Taking the risk out of your business with our HR packages.

#### **Wurkplace LIVE:**

# HR Advice for Employees & Employers

Host: Mark Whitfield

Panellists: Karen Owen

Manuela Surgeon

### AREAS COVERED IN THIS SESSION

- 1. Covid Testing in the Workplace.
- Raising Grievances Return to work / sick leave / absence
- 3. Having the skills and confidence to follow through on a termination
- 4. Expectations of treatment in mental health with Manuela Surgeon
- 5. Q&A with Mark
- 6. Wrap up.

### Covid Testing in the Wurkplace

with Karen Owen

# Covid Testing in the Wurkplace

Expansion of COVID-19 workplace tests will:

- Identify positive covid cases
- Reduce the spread of the virus
- Protect those who cannot work from home

Voluntary decision for employers to run testing for staff

Lateral flow testing – this is a fast and simple way to test people who do not have symptoms but may spread the virus

# Covid Testing in the Wurkplace

- > Employer-led set-up
- > Third party provider
- Community testing
- Staff worried about testing positive and being absent from work
- Employers cannot force an employee to take/submit a COVID-19 test, so what can they do?
- Staff may have concerns they may be working with someone who has COVID-19

# Covid Testing in the Wurkplace

Can an employee claim **unfair dismissal** for refusing to take a COVID-19 test?

- Possible unfair dismissal claim and/or unlawful discrimination
- Dealt with on a case by case basis but employer would have to show a reasonable need for testing
- Employer would have to demonstrate that the reasons for testing are not due to the person(s) having a protected characteristic, such as a disability

### **GDPR**



Collecting such Covid-19 data is sensitive and employers should be mindful of how they store and dispose of such data.

## Raising Grievances

### Raising Grievances

- Employees should ideally try to resolve issues informally (where able)
- If not able to deal with matter informally then a formal grievance should be raised by employee formally in writing
- Company should have in place a grievance procedure and should ensure this is followed
- Mediation is a positive way to deal with any grievances
- Employers should ensure formal grievance meetings are arranged without unnecessary delay
- Employees should be given the right to be accompanied at grievance meetings
- Employees should be given the opportunity to suggest how the grievance(s) could be resolved
- Employees should be aware that they have the right of appeal
- Employers should always keep records of any meetings and outcomes



## Sickness and Absences

- Employers should have an absence notification procedure that is communicated to staff
- Employees should follow the procedure and should notify their employer of any absence
- Employees can self certify without a fit note for the first seven consecutive days of any sickness absence
- Employees must furnish their employer with a fit note from the 8<sup>th</sup> consecutive day of absence
- Employers should have a company sickness policy
- Employee may be eligible for SSP or even company sickness pay if this is offered by the employer



# Returning to Work

- After any sickness absence employees should have a return to work meeting and a record kept of this
- Long term sickness return to work meetings are important as the employer may need to assess what tasks the employee is able to undertake (e.g. complete an individual risk assessment on them and perhaps instruct occupational health for advice); notify the employee of any changes that have taken place within the business; obtain the thoughts and feelings of the employee returning to work.
- Staff returning to work from furlough leave
- Recommend undertaking a return to work for all staff returning from furlough leave and furnishing them with all the relevant COVID19 information such as risk assessments and company procedures.

Disciplinaries & Terminations

# Following through on a termination

- Can be awkward
- Can be contentious
- Ensure company has a disciplinary procedure
- Ensure you follow company disciplinary procedure
- Plan who is to undertake investigations, who will be the disciplining officer and the appeal officer

# Following through on a termination

Employee has a right to be accompanied to a disciplinary hearing and appeal.

- Ensure you follow ACAS code of practice
- Ensure employers avoid any decision and situation that may be seen as unfair or discriminatory
- If an employee is dismissed for gross misconduct they will not be entitled to notice pay
- Unless they can demonstrate discrimination employees cannot claim unfair dismissal or constructive dismissal if they have less than 2 years service

# Following through on a termination

References

- ➤ Not obligatory unless under certain circumstances
- ➤ An employer can restrict what is included in a reference
- Reference must be fair and not misleading
- If an employee agrees to a settlement agreement to terminate their employment they must be provided with an agreed reference

## Thanks, Karen



# Psychoanalytic Psychotherapist Manuela Surgeon



### MTS

**PSYCHOTHERAPY** 

# Expectations of mental health treatment

Manuela Surgeon

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#### Overview

Signs and symptoms of stress and some mental health issues

Expectations of mental health treatment

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**PSYCHOTHERAPY** 









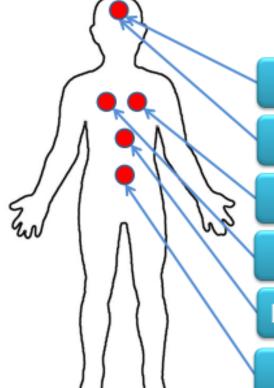




**Modern Day Stresses** 

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#### Stress & the Body



Blood flow to brain and muscles increase

Concentration heightens

Your heart rate increases

Breathing becomes more rapid

Digestion pauses to allow for more energy

Muscle tensions increases

### MTS

**PSYCHOTHERAPY** 

# MTS PSYCHOTHERAPY

## Stress

**Emotional** 

**Physical** 

**Symptoms** 

Cognitive

**Behavioural** 

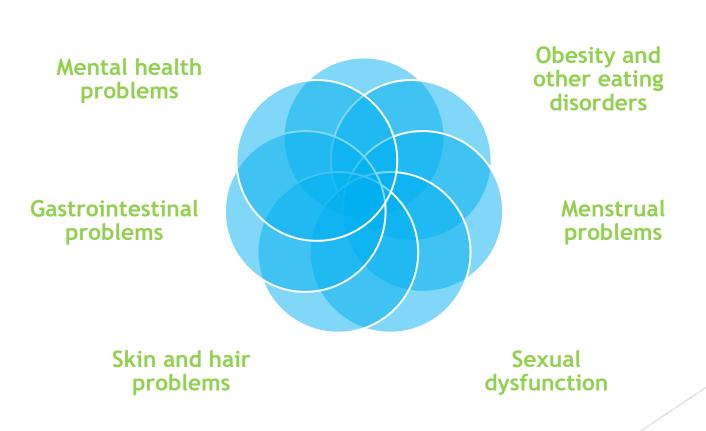
# What are the Consequences of Long-Term Stress?

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### **Anxiety**

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PSYCHOTHERAPY

Fixation upon the outcome of events

Rapid heartbeat and rapid breathing Nausea and stomach upset

Tight or painful chest

Unreality or bright vision makes our environment look less real

**Choking** sensations

Restlessness and difficulty in concentrating

**Sweating** 

Feeling dizzy or lightheaded Numbness and tingling sensations

Heavy legs

Hot and cold flashes

### Depression

An unusually sad or irritable mood that does not go away

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**PSYCHOTHERAPY** 

Loss of interest in food or, sometimes, eating too much. Changes in eating habits may lead to either loss of weight or putting on weight

Loss of enjoyment and interest in activities that used to be enjoyable

Having sleeping difficulties or, sometimes, sleeping too much

Lack of energy and tiredness

Moving more slowly or, sometimes, becoming agitated and unable to settle

Feeling worthless or feeling guilty when they are not really at fault

Difficulties concentrating and making decisions

Thinking about death a lot or wishing they were dead

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**Case Study** 



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### Thank you

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PSYCHOTHERAPY

Coming up

**Summer Workshops** 

½ day or full day

Resilience

Stress management

Wellbeing

## Thanks, Manuela

Taking the risk out of your business with our HR packages.

### Any Questions?

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## Wrap Up

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