

5 March 2005  
Issue 13

# HSfB Newsletter

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## Useful Links

- [A.S.A.T.S](#)
- [Central Training Services - CTS](#)
- [Fife Chamber of Safety](#)
- [IonActive](#)
- [Safetyphoto](#)
- [Victorian WorkCover Authority](#)

## New Site Downloads

Three new downloads added to the site since last issue.

[Find Them Here](#)

If you would like to advertise with us and see our available packages, send a request to the following email address:

[Advertise](#)

## *Health and Safety for Beginners - HSfB*

### Introduction

*We hope that this issue of our newsletter finds you all safe and well.*

#### *Pay It Forward.*

On a different note this week, I'd like to tell you about an extraordinary idea that we all could take part in. ***Pay it Forward.***

Originally from a fictional book, but an idea that surely need not be fiction?

"I do something real good

for three people. And then when they ask how they can pay it back, I say they have to Pay It Forward. To three more people. Each. So nine people get helped. Then those people have to do twenty-seven. Then it sort of spreads out, see."

Just a thought to ponder over as this week I have seen some incredible kindness, maybe I will ***Pay it Forward.***

Ref: [Pay It Forward Foundation](#)



**ASATS Making sense of safety - having fun whilst we're doing it.**



[SafetyPhoto](#)

### *New Page – Your Articles*

A new page has been created on the home page of HSfB for articles of interest that you may have written and would like to share with everybody. You may be a specialist in a particular subject, or you may simply want to take an interest in something, research it and write about it. We will publish your articles, long or short, as long as they relate to health and safety.

So far we have Frank Cooper to thank for 3 articles: **Safety Passport Schemes; Building Regulations Part P and Stress** (coming soon).

**Click this link to read [Your Articles](#)**

### HSfB Needs Your Help – Study Aids/Tips

#### **Can you help us to grow HSfB even more?**

As part of our continuing commitment and goal to provide beginners to the health and safety field free additional tools and advice for studies, we are seeking even more material from our visitors. Do you have any revision aids or tools that you have found useful in the past that you would like to share? It can be anything from one or two tips and hints, to full blown documents that give a better understanding to OSH management or risk assessment.

If you have anything at all, please contact us via any of the means at the foot of this newsletter. You will of course be given full accreditation for your material if you wish.

**New Legislation**

**The Motor Vehicles  
(Wearing of Seat  
Belts) (Amendment)  
Regulations 2005**

**The Blood Safety  
and Quality  
Regulations 2005**

**The Social Security  
(Industrial Injuries)  
(Prescribed  
Diseases)  
Amendment  
Regulations 2005**

**New Consultations**

***Consultation on  
proposals for  
transposition and  
implementation of  
Directive 2002/49/EC  
relating to the  
assessment and  
management of  
environmental noise  
(The Environmental  
Noise Directive)***

***Proposals for new  
Regulations  
amending the  
Management of  
Health and Safety at  
Work Regulations  
1999 (MHSWR) and  
the Health and  
Safety (Consultation  
with employees)  
Regulations 1996  
(HSCER)***



## 4 March 2005 – HSENI Conference on Occ' Asthma

### HSENI Conference on Occupational Asthma

A conference, by the Health and Safety Executive for Northern Ireland (HSENI) took place yesterday, Wednesday 3 March 2005, in Belfast on Occupational Asthma.

Employers, employees and their representatives heard what asthmagens are and how they can be controlled to avoid and prevent asthma within the workplace, which is most commonly caused by isocyanates.

Isocyanates are found in products such as 2-pack paint, flour, grain, wood dust, latex, gluteraldehyde solder and colophny and some types of glues and resins.

**Click this link for the full story [more....](#)**

## 4 March 2005 – Employers Failing Cancer Sufferers

### Employers Failing Cancer Sufferers says CancerBACUP Survey

A survey undertaken by cancerBACUP has shown that many of the 90,000 working age people diagnosed with having cancer every year are being forced to leave their employ through lack of practical policies, information and support from their employers.

The report, "Work and Cancer. How cancer affects working lives", highlights the problems of financial stability and negative impact on employment patterns.

**Click this link for the full story [more....](#)**

## 3 March 2005 – HSE Manual Handling for Kerbs

### HSE Manual Handling Guidance for Kerb Handling

The Health and Safety Executive (HSE) have published a guidance, by means of an information sheet, on the handling of kerbs, which is not only aimed at contractors, but anyone involved in the use of kerbs, such as, manufacturers, designers, and suppliers, with the aim of reducing the risks in musculoskeletal disorders (MSD's).

The information sheets address the three main hazards within the kerbing chain as a whole and advises on how to control the risks involved, by means of mechanisation controls.

**Click this link for the full story [more....](#)**

## 1 March 2005 – HSE Targets Yorkshire Garages

### HSE's Inspection Blitz Targets Yorkshire Garages

Health and Safety Executive (HSE) Inspectors have arrived in the Wakefield area of Yorkshire, where 271 motor vehicle premises have been contacted and issued with a checklist and guidance, in order that they prepare themselves for the inspections which will be unannounced over the coming few months.

All garage workshops, road haulage companies, bodywork garages and recovery premises have been given fair notice by HSE inspectors, that where health and safety guidance has not been noted and put into practice, enforcement notices will be served.

**Click this link for the full story [more....](#)**

## 28 Feb 2005 – Centre for Corporate Accountability Publish New Research

### [Centre for Corporate Accountability Publish New Research](#)

The Centre for Corporate Accountability (CCA) have published new research showing only 11 company directors having been convicted of manslaughter owing to work-related deaths. Of these 11 convictions, 5 were sentenced to imprisonment, 5 suspended sentences and 1 community service order was given.

Click this link for the full story [more....](#)

## 28 Feb 2005 – HSE January Report - Signals Passed at Danger (SPAD)

### [HSE January Report Published for Signals Passed at Danger \(SPAD\)](#)

The Health and Safety Executive (HSE) have published their Signals Passed at Danger (SPAD) report for January 2005, being their sixty-fifth monthly report of SPAD's on the mainline railway network.

This month's figures show a decrease of 7 in the average figure for this month over the past 6 years.

The summary report for January 2005 includes the following:

- January 2005 shows a figure of 7 less than the average figure for January over the past 6 years.
- 15 SPAD's were at signals with previous SPAD history, 6 of which had been passed at danger 5 times or more since 1985.
- 6 trains ran past the signal by 200 yards or more.

Click this link for the full story [more....](#)

## 28 Feb 2005 – International Rail Safety Day Planned for March

### [International Rail Safety Day Planned for March](#)

The 6th International Rail Safety Day is planned for Monday 7 March 2005, when rail workers in countries around the world will participate in highlighting to the travelling public, their safety first message.

ASLEF are calling on the public to participate by signing its Rail Safety Charter for safer travel, safer working and a safer world, in a bid to make improvements including the following areas:

- An end to "death trap" level crossings
- A legal limit on train drivers' working hours
- The development of safety devices in drivers' cabs

Click this link for the full story [more....](#)

## 24 Feb 2005 – HSE Nationwide Blitz on Construction Sites

### [HSE Nationwide Blitz on Construction Sites](#)

The Health and Safety Executive (HSE) have announced a blitz on construction sites which is due to take place throughout the UK in March 2005.

The nationwide initiative, *Healthy Handling 2005* aims at tackling serious work-related ill-health and will concentrate on poor work practices within the construction industry causing such injuries as the following:

- Musculoskeletal disorders; Allergic dermatitis; Vibration white finger; Hearing loss; Cement burns.

Click this link for the full story [more....](#)

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*Kevin Myers, Chief  
Inspector for*

*Construction:*

*"Back problems, cement  
dermatitis, vibration  
white finger and  
deafness can ruin  
people's lives..."*

Anne McGuire MP  
Parliamentary Under  
Secretary of State at  
the Scotland Office:

*“It makes absolute sense to target efforts to improve workplace health and safety through joined up working.”*

*“Following consultation, we decided that 50m was a reasonable distance to travel without wearing a seatbelt when undertaking deliveries or collections.”*  
Road Safety Minister.

HSfB:

*“There is no such thing as a “stupid” or “daft” health and safety question!”*

## 24 Feb 2005 – Partnership for Scotland

### Health and Safety Partnership for Scotland

A conference took place in Edinburgh yesterday (Wednesday 23 February 2005), unveiling a partnership taskforce, which will assist in the co-ordination of the public sectors, including the National Health Service (NHS) and local authorities. The aim of the taskforce is to reduce the number of serious injuries and deaths in the workplace.

The taskforce, to be known as The Health and Safety Committee Scotland is backed by both Westminster and the Scottish Executive.

**Click this link for all four report links [more....](#)**

## 23 Feb 2005 – Change in 50 metre Belt-up Regulations

### Change in Delivery Drivers 50 metre Belt-up Regulations

A change to the wearing of seatbelts regulations for delivery drivers and their passengers will be implemented on Tuesday, 1 March 2005. However, the change will not affect delivery drivers or their passengers travelling less than 50 meters, which after consultations, was deemed to be a

reasonable safe distance to travel without a seatbelt, whilst on deliveries.

It is viewed that the change in regulations will reduce the 20 deaths, 240 serious injuries and 1,000 minor injuries occurring yearly.

The current wearing of seatbelt requirements rate for van drivers is 30% with van driver passengers being 43%. In comparison, car drivers rate is 93% and their passengers 94%.

**Click this link for the full story [more....](#)**

## 21 Feb 2005 – BSKyB Initiatives

### BSkyB Initiatives for Better Health and Safety

The Health and Safety Executive (HSE) have commended a new health and safety initiative within the British Sky Broadcasting company (BSkyB), which sees both management and employees creating a Forum to discuss health and safety issues within the workplace. The Forum meets up to 6 times each year.

A panel of 67 staff representatives, elected by BSKyB employees can now consult with management, fellow workers and BSKyB's executive committee on subjects such as health and safety and training and development for the betterment of workers and the company.

**Click this link for the full story [more....](#)**

## 21 Feb 2005 – HSE Fund Project in Arboriculture

### HSE Fund Project for Tree Climbing Rope Access or Work Positioning

The Health and Safety Executive (HSE) have funded a research project for the *“Determination of rope access and work positioning techniques in arboriculture.”*

The requirement for the report was to provide information on the selection of suitable rope systems for contractors within arboricultural work upon completion of risk assessments which deemed rope access or work positioning techniques as being applicable.

**Click this link for the full story [more....](#)**

## Featured Web Sites

Within each issue of the HSfB newsletter, we will be featuring web sites that may be of interest to you.

### Parents Information Network (PIN)

**Parents Information Network (PIN)** was established in 1994 and provides a wide range of guidance on computers and education for parents with children of toddler age through to 18.

PIN provides the UK's respected and trusted independent service for the evaluation of digital learning resources (software and websites) suitable for use at home. All resources are rated for quality and educational value.

### Kidsmart

Kidsmart is an [award winning](#) practical Internet safety advice website for schools, agencies and young people, produced by the children's Internet charity [Childnet](#). To access resources such as lesson plans, leaflets, posters, activity days and interactive games.

### HSfB Community Forums

Why not come along and search our community forums to answer your queries or check out our H & S comedy section, you could even register and be part of our ever growing friendly health and safety discussion board. Click this area to go directly there, it's all FREE....

## HSfB Site Statistics for February 2005 - Totals

### Top 10 Downloads

- |   |   |
|---|---|
| 1. Management Style Questions - Paper 1         | 7. Working At Height by Ron Bonner                      |
| 2. Lifting and Handling Techniques              | 8. Anatomy of an Accident or Hazardous Incident by HSfB |
| 3. HSWA - Main Sections Summary for NEBOSH Cert | 9. NEBOSH Exam Hints & Tips by Jane Riley               |
| 4. Safety Induction - by Malcolm Strong         | 10. OSHAS 18001 Slideshow by Craig Lydiate              |
| 5. The Jane Riley Revision Pack                 |   |
| 6. Fork-Lift Trucks by HSfB                     |   |

### Top Ten Pages Visited

1. Downloads
2. Revision
3. Downloads – PowerPoints
4. Downloads – Documents
5. Toolbox Talks
6. Revision Aids by Jane Riley
7. Legislation News
8. Downloads – Miscellaneous
9. News
10. Quick Revision Tips

### Top 5 Browsers

1. **MS Internet Explorer**
2. **FireFox**
3. **Mozilla**
4. **Safari**
5. **Netscape**

### Stats for Feb - Totals

**Average Daily Visits = 433**

**Max Daily Visits = 1,145**

**Visits in Feb = 11,428**

**Bandwidth (Feb) = 10,554MB**

**Total Visits (approx) = 97,510**

**Forum Members = 204**

**Newsletter Subscribers = 179**

## Health and Safety for Beginners - HSfB

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[feedback@healthandsafetytips.co.uk](mailto:feedback@healthandsafetytips.co.uk)

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### About Our Organisation...

Our status is a not-for-profit Sole Trader, which is owned, managed and financed by John Johnston AIIRSM.

Our principal functions and activities are to provide continuing advice to beginners in the health and safety field, links to various employment agencies which highlight health and safety careers, links to various training companies for health and safety and also to update professionals on current health and safety news/events.



## Health and Safety for Beginners - HSfB

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