety management and the prevention of major accidents.

Signed:

Martin Temple CBE
Chair
Health & Safety Executive
OGUK

Wendy Kennedy CBE
Chief Executive
Offshore Petroleum Regulator for
Environment and Decommissioning

Delinde Michie CBE
Chair
OGUK

Steve Rao
Executive Director
Step Change in Safety

Matthew Brodie
Chair North Sea Chapter
International Association of
Drilling Contractors

Process Safety Workforce Survey



Download the survey report



Process Safety Workforce Survey Report

August 2024

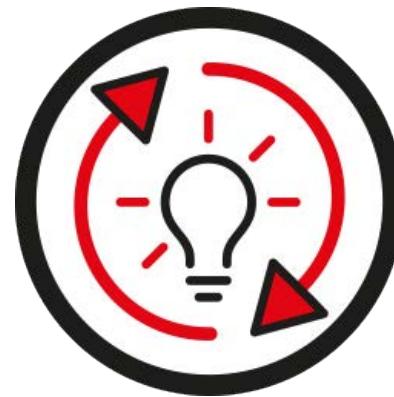


empirisys



Aimie Clark
Programme Delivery Manager
Step Change in Safety

- ▲ Sharing & Learning
- ▲ E-Obs



Sharing & Learning Workgroup

Purpose

Facilitate the sharing and learning from good practice and past incidents with the intent of avoiding potential incidents.

Membership

TAGS

Derek Mitchell (**Nexos**) & Gatsbyd Forsyth (**Harbour Energy**)

Co-chairs

Derek Donald (**Wood**), Karen Bowman (**Equinor**), Keith Jennings (**Stork**) & Matthew Barnett (**CNOOC**)

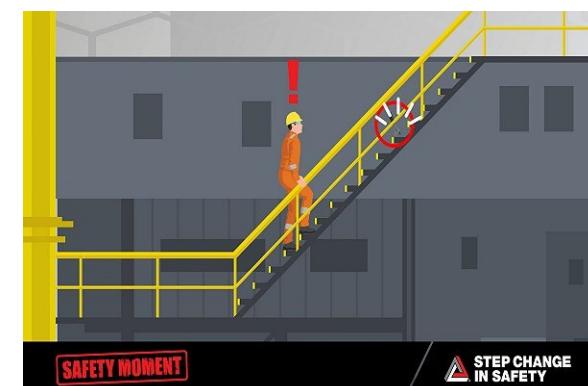
Workgroup

Representation from industry companies and tri-parties: **Apache**, **Archer**, **Caledonian Access**, **CNOOC**, **Equinor**, **Nexos**, **Harbour Energy**, **HSE**, **Ithaca**, **James Fisher**, **Odjeft Technology**, **Repsol**, **Serica Energy**, **Shell**, **Stork & Wood**.

Safety Alert



Safety Moment



Safe Space Discussion



Sharing and Learning Events



Joined-up Thinking Packs



LUMA Learning



How can you #Playyourpart?

- Join the Sharing & Learning workgroup
- Share learnings from good practice or incidents with industry – sharing is caring
- Download & circulate safety alerts and moments

How to share learnings with industry:

- Via the Step Change in Safety '[Submit an alert](#)' portal
- Via e-mail to the support team inbox: info@stepchangeinsafety.net
- Pick up the phone 01224 529781
- Reach out to a member of the [Support Team](#)

View or submit alerts or moments:



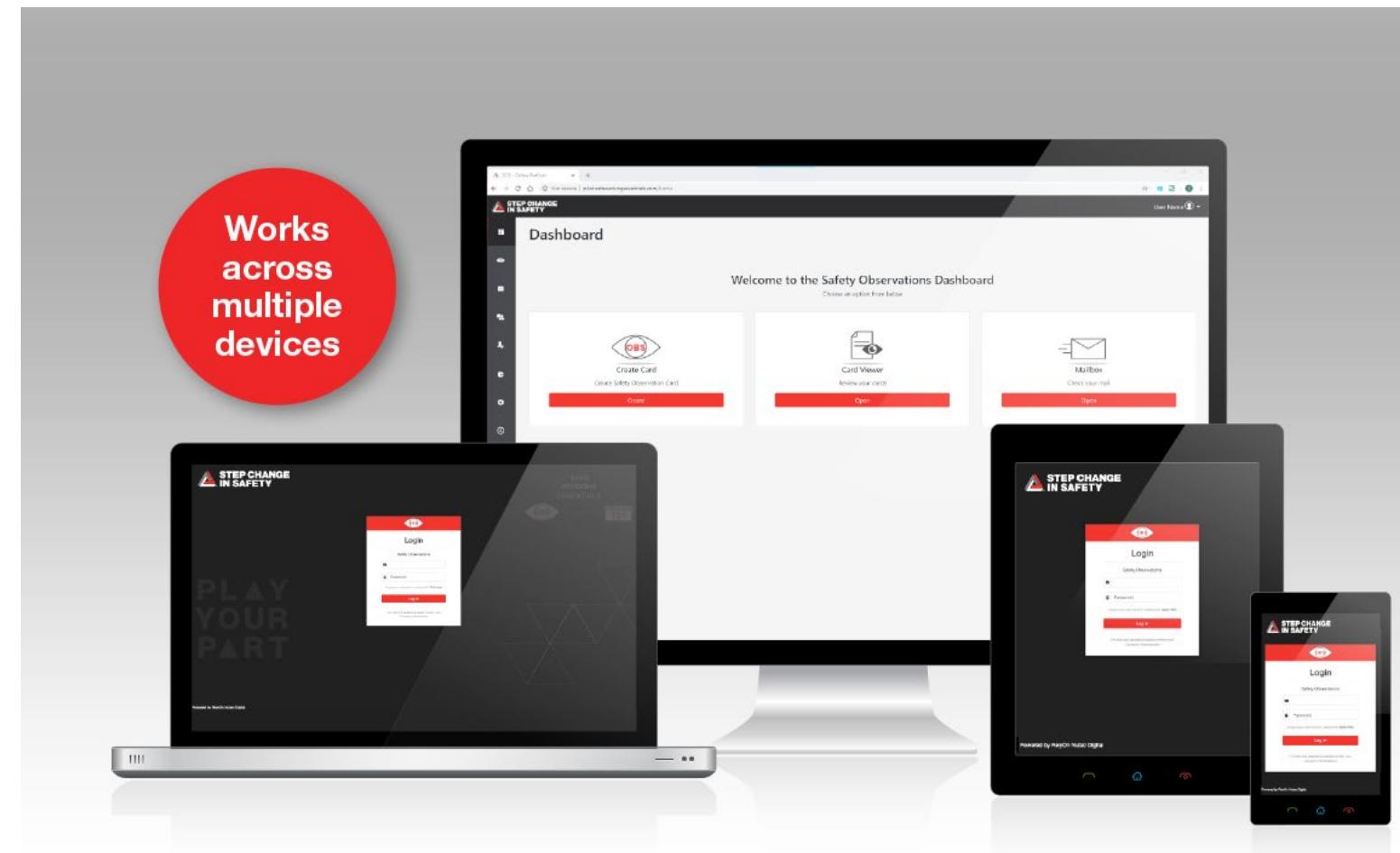


What is E-Obs?

An industry standard, electronic observation system.

Aim: To Improve feedback and communication on safety within companies and across industry

Went Live	Number of Orgs	Number of users	Number of observations	Jobs stopped	Conversations
Dec 2020	27	5001	68,683	9,513	18,164



Are currently developing E-Obs 2.0 & will host and manage all data and security issues and provide technical support from **3rd of Dec 2024**

E-Obs 2.0 (Free to use for members)

- Improved functions
- Improved analysis of data
- Free to use for member

E-Obs Boost (Premium)

- Generative AI used to predict hazards, consequences & actions
- Detailed trend and data analysis

To find out more about E-Obs 2.0 and / or the Boost premium contact e-obs@stepchangeandsafety.net

Events



Preventing incident and injury in the energy industry
through active leadership, member collaboration and workforce engagement

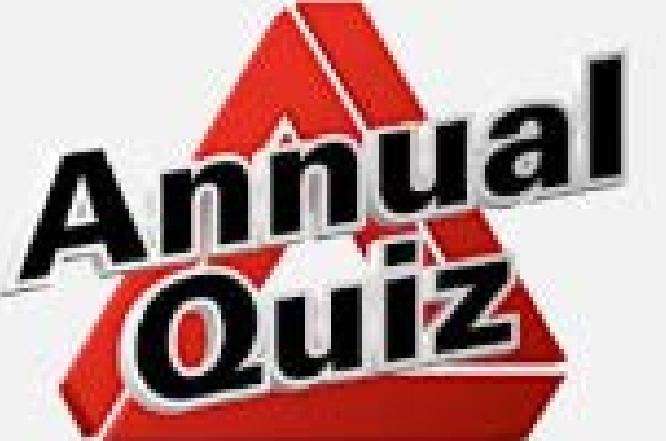
STEP CHANGE IN SAFETY

 Lifting Work Group Forum
Master Links – Standards
and Inspections

Thursday 5th December
2024
3T Training, Dyce

05
December
**Step Change in Safety -
Lifting Forum**

09:00–11:30
3t Training Services - Dyce,
Aberdeen (previously AIS Survivex)

 Annual Quiz

15
December
**Step Change in Safety
Annual Quiz**

15:00–16:00
Online Event

 ESR
ELECTED SAFETY REP

22
April
Safety Rep Forum

09:00–16:30
Union Kirk



Kimberly Petrie

Donor Recruitment and Publicity Officer
Scottish National Blood Transfusion Service

Give Blood: Why Your Festive Donation Matters



GIVE BLOOD



Kimberley Petrie
Donor Recruitment and
Publicity Officer

What will be covered

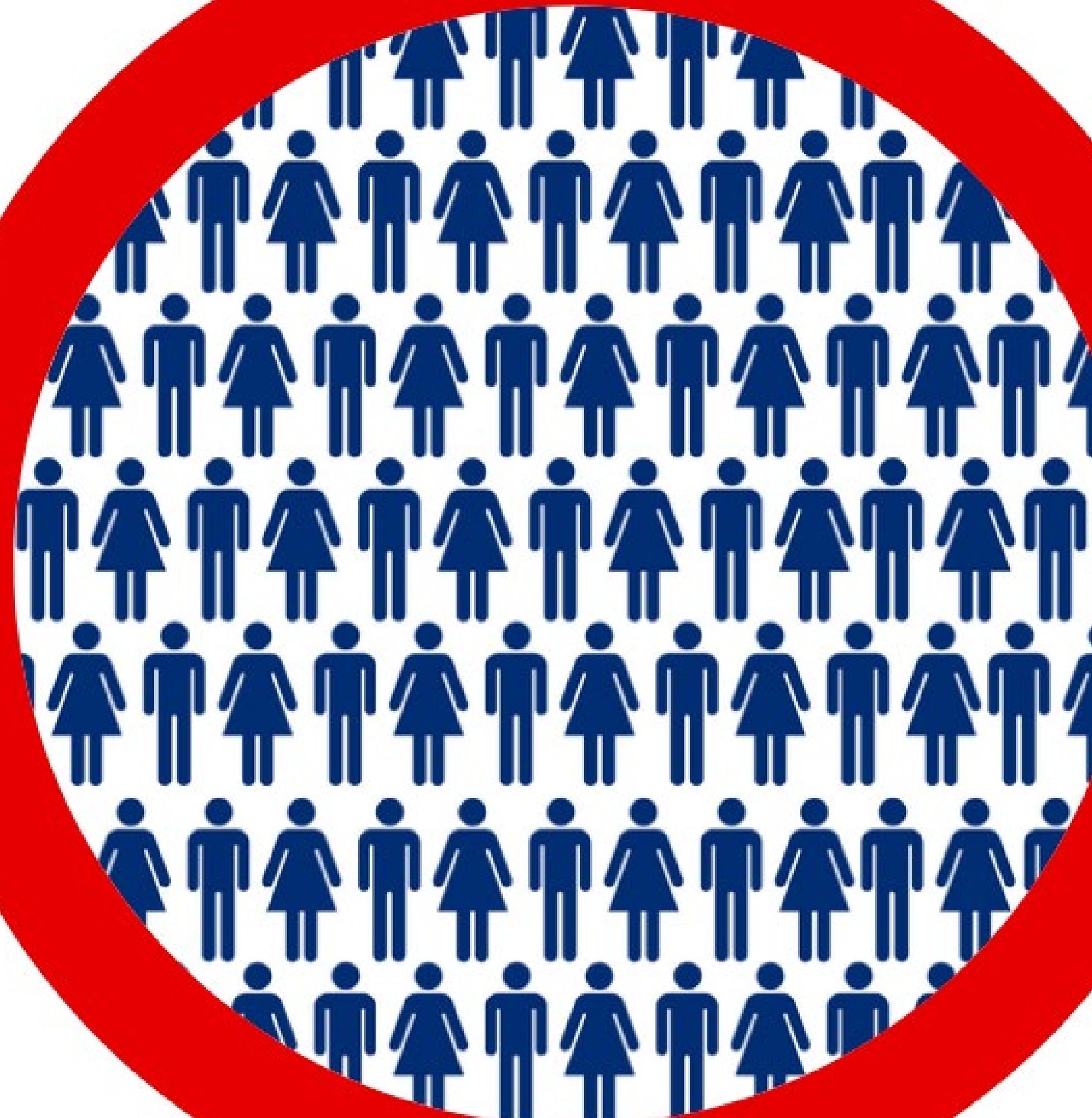
- The Scottish National Blood Transfusion Service
- The need for blood in Scotland
- Eligibility
- Donations types
- The need for festive donations
- Corporate donations



History

- Jack Copland established Scotland's first blood transfusion service in 1930
- Our first mobile laboratory was introduced in the 1970's. Enabling staff to prepare platelets and fresh frozen plasma within an hour of being donated
- Today the Scottish National Blood Transfusion Service is the specialist provider of high quality blood, tissues and cells products and services in Scotland





Hospitals all
over Scotland
rely on blood
being available

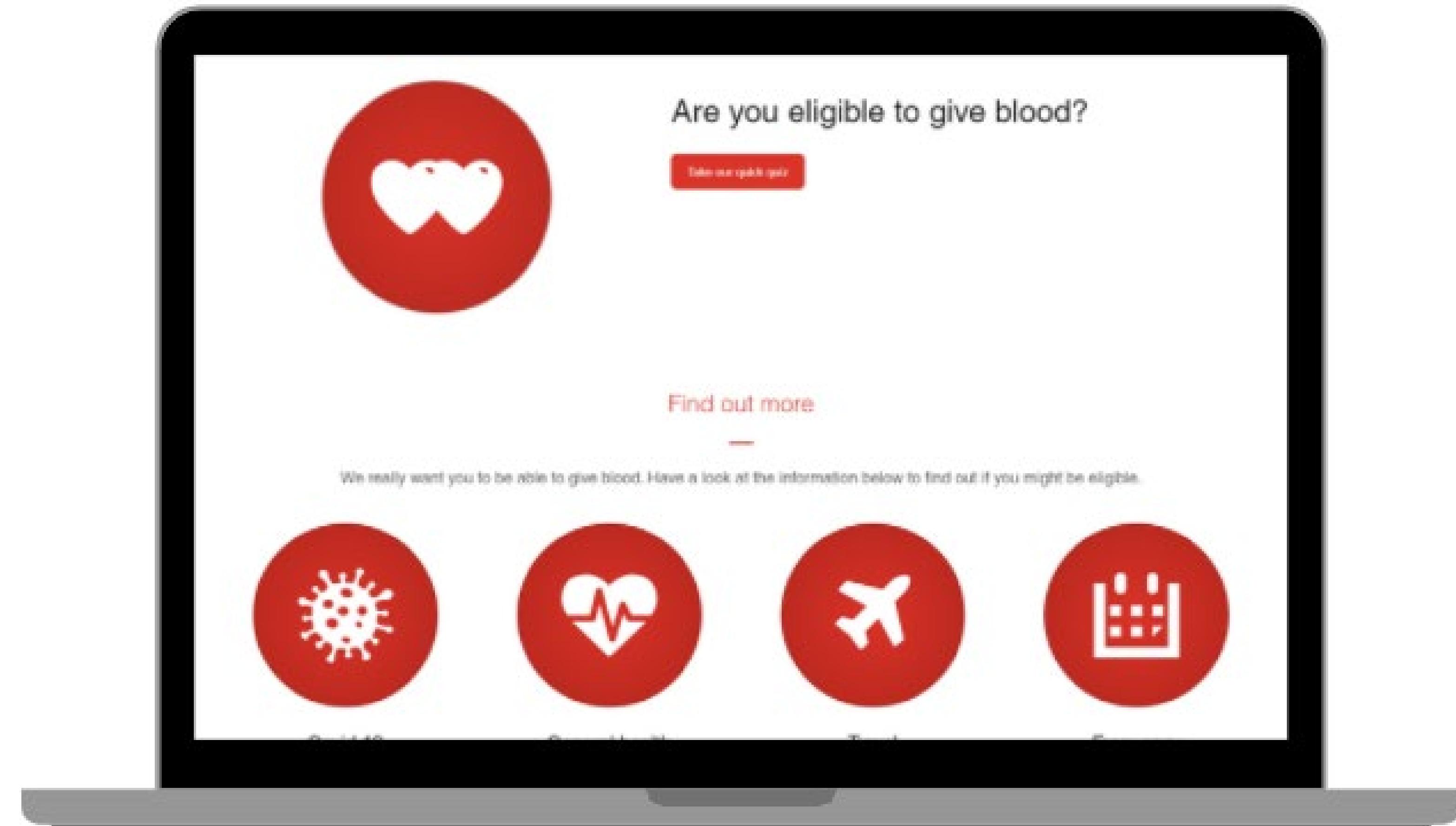
Over 3000
people every
week

Eligible to give blood:

- Aged between 17-65
- Not awaiting test results from doctor
- Haven't visited a malarial area
- Haven't had cancer, heart disease or stroke
- Not currently pregnant



Visit scotblood.co.uk - Do our quiz to find out



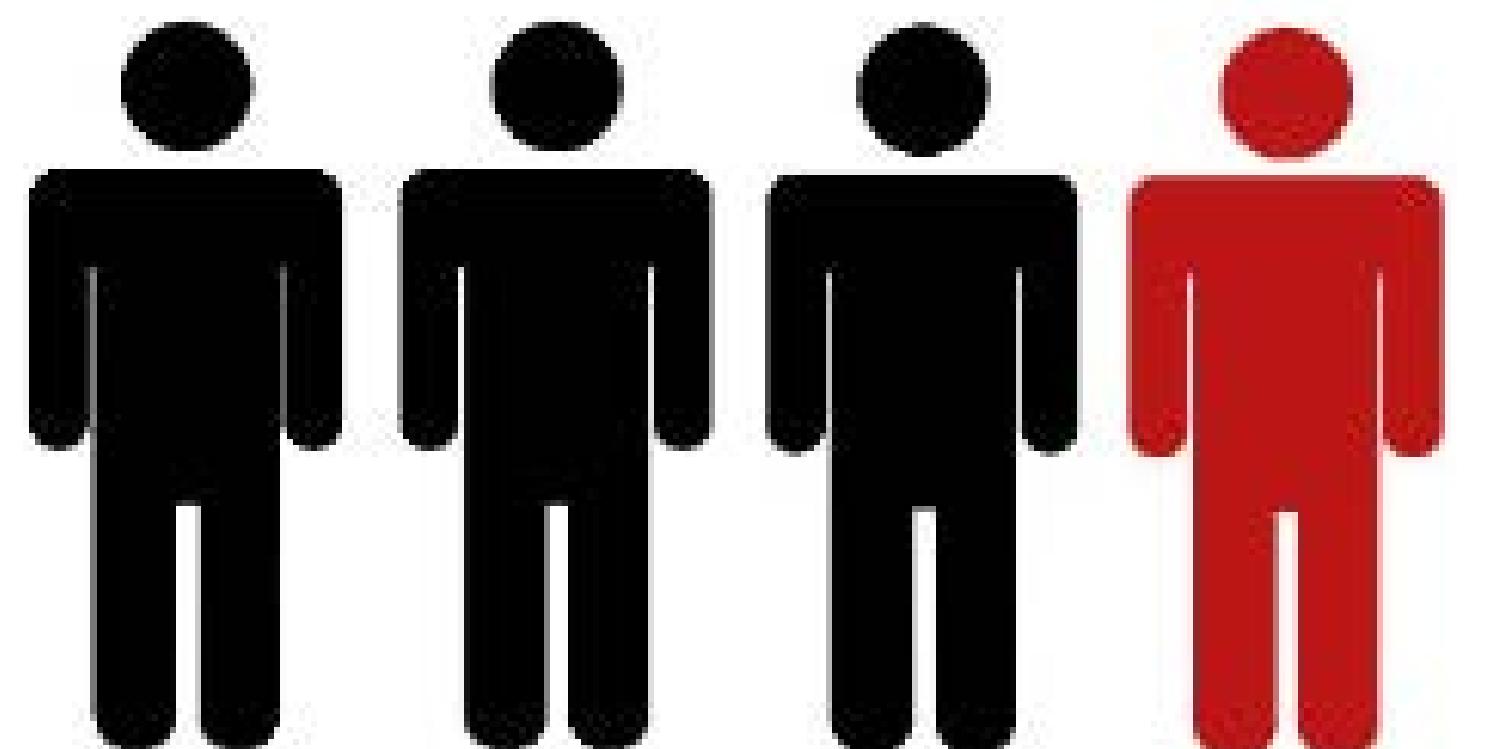


Only 3% of the
eligible Scottish
population gives
blood

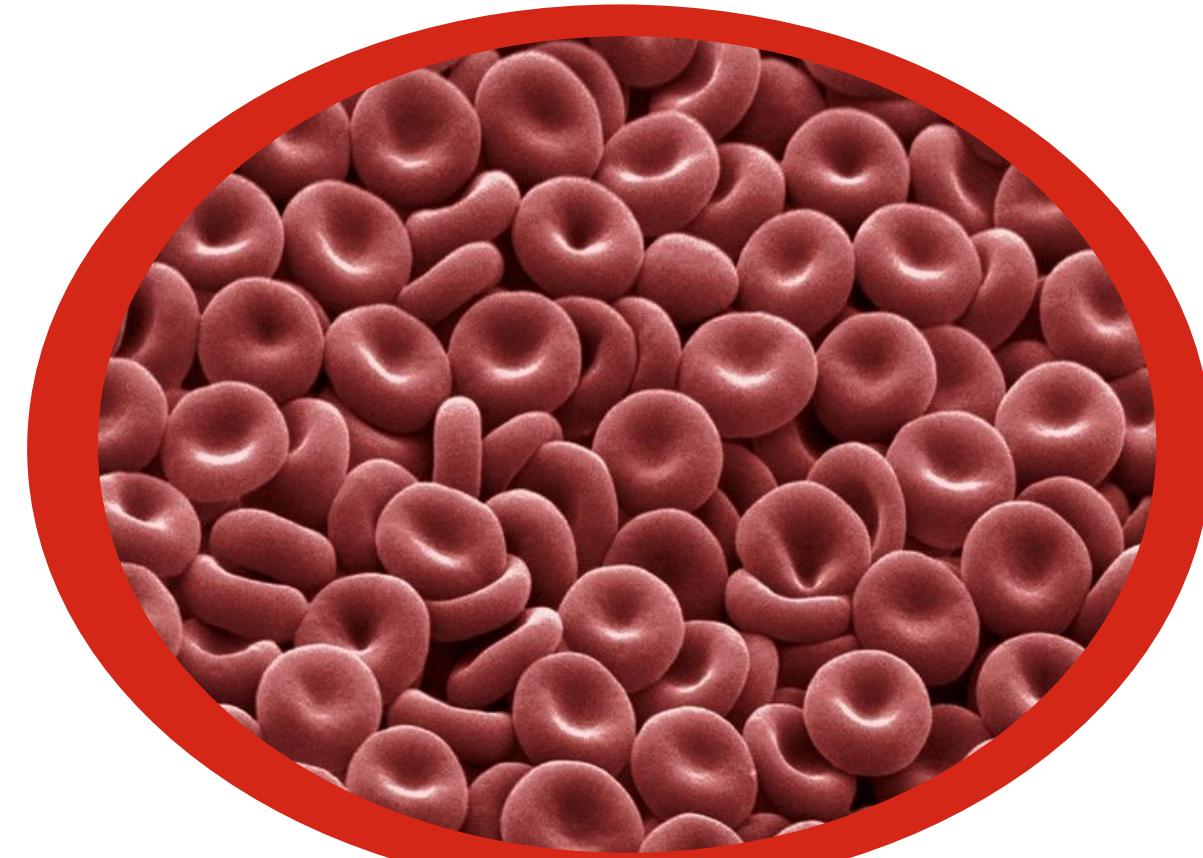
96,806



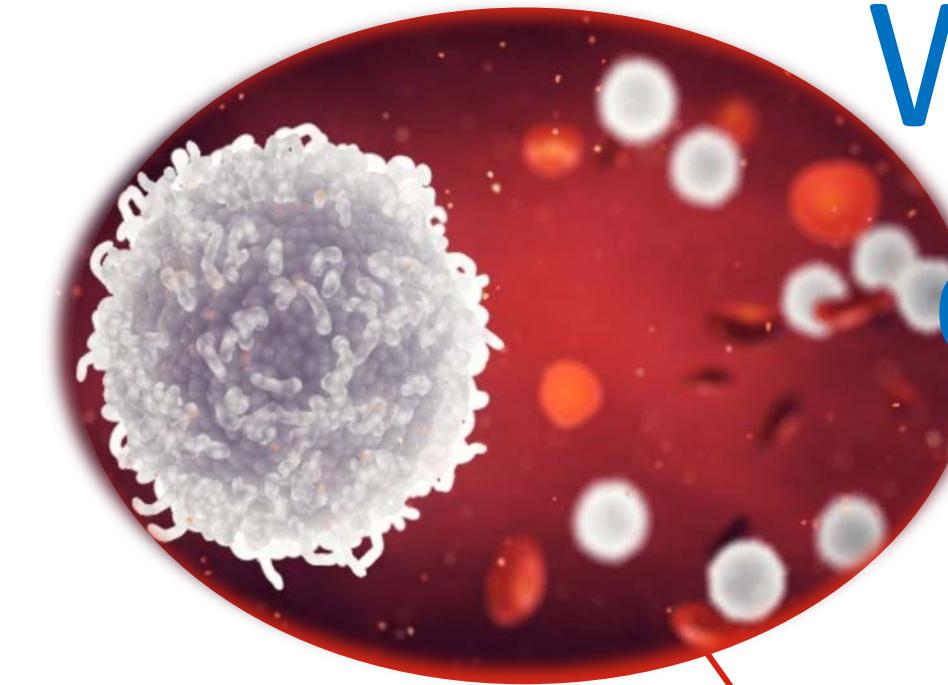
1 in 4 of us is
likely to need
blood or blood
products at some
point in our lives.



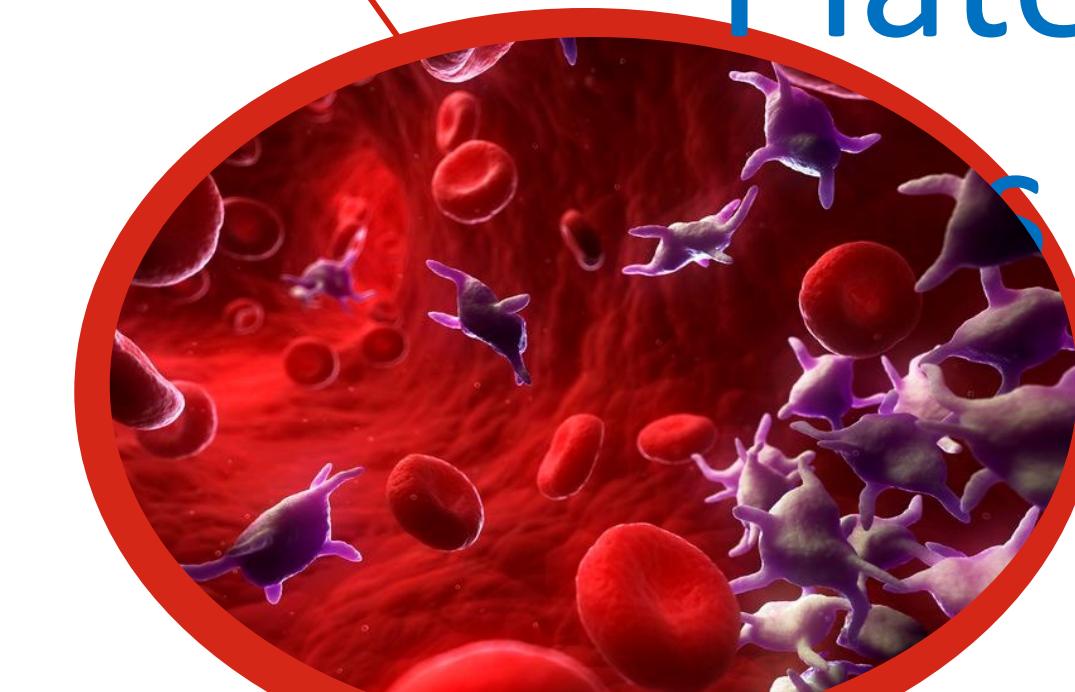
What is blood composed of?



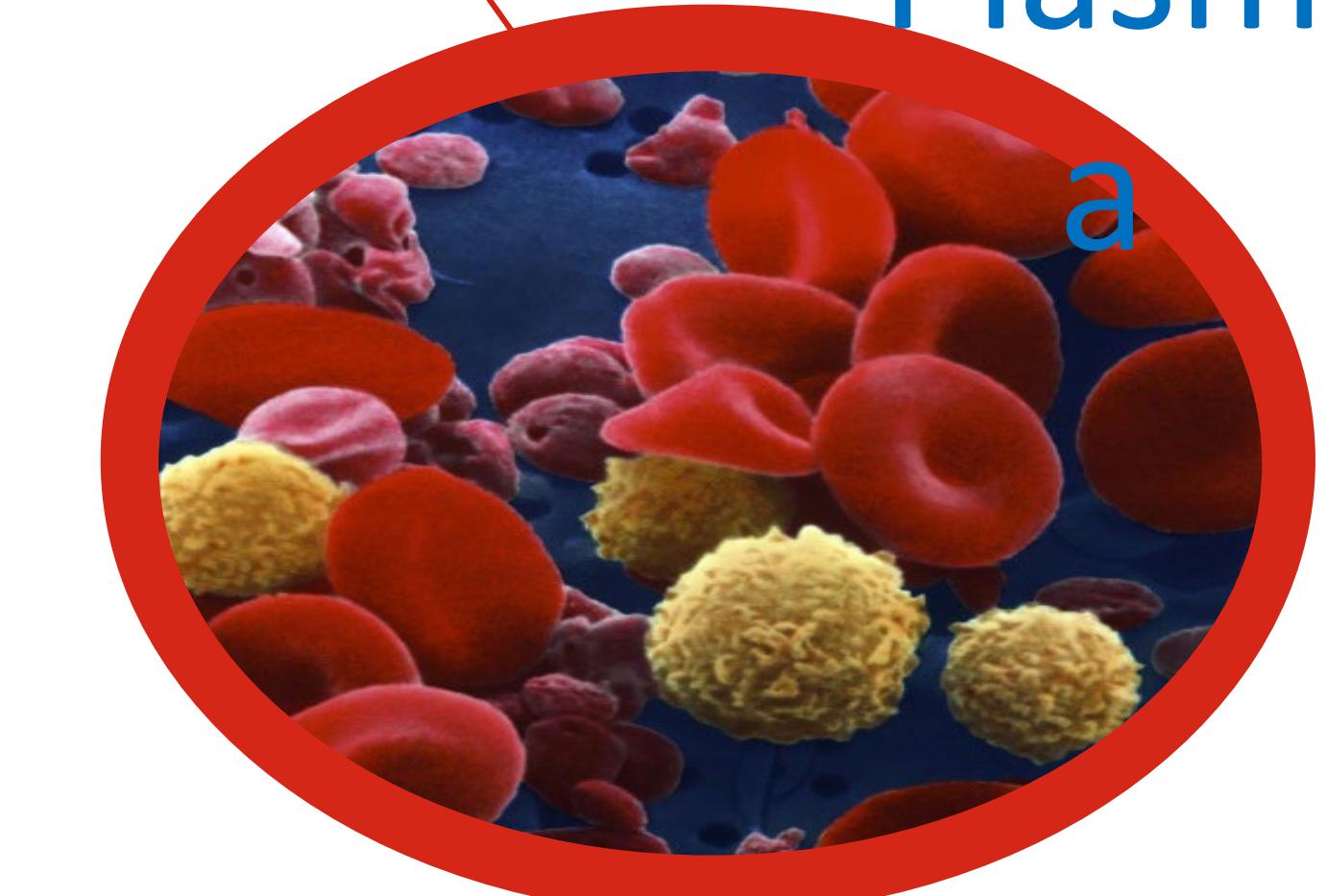
Red
cells



White
cells



Platele



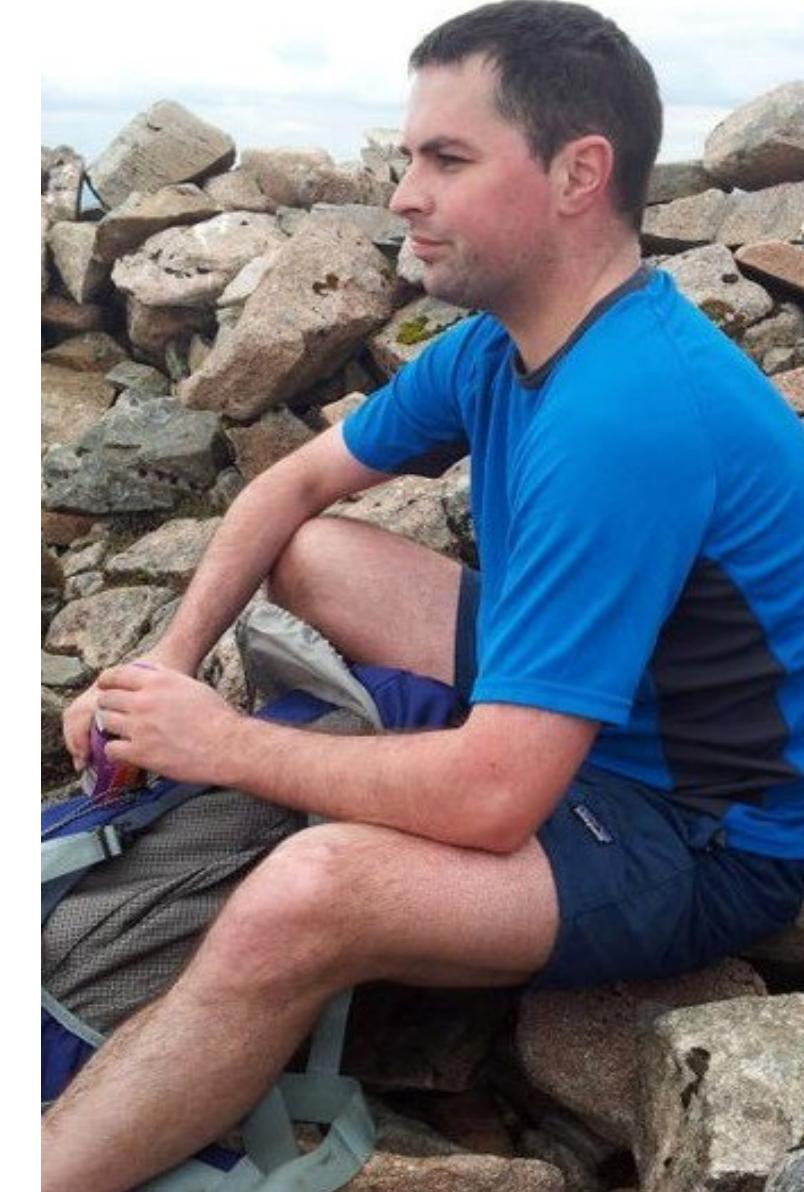
Plasm

a

Amazing stories



Anna received several transfusions after the birth of her son



Rod received 10 pints of blood, platelets and plasma



Rico received multiple transfusions and is likely to need more in the future

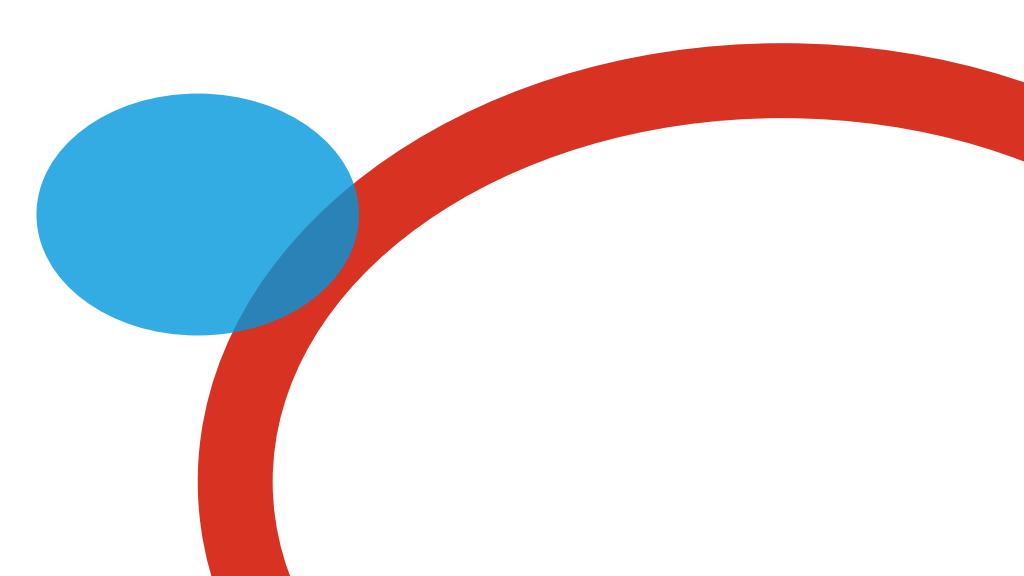


Mark received multiple transfusions following a car crash

Blood Types

Eight different blood groups, but not every blood group can help every patient.

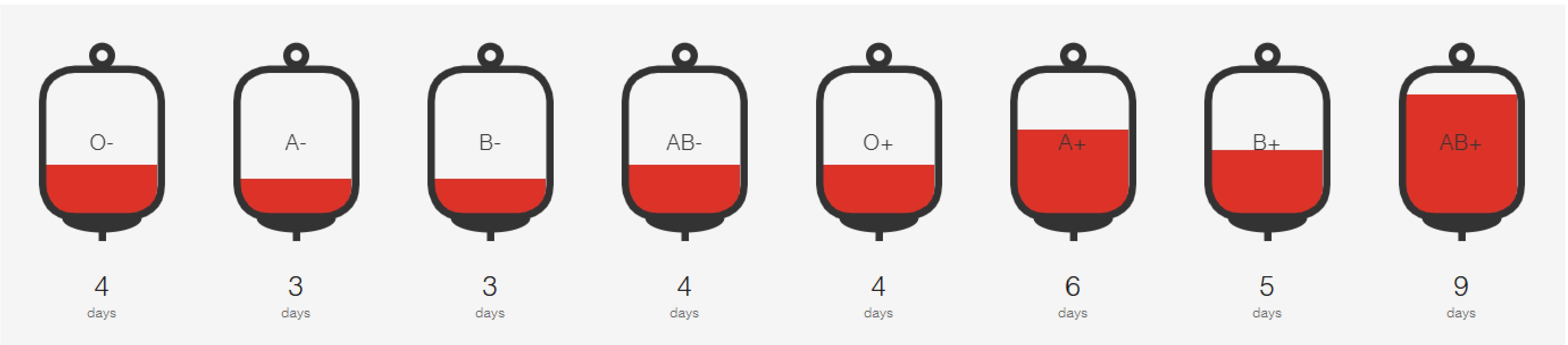
	O-	O+	B-	B+	A-	A+	AB-	AB+
AB+	Heart							
AB-	Heart		Heart		Heart		Heart	
A+	Heart	Heart			Heart	Heart		
A-	Heart				Heart			
B+	Heart	Heart	Heart	Heart				
B-	Heart		Heart					
O+	Heart	Heart						
O-	Heart							



Daily blood stocks

Current blood stock levels across Scotland

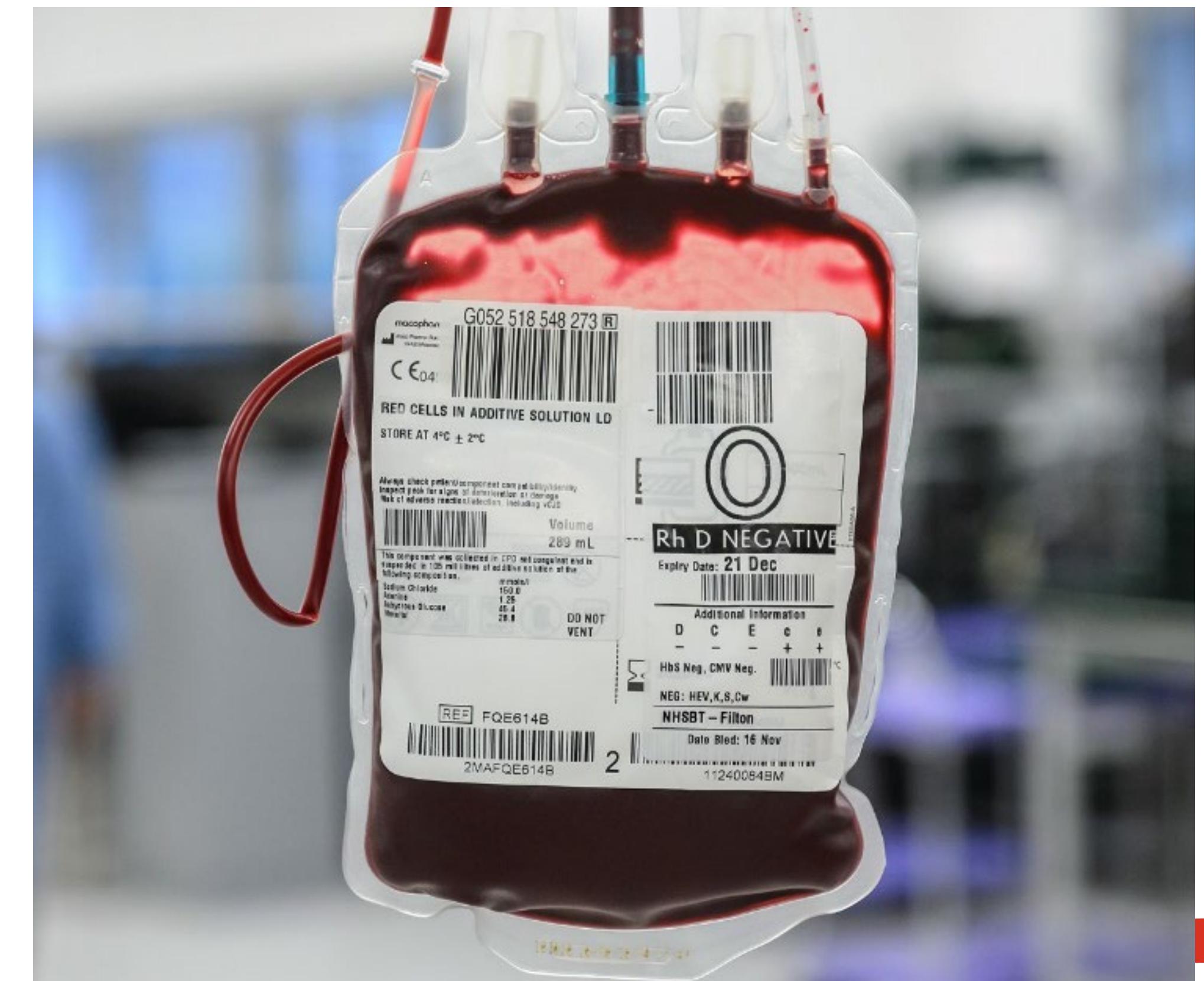
Monday 25 November



We aim to maintain 6 days worth of stock to meet the needs of patients in Scotland

Whole blood donation

- Men and women
- 17 – 65
- Collected both at donor centres and in the community
- Safe to donate every 12-16 weeks
- Shelf life of 35 days
- One donation can save or improve the lives of three people



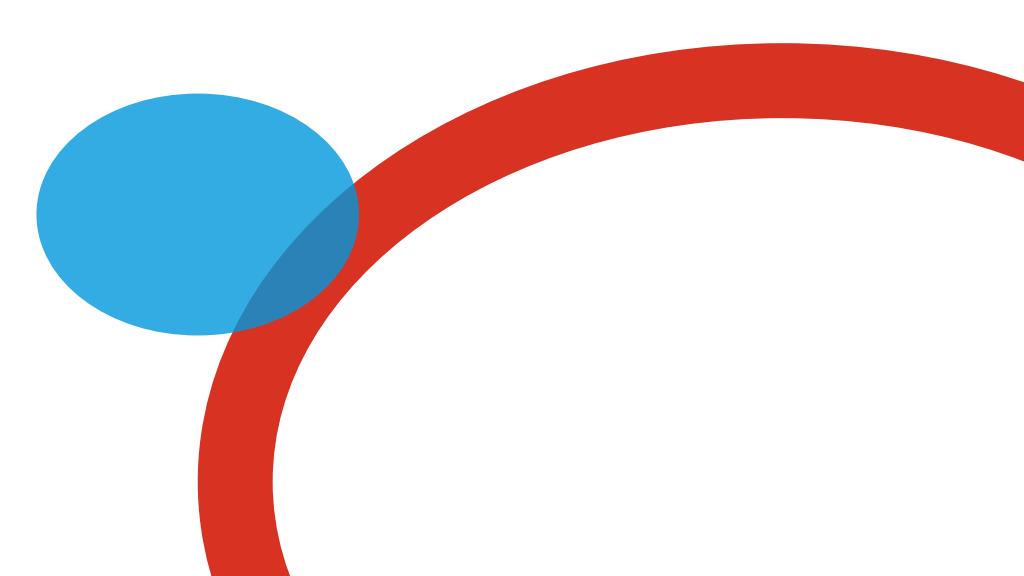
Plasma donation

- Existing blood donor
- Can only be done at Donor Centre
- Donate every 4-6 weeks
- Willing to spend up to an hour on a machine for each donation
- Used to make 'plasma for medicine' Intravenous Immunoglobulin (IVIG)
- Treats twins Max and Fin who suffer from XLA, which weakens their immune system



Platelet donation

- Men and women
- Existing blood donor
- Blood group A and O
- Donation takes place at Donor Centres
- Attend Donor Centre every 4-6 weeks
- Willing to spend up to 90 minutes on a machine for each donation
- Can only be stored for 7 days



Donations can fall by up to 20%
during the festive period

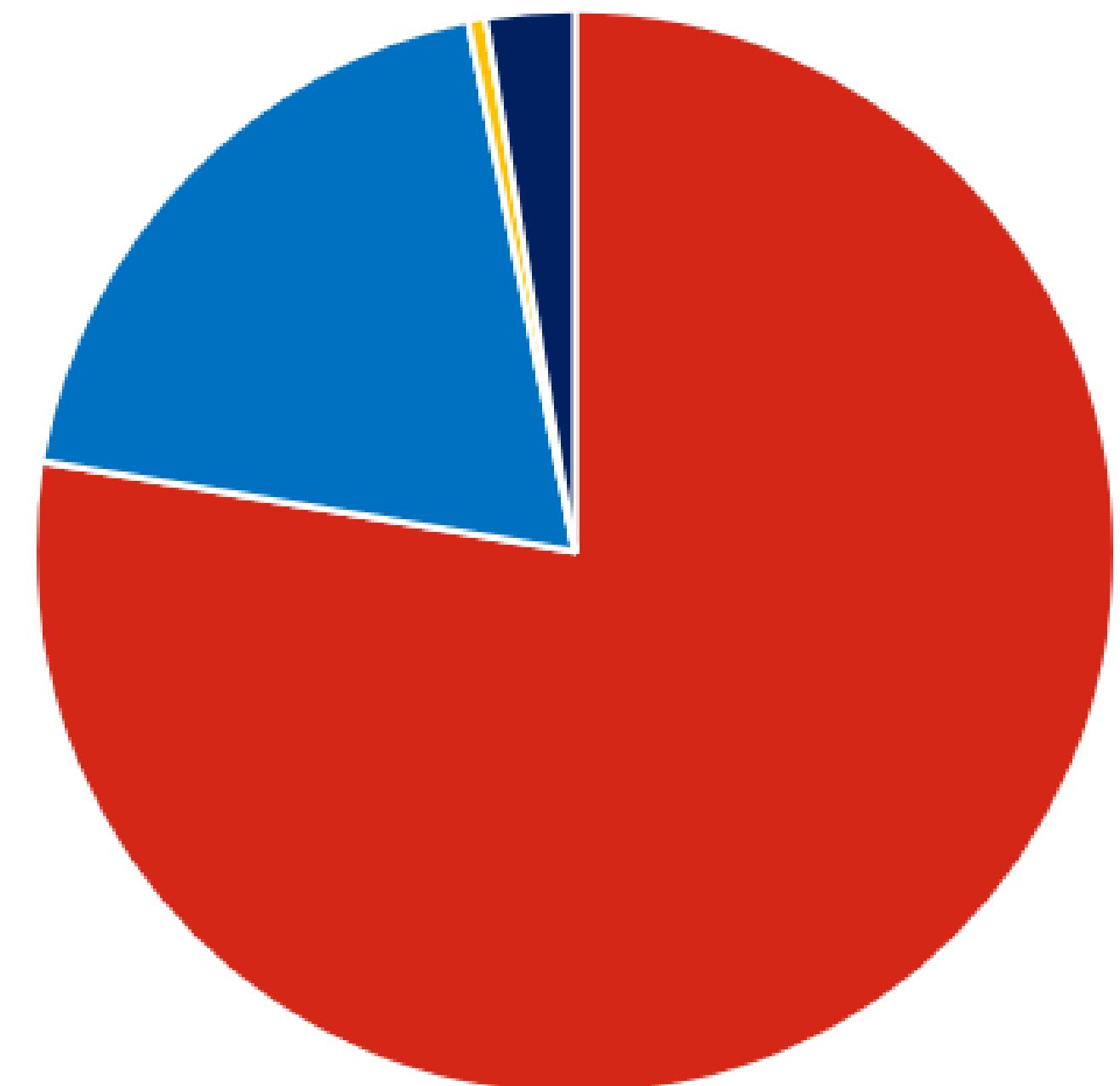
- Weather
- Shopping
- Illness
- Holidays
- Festive catch ups
- Nights out
- Hangovers



The need for blood doesn't take a break...

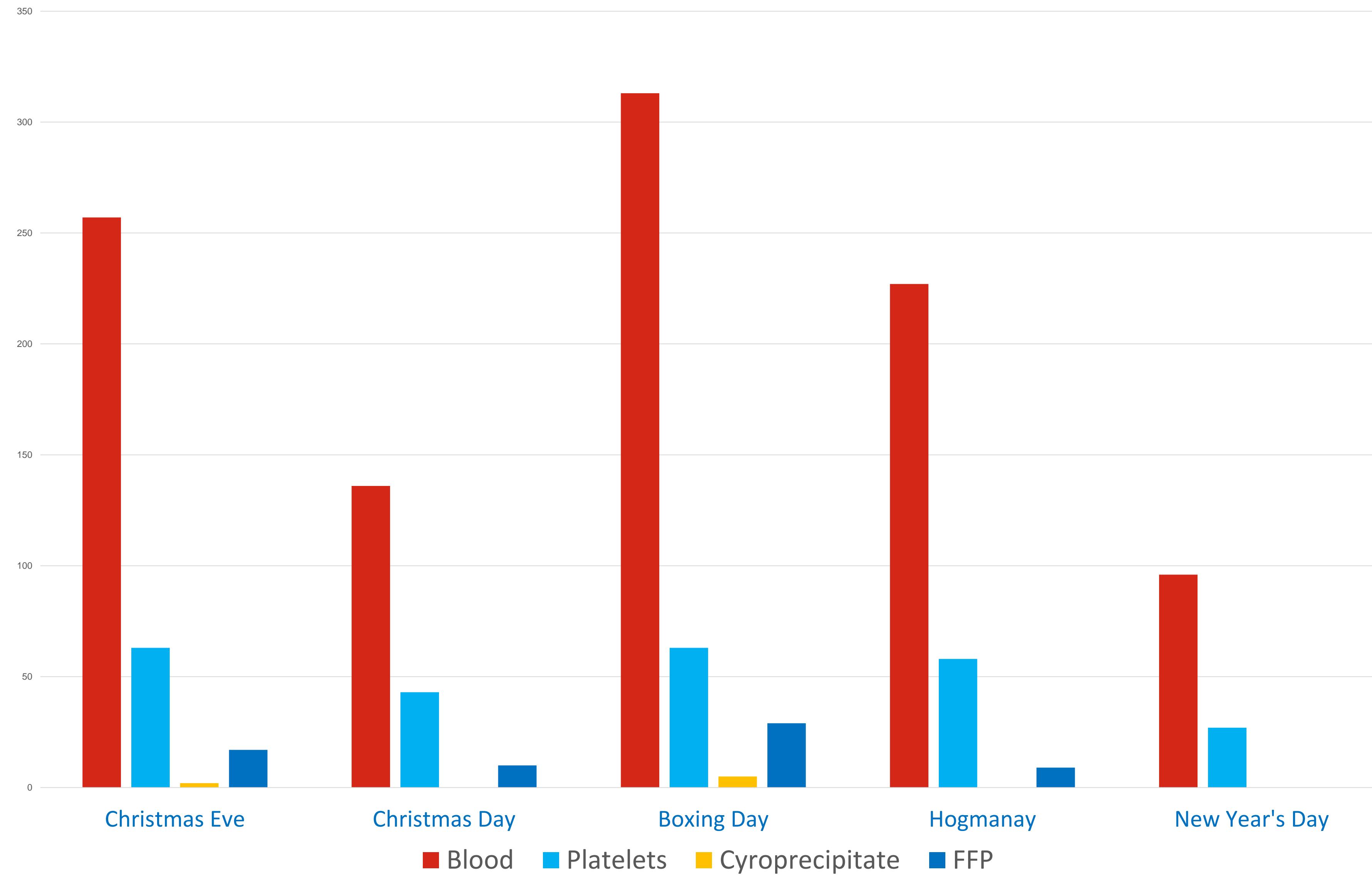
- 1029 units of blood
- 254 units of platelets
- 7 units of Cryoprecipitate
- 65 units of FFP (Fresh Frozen Plasma)

Hospital Issues 23/24



- Red Cells
- Platelets
- Cryoprecipitate
- Fresh Frozen Plasma

Hospital Issues Festive Period 2023/2024



How you can help... Corporate donations

- Collection plan mapped out around 18 months in advance
- 300+ employees
- Easy access
- Parking
- 7m x 10m room
- Good lighting, easily accessible toilets and running water
- Target of at least 40 donations

Corporate donations at Aberdeen Donor Centre

- Shell knew they couldn't accommodate a workplace session
- Recruiter attended Shell office to provide lunch and learn presentation
- Specific date and times blocked off for Shell employees to attend Aberdeen Donor Centre (Thursday morning 8.30am-10.30am)
- Donor details collated before the event
- 14 Shell employees attended



Corporate donations at Aberdeen Donor Centre

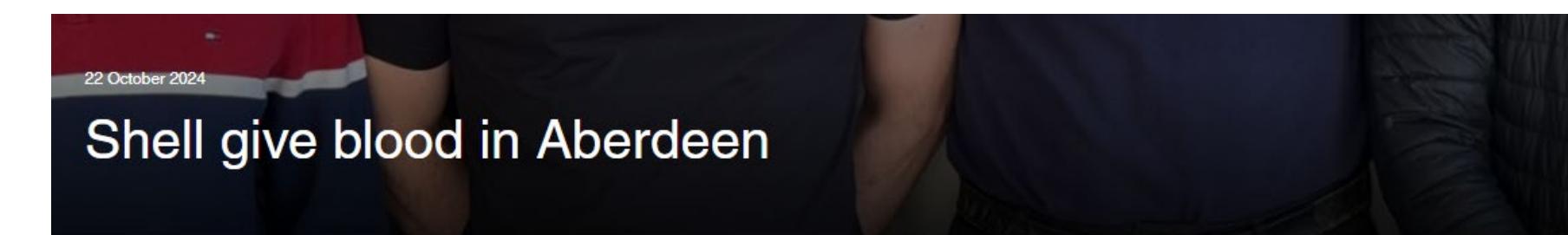
Thank You 

Every time you give blood you could save or
improve the lives of 3 people.



Shell employees donations will save or improve
the lives of up to 42 patients in Scotland.

GIVE BLOOD



Share



Shell give blood in Aberdeen

Last week we were delighted to welcome employees from Shell to give blood at Aberdeen Donor Centre.

First time donor and organiser of the event Michaela Cargill said, 'Giving blood is something I've always wanted to do but just never got round to. I know that the blood transfusion service used to come to our office but I thought it would be just as easy for us to donate as a group at Aberdeen Donor Centre.'

'I've had quite a few operations over the years and although I've never needed blood, it's good to know that it's there if it's required.'



Scottish National Blood Transfusion Service - SNBTS
Published by Kimberley Petrie
· October 22 · 

We were delighted to welcome colleagues from Shell at Aberdeen Donor Centre last week. ❤️

Find out more about giving blood with colleagues below:



SCOTBLOOD.CO.UK
Scotblood - Shell employees roll up their sleeves at Aberdeen Donor Centre
Last week we were delighted to welcome Shell employees.

Common reasons you might not be able to donate

1. Under investigation
2. Piercing/tattoo
3. Malaria risk
4. Pregnant
5. No suitable veins
6. Had blood transfusion after 1981,
cancer, heart disease or stroke



Drink plenty
of fluid

Make sure you
eat before
giving blood



What to expect...

Donor health check



Finger prick test



Give blood



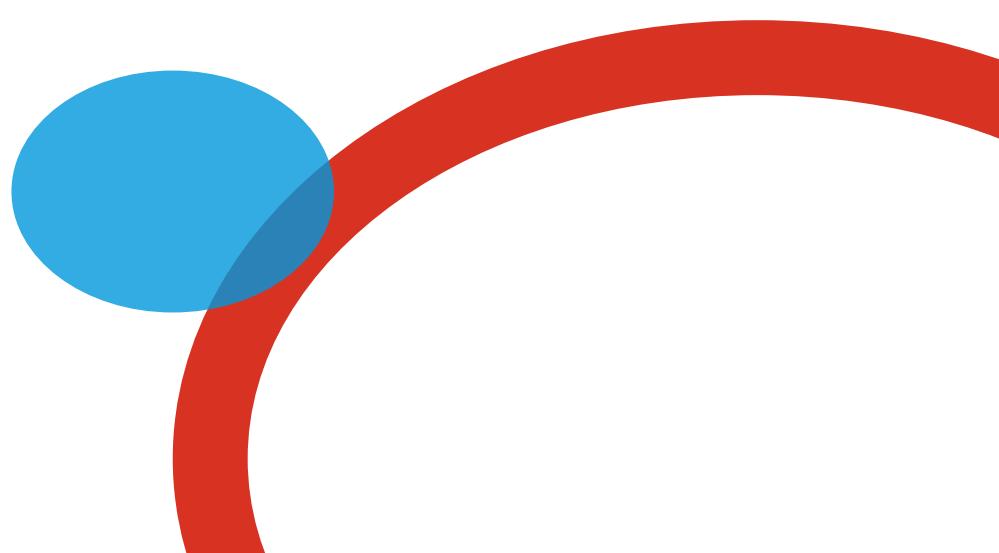
Relax



Afterwards...

Carry on as normal

- Drink three glasses of water over the next three hours, and don't forget to eat.
- Avoid strenuous exercise, heavy lifting and hot baths for the rest of the day.
- Please don't smoke for two hours after donation!
- Safe to Give Blood every 12/16 weeks
- Takes less than 24 hours to replace the fluid that's been lost
- Takes a few weeks for Red Cells to return to 'pre-donated state'



To donate...

- Register at scotblood.co.uk or call 0345 90 90 999
- Find your nearest session by using our session finder at scotblood.co.uk
- Book an appointment online at scotblood.co.uk or call 0345 90 90 999
- You'll receive your donor card within 10 weeks of your donation

GIVE BLOOD

Scotland's patients need your help

Just one blood donation can save or improve the lives of up to three people

Sign up to give blood >

Find out where to give blood

Enter a postcode or place name

SEARCH

Interested in a workplace presentation, a potential workplace session or a group booking at Aberdeen Donor Centre?

Contact me:

Kimberley Petrie
Donor Recruitment & Publicity Officer
Kimberley.Petrie@nhs.scot

Contact Us

Call 0345 90 90 999

Visit www.scotblood.co.uk



@givebloodforscotland



@givebloodscot



@givebloodscotland



youtube.com/givebloodscotland



AOB



Focal Point Engagement Session | Q4

Thank you for attending!