M&H Carriers Ltd Health, Safety and Wellbeing Policy

At M&H Carriers Ltd, effective health and safety management is an integral part of our culture and a key contributor to the success of our business. We are committed to maintaining the health, safety and wellbeing of our employees while ensuring that members of the public are protected from risks associated with our operations.

All employees have a legal duty to take reasonable care for their own health and safety and that of others who may be affected by their actions. Employees are expected to support the company in maintaining high standards of health, safety and welfare across all operations.

This policy, and the systems supporting it, are formally reviewed at least annually and updated whenever necessary to ensure they remain effective. Additional management reviews will be undertaken whenever there is reason to believe that our arrangements or resources may not adequately meet our responsibilities.

Our Commitments

- To achieve these objectives, M&H Carriers Ltd will:
- Use structured risk assessments to maintain safe workplaces, including safe routes for personnel and vehicle movements.
- Maintain suitable safety arrangements for the use, handling, storage, transport and disposal of substances and equipment.
- Monitor workplace standards through regular inspections and implement corrective actions where required.
- Investigate reported accidents and incidents to identify root causes and implement preventative measures.
- Provide employees with appropriate information, instruction, supervision and guidance.
- Consult regularly with employees to review health, safety and environmental performance and improve standards.
- Ensure employees are competent to carry out their duties through appropriate training and regular refresher programmes.
- Protect employee health by controlling exposure to hazardous substances and physical agents such as chemicals and noise.
- Implement proactive monitoring systems, supported where appropriate by employee health surveillance.
- Encourage the reporting of near misses and incidents to support learning and prevention.
- Involve employees in identifying hazards, assessing risks and developing effective control measures.
- Maintain access to competent health and safety advice, including specialist external support where necessary.

Leadership and Responsibility

The Managing Director retains overall responsibility for health and safety within M&H Carriers Ltd. Day-to-day management of health and safety activities is delegated to the Head of Network and the Health & Safety Manager, who are supported by the Senior Management Team and have access to professional health and safety expertise where required.

Approved by:

Fraser Maclean
Managing Director – M&H Carriers Ltd
April 2025

Chris Ranaldi
Head of Network – M&H Carriers Ltd
April 2025