

## Introduction

Welcome to our new look newsletter. In case you are wondering why the changes, it all boils down to time. This new look is a much more manageable format taking less than half the time to compile as the old format did, which in turn will hopefully provide you with a better service. That's where you can also help! We would really love to know exactly what you would like to see *in* or *out* of the newsletter. If you have any input into how the newsletter should take shape, please let us know as you are the most important feature of the newsletter – *the reader!*

**We hope you enjoy this issue and please feel free to pass it on!**

## Your Articles – Driver Tiredness by Ian Paton

Driver tiredness is the biggest killer on our roads, particularly on motorways and other monotonous roads. One in five crashes on these roads is estimated to have been caused by drivers nodding off at the wheel and the ratio of serious injuries is even higher because a sleeping driver doesn't brake before an accident. Driving at night or during the afternoon dip are the most dangerous times.

Some of the things people do when they are feeling tired whilst driving are opening a window, turning up the volume of the radio or just trying to fight sleep off. They don't prevent sleep, especially the "microsleeps" of just a few seconds.

The Government's recommendations if you feel tired while driving are:

- Drink two cups of coffee or, ideally, a high-caffeine drink.
- Take a ten minute snooze to give the caffeine time to kick in.
- If you are still tired don't drive any further.

You can read this article in full by clicking the following link: [Your Articles](#)

### Site News Including New Downloads

A new article has been published by Ian Paton on the **Your Articles** page - **Driver Tiredness**.

A new page has been created dealing with the new Workplace Exposure Limits and the Eight Principles of Good Practice. You can find the new page on the **Quick Revision Tips** page.

RSS Feeds for our forums (feeds for news articles will be available soon) -  
<http://www.healthandsafetytips.co.uk/forums/viewtopic.php?t=3806>

### Site News

### Regulation and Consultation Updates

Railways (Accident Investigation and Reporting) Regulations 2005

### Legislation News

Would you like to advertise your products and services in this newsletter?

If you would like to advertise with us for as little as **£1** per day or see other available packages, send a request to the following email address:

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

If you would like to stop receiving these newsletters, simply click on the **Subscribe/Unsubscribe** link at the foot of this newsletter.

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• [Safetyphoto](#)

• [Victorian WorkCover Authority](#)



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

### New Research Reports Within HSE Website

The Health and Safety Executive (HSE) have provided three new research studies pertaining to risk education within state schools in England, Scotland and Wales.

### Pilots Eyes at Risk of Cataracts

The results of a study by Archives of Ophthalmology's Icelandic researchers conclude that pilots and cabin crews may have an increased risk of cataracts due to cosmic rays. The nature of their work requires them to be at altitude where the air is thinner, thus exposing them to cosmic radiation which is greater than at sea level.

### Slow Down for Roadworkers Safety

In light of the latest figures released from the Highways Agency showing a sharp rise in the number of deaths of construction roadworkers, the Highways Agency are urging drivers to slow down near roadworks, in order to prevent deaths and serious injuries.

### Offshore Health and Safety Figures Looking Good

Provisional statistical figures have today been released by the Health and Safety Executive (HSE), on the Offshore Safety Statistics for 2004/05 and show a reduction in major injuries and deaths since 2003/04.

### HSE Webpage on Operating Civic Amenity Sites Safely

The Health and Safety Executive (HSE) have provided a very informative webpage on operating civic amenity sites safely and includes information on such subjects as the following:

### Designers Failing to Understand Duties

Further to the Health and Safety Executive's (HSE's) designer initiative in March 2003, which allowed HSE inspectors to identify and raise awareness of designer duties under CDM, it was found that in approximately one third of cases, designers had little or no understanding of their duties.

### Company Was Too Busy To Check Safety Standards

The excuse of a family run construction company, North Homes, Buchan, Scotland for putting their workers in danger when working at height on scaffolding, was one of being "too busy to check safety standards".

### HSE's Take Your Breath Away Event

The Health and Safety Executive (HSE), in partnership with ReMIT Centre for Technical Excellence, are holding a free half-day Awareness Event on Thursday 25 August, at the ReMIT Centre, 45 Imperial Way, Croydon, in a bid to raise awareness of asthma-related illnesses amongst MVR bodyshop paint-sprayers who use 2-pack isocyanate based paints.

### Time to Turn Down the Heat

A new report by the World Wildlife Fund - UK (WWF-UK) which analysed summer temperature data of 16 EU cities shows it is time to turn down the heat and has called for the power sector to reduce their CO2 emissions.

### Guidance for the Storage Mine Sector

A working group, representative of the Storage Mine Sector, after consultation with the Health and Safety Executive (HSE), have produced a Good Practice Guidance on the prevention and control of fire and explosion in mines used for storage and other purposes.

### [Top 10 Downloads](#)

1. OSHAS 18001 Slideshow by Craig Lydiate
2. Toolbox Talks by Otto
3. Working At Height - by Ron Bonner
4. Safety Induction by Malcolm Strong
5. Fork Lift Trucks by HSfB
6. Risk Assessment Guidance Note by Craig Lydiate
7. The Anatomy of an Accident or Hazardous Incident by HSfB
8. JASON ACCIDENT STATS.xlt
9. Risk Assessment by Nick Higginson
10. Mock Observation Sheets by HSfB

### [Stats for August](#)

**Av'g Daily Visits = 440**

**Max Daily Visits = 605**

**Visits so far = 9,257**

**Bandwidth = 8,124 MB**

**Total Visits (approx) = 196,625**

**Forum Members = 348**

**Newsletter Subscribers = 303**



[HCMB Access Consultancy](#)

Other articles in our news pages since last issue.

- **WEEE Implementation Postponed to June 2006**
- **HSE Announce Appointment of New Chief Executive**
- **Mixed Views on New Fire Control Centres Announced Today**
- **HSE Research Report Evaluating Topic Based Inspections**
- **HSE Annual Report on Fatalities in Farming Forestry & Horticulture Industries**
- **New HSE Research Report on Level Crossings**
- **European Week of Safety & Health at Work Focuses on Noise**
- **HSE Advice on Storing and Selling of Fireworks Safely**
- **Incorrect Positioning of Laptops Led to Back Injuries**
- **Tribunal Orders Disability Rights Training for Virgin Managers**

Photo of the Week & Joke of the Week from Safetyphoto.co.uk

With thanks to Stoker at **Safetyphoto** for bringing us safety photos, environmental photos, safety case law, books and jokes. Our new regular feature of photo and joke of the week starts here.

An explosion occurs in a paint mixing room, and once all the mess has been cleared up, the inquiry begins.

One of the few surviving witnesses is called to make a statement. "Okay Simpson," says the investigator, "you were near the scene - what happened?"

"Well, it's like this. Old Charlie was in the mixing room, the break bell went off, old Charlie sat on top of a drum of acetone, I saw him take a cigarette out of his pocket and start to light up."

"He struck a match in the mixing room?" the investigator said in stunned horror, "How long had he been working in the mixing room?"

"About 20 years, sir"

"After 20 years he goes and strikes a match in the mixing room, I'd have thought it would have been the last thing he'd do."

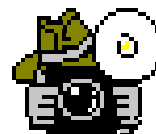
"It was, sir."

**Offers**

Blood Safety and Quality Regulations event

The Medicines and Healthcare products Regulatory Agency (MHRA) is hosting several seminars about The Blood Safety and Quality Regulations 2005 legislation in late September/early October 2005 across the UK.

Download the MHRA PDF document for further information on dates, venues and a registration form:  
**[Blood Safety PDF](#)**



**[SafetyPhoto](#)**

**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....

# Notice Board and Featured Web Sites

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

If you want to use this free Notice Board and Featured Site area, please send an email with a request and you will be placed in the queue for a free advertising spot.

## Top Solutions (UK) Ltd

Specialising in risk, performance and project management solutions. Providing innovative software and consultancy services to your organisation.

## Health and Safety Training - [www.essentialskillz.com](http://www.essentialskillz.com)

EssentialSkillz provide beautifully illustrated and simple to use online training in areas such as Workstation (DSE) Ergonomics, Stress, Fire, CPR and Environmental Awareness. Following training students can complete risk assessments on their workstation, manual handling tasks, stress, etc. All training and risk assessment results are recorded and reported on by O-LAS, their Online Learning & Assessment System. We also provide some humorous and free downloads on our website.

HSfB:

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

## Contact Us – Subscribe/Unsubscribe

Please feel free to contact HSfB if you have any comments, queries or if you would like to advertise with us using the contact details on the left.

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Send your feedback comments here:

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

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**Please be sure to read our [Privacy Policy](#)**

### *[About Our Organisation...](#)*

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

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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