

Katie Naughton

Katie Naughton Safety



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KATIE NAUGHTON SAFETY
SAFETY | CONSULTANCY | TRAINING

2024 brought the start of a new opportunity for Katie Naughton. After identifying an opening, she now provides health and safety supports to businesses in various sectors.

Born in County Clare, Katie explored different avenues in Education including Law and Primary School Teaching before finding the career path that suited her best. During her studies, she joined a construction company as a receptionist initially, before being asked to cover a health and safety administration role.

It was during this time she realised she enjoyed the work, leading to her enrolment in a Health & Safety programme at University Limerick and University College Cork.

Katie then joined a construction company in Limerick, working as a Safety Officer. She realised that many subcontractors needed support with safety systems and compliance – and she decided to take a leap of faith and start her own business - using the contacts she made throughout her career to scope out potential new clients.

Katie has grown the company from a small startup to a steady, reliable service in just two years and although her background is rooted in Construction, she supports companies across a wide number of industries, providing tailored Health & Safety solutions to organisations of all sizes. Uniquely, the company has also developed a training academy, offering a range of tailored training courses – making it a “one-stop-shop” for all health and safety requirements.

ACORNS helped her focus on developing her company, leaning on the support and mentorship from her Lead Entrepreneur and fellow participants. Practical advice and roundtable discussions were valuable to Katie as a young female navigating her way in running her own business.

As her business grows, Katie and her close-knit team have secured contracts with a number of leading contractor clients including a three-year contract for a Government agency, taking her business from strength to strength. Moving forward, she hopes to establish a female apprenticeship programme, enabling her to support like-minded women to enter the construction sector and increase female representation.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine