



Health & Safety Consultancy Services





Arthian - Your Health & Safety Partner

Arthian provides 'competent person' services to help you meet your legal duties under health and safety law. Our multi-disciplinary team — including scientists, engineers, and safety specialists — brings the experience and technical knowledge you need.

What is a 'Competent Person'?

Under health and safety law, every organisation must appoint a 'competent person' to advise on the steps needed to comply with regulations and keep people safe. Depending on the nature and complexity of your business, this may involve one or more individuals with the expertise to identify risks and recommend sensible, proportionate solutions.

At Arthian, we combine deep industry experience with a flexible, responsive, and solution-focused approach, helping our clients achieve and maintain compliance.

Do I Need a 'Competent Person'?

Yes. Regulation 7 of the Management of Health and Safety at Work Regulations 1999 (or the 2000 Regulations in Northern Ireland) requires every employer to appoint a competent person to assist in meeting health and safety duties.

While legal responsibility for health and safety cannot be delegated, most employers are not specialists — making competent advice essential.

Appointing a competent person ensures that your business benefits from the knowledge, skills and professional judgement needed to protect workers, customers, visitors, and others affected by your activities.

Our Competent Person Service

The requirement to have a competent person(s) to support your organisation applies to all employers, regardless of size or sector. Although the regulations do encourage organisations (where practicable) to appoint a 'competent advisor' from within, this may not always be possible. For example:

- » Due to ill health, parental leave, retirement or other circumstances where internal 'competent persons' are unavailable;
- » To supplement the existing 'competent person(s)'; and/or
- » Where the existing 'competent person(s)' do not hold the relevant knowledge to advise on a specific aspect of health and safety.



Health & Safety Legal Compliance Support

Our Health & Safety Legal Compliance
Consulting Services



Compliance Audits
Independent review against
applicable legislation.



Legal Register
Bespoke, site-specific, and easy to
manage.



Bi-Annual Updates
Keeping you informed of changes.



Action Close-Out Support
Help resolving non-conformances
and improvements.

**Why outsource your health and safety
legal compliance auditing and register to
Arthian?**

Boost Compliance

- » We audit against relevant legislation and create clear, practical registers.

Save Time

- » We manage detailed legal updates, freeing your team to focus elsewhere.

Independent Expertise

- » Unbiased advice, with access to wider environmental and engineering support.

Multi-Jurisdiction Knowledge

- » Support for UK, EU, international and corporate compliance requirements.

Trusted, Competent Support

Our consultants are IOSH-registered and OSHCR-listed, providing outsourced 'competent person' services.

We tailor support to your business size and sector — helping you meet your legal obligations with confidence.

Occupational Hygiene Services

Protecting Health. Enhancing Workplaces.

Occupational (or industrial) hygiene is the science of recognising, assessing, and controlling health risks that arise from workplace exposures to hazardous substances, noise, vibration, and other risks.

There is a clear and undeniable need for occupational hygiene in today's workplaces. In the UK alone, deaths from exposure to dusts and chemicals are ten times higher than deaths from occupational accidents each year (Source: HSE Statistics).

Our Occupational Hygiene Services

Team Arthian provides a full suite of occupational hygiene services, including:

- » Occupational Hygiene Strategy and Management System Development
- » Occupational Exposure Monitoring
- » Occupational Noise Assessment
- » COSHH Assessments
- » Assessment of Exposure to Hand-Arm Vibration (HAV)
- » Ergonomic Assessment and Control Programmes
- » Indoor Air Quality Assessment

Delivering Practical Solutions

Team Arthian delivers more than occupational hygiene data — we provide actionable solutions to control workplace hazards. Where needed, our integrated team can also design and implement upgrades, from ventilation improvements to noise attenuation systems.

We support clients across the UK, Ireland, and Europe, drawing on experience from local SMEs to global multi-site organisations.

All work is delivered by qualified members of the Faculty of Occupational Hygiene. Arthian is listed in the British Occupational Hygiene Society (BOHS) Directory of Occupational Hygiene Services.



"I would not hesitate to recommend Arthian. Connor provided a very professional service and was responsive to project enquiries and changing project priorities. Connor supported with updates to a bespoke, site wide register (400 chemicals), which he integrated with the COSHH Risk Assessment Register to develop a live document for risk assessment and controls for the whole plant. A 'win-win' for the site. "

Ian McIlveen - Health & Safety Officer



Occupational Noise Assessments

Understanding and managing workplace noise exposure is critical for protecting employee health and meeting legal requirements.

Team Arthian provides occupational noise assessments to:

- » Identify if exposures exceed the Lower [80 dB(A) LEP,d / 135 dB(C) peak] or Upper [85 dB(A) LEP,d / 137 dB(C) peak] Exposure Action Values.
- » Analyse Octave Band Frequencies and assess the suitability of personal hearing protection.
- » Conduct static and personal noise measurements, including octave, peak, and LEP,d readings.
- » Create noise maps around machinery and work areas.

All measurements follow the requirements of Directive 2003/10/EC and the HSE's guidance in L108 Controlling Noise at Work.

Our Capability

- » **Hand-held sound-level meters:** short-term readings, suited to stable/ repetitive noise sources.
- » **Personal dosimeters:** suited to long periods, up to a full working day.
- » **Fixed monitoring:** often used to monitor levels in a specific area where previous investigations have established that a level should not be exceeded.

All trained and experienced staff are members of the Faculty of Occupational Hygiene. Arthian is also listed in the British Occupational Hygiene Society (BOHS) Directory of Occupational Hygiene Services.



Occupational Vibration Assessments

Arthian is your local consultancy partner for occupational vibration assessments, helping you protect your people and comply with the Control of Vibration at Work Regulations (Northern Ireland) 2005.

Our integrated team of scientists, engineers, and health and safety specialists – Team Arthian – brings together deep technical expertise and practical solutions.

By law, employers must assess vibration risks and take action to protect employees.

We help you:

- » Identify and assess risks from vibration exposure.
- » Develop prioritised action plans to eliminate or reduce risks.
- » Ensure appropriate control measures, training, and health surveillance are in place.
- » Review and update your approach as circumstances change. Create noise maps around machinery and work areas.

Our Services

Hand-Arm Vibration (HAV)

Exposure to hand-arm vibration can occur when using hand-held tools (e.g., breakers, grinders, lawnmowers). We assess exposure levels to help manage and mitigate risks of HAVS (Hand-Arm Vibration Syndrome).

Whole-Body Vibration (WBV)

Operators of machinery such as tractors, forklift trucks, and earth-moving equipment may be at risk from WBV, contributing to back pain and musculoskeletal disorders. We assess exposure to WBV to support safe working practices.

All assessments are conducted by trained and experienced occupational hygiene specialists. Arthian is proud to be listed in the British Occupational Hygiene Society (BOHS) Directory of Occupational Hygiene Services. Hygiene Services.

Indoor Air Quality & Workplace Wellbeing

Breathe Easy: Indoor Air Quality Solutions

Poor indoor air quality can lead to Sick Building Syndrome (SBS), with symptoms including dry or itchy skin, headaches, lethargy, irritability, and respiratory discomfort. Symptoms often worsen with time spent inside and improve when away from the building (HSE Guidance Note HS(G)132).

We offer a full range of health, safety, and engineering services to assess and improve air quality, including:

- » Indoor air quality assessments
- » Health and safety risk assessments
- » Occupational hygiene surveys
- » Building services performance assessments
- » Mechanical and electrical design consultancy
- » HVAC controls assessments
- » Engineering troubleshooting

Our Capability

Our air quality assessments monitor key parameters and compare results against legal limits and industry guidance:

- » **Temperature, Relative Humidity, CO and CO₂**
Using a range of meters and data loggers, we measure indoor climate conditions.
- » **Dust and Airborne Contaminants**
We sample for particulates and other contaminants using specialist air sampling equipment.
- » **Ventilation Rates**
Using thermal anemometers, manometers, and vane anemometers, we assess ventilation performance against CIBSE, WHO, and Building Standards benchmarks.
- » **Light Levels**
We measure illumination levels, ensuring compliance with recommended standards for different environments and tasks.

Arthian has access to a wide range of monitoring equipment and a comprehensive library of reference standards, enabling detailed and actionable assessments.





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