

Occupational Safety  
Occupational Health  
Risk Assessment  
HSE Measurements  
Training  
Equipment Calibration  
HSE Management Systems

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[www.ergoprolipsis.gr](http://www.ergoprolipsis.gr)

**ErgoProlipsis**

OCCUPATIONAL HEALTH,  
SAFETY & ENVIRONMENT SERVICES

Occupational Health,  
Safety & Environment Services

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**HERAKLION, CRETE**

Knosou Av. 83  
T: +302810 360700  
F: +302810 360393

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**ATHENS**

Ipirou Str. 42, Chaidari  
T: +30210 2208492



Safety  
is our  
priority

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OCCUPATIONAL HEALTH & SAFETY

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# 01

## Our Values



### Flexibility

We provide custom services according to your needs.



### Holistic Approach

We strongly believe that: "Good business is safe business".



### Partnership

We are not selling services. We are your partners.



### Continuous Improvement

We incorporate scientific innovations and technological changes.



### High Quality

Our mission is to provide high quality services with added value for our customers.

Our vision is to stand out for the high quality of our services



# 02

## Who we are

Ergoprolipsis established almost 20 years ago and soon was recognized for the high quality of HSE services provided. Following years, company's activities expanded in Balkans, East Mediterranean and Cyprus. Today, based in Crete, Ergoprolipsis, provides specialized services in Occupational Health and Safety, Environmental Management and Sustainability consulting.

### COMPANY IN NUMBERS

**500**  
CLIENTS

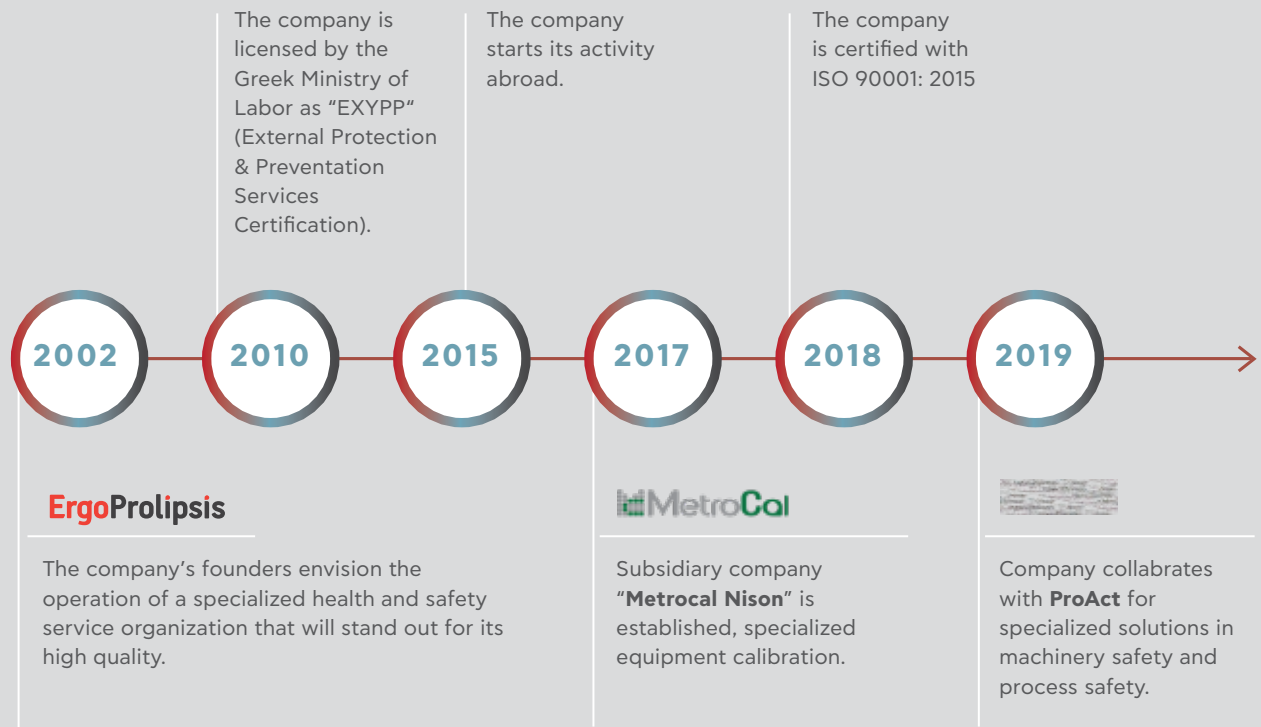
**20**  
YEARS OF  
EXPERIENCE

**50**  
OHSE SPECIALISTS  
ALL OVER GREECE

**7500**  
EMPLOYEES

**650**  
FACILITIES

**2500**  
PROJECTS



# 03

## Services

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## Occupational Health & Safety in Business

### 1 OCCUPATIONAL SAFETY OFFICER

Ensuring the necessary conditions for the promotion of occupational safety is one of the primary goals of modern companies, to which the institution of the Safety Technician contributes decisively.

Ergoprolipsis' executives provide high quality services, as they:

- ✓ Have extensive experience in the field of Occupational Safety
- ✓ Have been certified as inspectors of Occupational Safety systems
- ✓ Are constantly updated and trained on new trends and developments
- ✓ Adapt services to the needs of your business
- ✓ Apply European and international good practices.

### 2 OCCUPATIONAL DOCTOR SERVICES

Ergoprolipsis' Occupational Doctors ensure the prevention of occupational diseases, the reduction of absences and the promotion of employees' health, with benefits for both the employees themselves and the companies.

The Occupational Doctor, as an occupational health consultant, undertakes the supervision of employees' health, the meticulous assessment of their suitability, the preparation of an individual Health Card and the advisory support in medical examinations.

### 3 OCCUPATIONAL RISK ASSESSMENT

Recording and reducing risks in any business is a legal requirement and brings significant benefits, preventing accidents to employees and visitors.

The methodology followed by Ergoprolipsis for the preparation of the study includes the review of the required legislation, the description of the activities, the jobs and an extensive analysis of the sources of Occupational Risks. Then, a risk assessment is provided, suggestions for the elimination of unacceptable risks and instructions for Execution of Safe Work for critical activities of the company.





## Occupational Health & Safety in Construction sites

### 1 SAFETY OFFICER SERVICES

Construction sites are one of the most dangerous professions, due to the particularly high risks that appear, as working conditions change regularly and at the same time different types of work are performed simultaneously in the same or in adjacent spaces or at different levels.

The Safety Officer advises the organization on issues related to the Safety of employees and supervises the working conditions in all facilities of a construction site.

### 2 SAFETY COORDINATOR SERVICES

In cases of construction sites where many workshops are present, a Health and Safety Coordinator is required during the execution of the project. Ergoprolipsis' Safety Coordinator offers added value to technical projects for occupational risk prevention and good work practices.

The Safety Coordinator, together with the Safety Officers and the Occupational Doctors, organizes the cooperation between the contractors and subcontractors, the coordination and the supervision of the activities for the correct implementation of the procedures of protection of the workers and prevention of accidents and diseases and completes the Diary Security Measures (D.S.M.).

### 3 HEALTH AND SAFETY PLAN & HEALTH AND SAFETY FILE

Each technical project must draw up a Health and Safety Plan and File which includes the rules that apply at the construction site, considering any activities that are carried out, contains specific measures for activities that involve special risks and accompany the project throughout its life.

For the preparation of each Health and Safety Plan and File, research and data collection, integration of the work program and the work succession plan, consideration of the mutual risks arising from overlap or succession of work and suggestions for technical and organizational improvements are given.

### 4 EMERGENCY PLAN

Within the framework of the Emergency Response Plan, a detailed action plan is drawn up, depending on the type of emergency that may arise.

All necessary actions for the preparation of the staff, the responsibilities of the Evacuation Team and the training instructions regarding the evacuation of the facilities in case of emergency are recorded.

It is the necessary aid for the preparation and training of emergencies that may arise, to protect human health and safety.

Prevention  
is better  
than cure



# HSE Measurements

Ergoprolipsis has a modern and fully equipped measurement laboratory, meeting the requirements of the most sophisticated applications. Highly trained personnel undertake field measurements to identify harmful agents and pollutants in industrial, craft and other production facilities.



## MEASUREMENTS

## AVAILABLE EQUIPMENT

### ENVIRONMENTAL MANAGEMENT (ISO 14001, EMAS)

- Dust concentration at the boundaries of the premises
- Noise measurements at the boundaries of the facilities
- Concentration of gaseous pollutants in chimneys
- Concentration of pollutants in the water
- Concentration of gaseous pollutant

### OCCUPATIONAL HEALTH & SAFETY MANAGEMENT (ISO 45001, Safety Technician & Occupational Physician services, Public health)

- Noise measurements in workplaces
- Light intensity measurements
- Temperature-humidity measurements in workplaces
- Heat stress index (WBGT) measurements
- Vibration measurements of machine operators
- Inert dust concentration measurements (inhalable - respirable fraction)
- Measurements of fibrous dust (asbestos, cotton)
- Measurements of harmful gases (CO<sub>2</sub>, NO<sub>x</sub>, NH<sub>3</sub> etc.)
- Heating of electrical installations
- Control of gas flow velocity in offices
- Electromagnetic radiation measurements

### HEALTH INTEREST BUSINESSES (ISO 22000, HACCP)

- Temperature measurements and calibrations of cold rooms and ovens
- Control of losses of cold rooms and ovens
- Humidity measurements



## Training

### 1 OCCUPATIONAL HEALTH & SAFETY TRAINING

Ergoprolipsis through specialized training programs promotes the protection of employees and the creation of a Safety culture. The training programs are designed according to the needs of each company and provide all the necessary knowledge to the employees in order to have the appropriate reaction in each situation.

To carry out the activities of the staff, the training in the instructions for safe work is, in addition to a legal requirement, a basic measure for the prevention of accidents at work and occupational diseases.

### 2 FIRST AID TRAINING

First aid seminar is based on the internationally recognized Emergency First Response (EFR) training system and is approved by a variety of global organizations and agencies (OSHA-YSA-UK, NSW).

Ergoprolipsis as an EFR Certified First Aid Center (S26534) provides a comprehensive training program based on international publications and emergency care protocols leading to certification.

### 3 FIRE SAFETY - FIRE PROTECTION EMERGENCY RESPONSE PLAN - PREPAREDNESS DRILL

The preparation and implementation of a complete Emergency Preparedness Plan, as well as the organization and implementation of regular Preparedness Exercises, are an essential aid for emergency preparedness and training, to protect human health and safety as well as Company property.

Within the framework of the Emergency Response Plan, a detailed action plan is prepared, depending on the type of emergency that may arise, all the necessary actions for the management of the incident are recorded, the responsibilities of the staff are defined and instructions regarding the evacuation are provided. facilities in case of emergency.

By conducting Preparedness Exercises, the procedures and actions included in the Plan are implemented and the level of readiness of the company is evaluated in terms of the safe and timely escape of staff and customers from its facilities.

### 4 WORKPLACE WELL-BEING

Healthy workers represent a key source for corporate sustainability and health must be an integral part of the corporate philosophy. Therefore, the promotion of occupational health must be integrated into the concept of organizing and developing human resources.

In the context of occupational health promotion, Ergoprolipsis provides ergonomics seminars in the workplace, work stress management, new forms of flexible work and teleworking.



## Specialized Services

### 1 INDUSTRIAL SAFETY

Ergoprolipsis synergy with PROACT provides extensive consulting services focusing on Process Safety, Machinery Safety.

- ✓ Explosion Protection Studies (ATEX)
- ✓ Fire Hazard Analysis and Fire Protection Studies
- ✓ Machinery Safety Audits & Assessments (Machinery Safety Certified Engineers)
- ✓ Construction Safety in Design (BIM)
- ✓ Hazard & Operability (HAZOP)
- ✓ Studies (Certified HAZOP Leader)
- ✓ Layers of Protection Analysis (LOPA)
- ✓ SIL Assessments
- ✓ Occupational Health & Safety Risk Assessments
- ✓ Quantitative Risk Assessments (QRA)
- ✓ Major Accidents Consequence Modelling
- ✓ Risk Analysis with Bow Ties

### 2 EVACUATION PLANS

The implementation of Evacuation Plans in accordance with the requirements of Greek and European legislation, is implemented based on the standard ISO 23601: 2009 (Safety Identification- Escape and evacuation plan signs). The evacuation plans clearly show:

- ✓ The floor plan of each space.
- ✓ The main and secondary routes and escape exits.
- ✓ The location of active fire protection equipment, emergency equipment and first aid.
- ✓ The location of the assembly points.
- ✓ Emergency evacuation procedures.

### 3 SECOND PARTY AUDITS

With the right experience and expertise, we provide effective inspection services, in accordance with the requirements of international standards and standards of sustainability, health and safety, environment, sustainable development and responsible entrepreneurship.



## Specialized Services

### 4 SECURITY ASSESSMENT

To deal with threats, a Threats & Risk Assessment Study is prepared, which is specified by all international risk-taking companies. The study includes:

- 1 description of facilities and existing protection measures,
- 2 vulnerability study with risk and threat analysis (vulnerability study),
- 3 risk assessment,
- 4 proposals for remedial measures to eliminate unacceptable risks.

### 5 INSPECTION OF ELECTRICAL INSTALLATIONS

The systematic inspection and control of electrical installations is a basic legal requirement and must comply with the ELOT HD 384 standard.

With the use of accredited instruments of the latest technology, the necessary safety measurements of the electrical installations are carried out and the issuance of the Certificate of Control follows, which includes:

- ✓ Statement of Licensed Electrician Installer Electrical Installation
- ✓ Summary Report
- ✓ Electrical Installation Protocol according to ELOT HD 384
- ✓ Monogram drawings of the electrical installation

### 6 BEHAVIOR-BASED SAFETY SYSTEMS

The Behavioral Based Safety (BBS) system is a set of actions through which we can identify, evaluate and prevent unsafe employee reactions and behaviors that can lead to accidents. It is based on the finding that behind every accident lies human behavior, which by receiving certain stimuli, led to make specific decisions (model A-B-C).

The development of the BBS safety has as follows:

- ✓ Recording and evaluating the corporate safety culture
- ✓ Behavioral Based Safety (BBS) system design
- ✓ Development of a communication campaign for the company's staff
- ✓ Training and participation in behavioral inspections
- ✓ Evaluation of conclusions
- ✓ Organizing teams to take corrective measures
- ✓ Monitoring indicators and monitoring the course of accidents

### 7 OCCUPATIONAL SAFETY HEALTH AND ENVIRONMENT MANAGEMENT SYSTEMS

The ISO 45001: 2018 and ISO 14001: 2015 standards provide guidance so that companies can preventively improve their performance in Health and Safety at Work and in environmental protection. The standards apply to every business regardless of its size and field of activity.

Ergoprolipsis has significant experience and know-how in the design of management systems, considering the specific requirements of each company, so that the application of each system can be adapted to its needs, helping decisively in shaping the culture of employees and management.







# WORK SAFETY

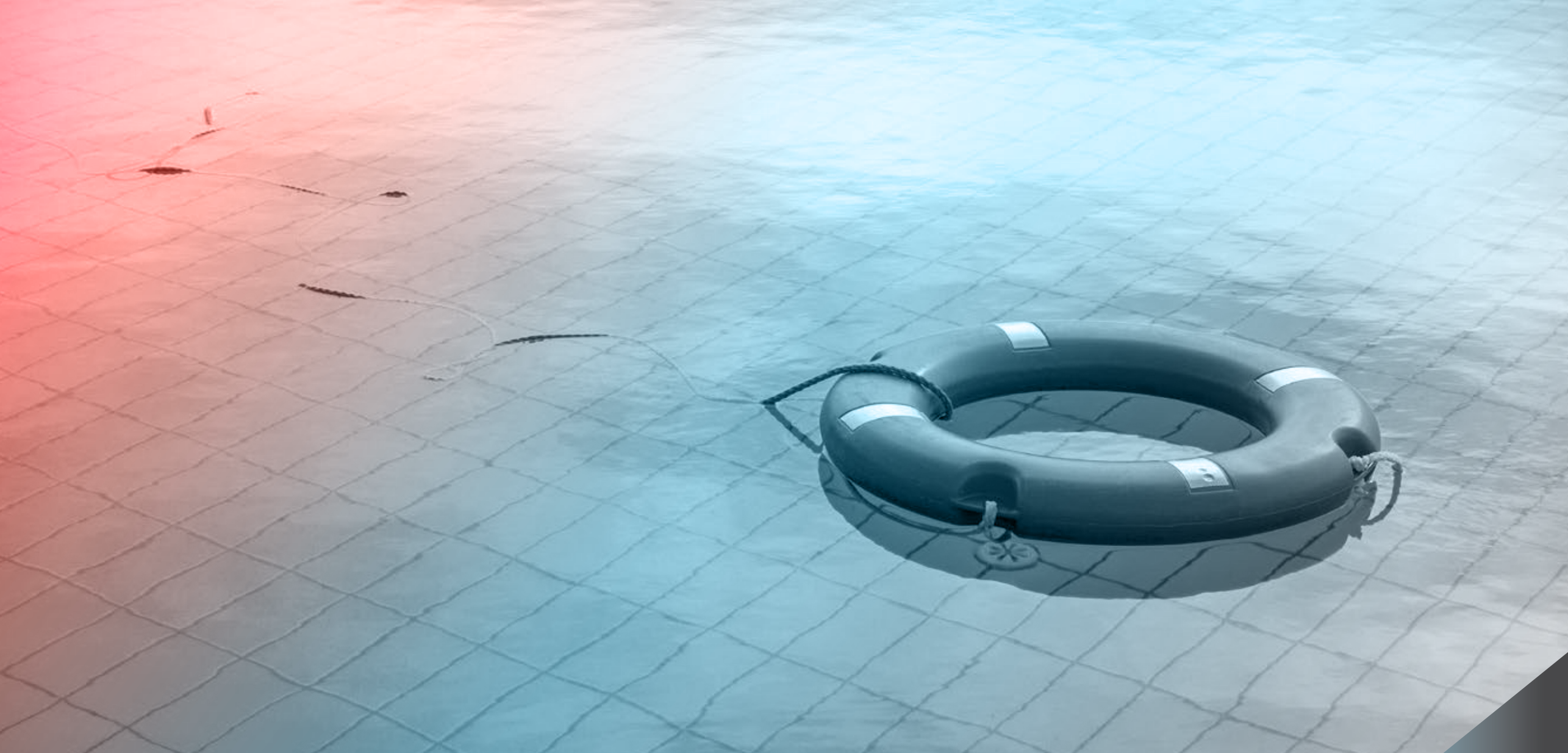
Dare to be aware

# 04

## Our Clients







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OCCUPATIONAL HEALTH & SAFETY