

Introduction – We hope this issue finds you safe and well.

Welcome to the HSfB fortnightly newsletter. You may have noticed from our site statistics section in recent weeks that the amount of visitors to HSfB has been steadily increasing. So far we have had an amazing **246,995** unique visits in total since the beginning in February 2004. This has completely surpassed all expectations but it could not have been possible without the help and support of you. ***A big thank you to each and every one of you who help make it all possible!***

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

Stress in the Workplace – By Frank Cooper MIOSH RSP

There are a number of sites that deal with stress, although just by keying in this word will bring up a lot of sites that just advertise pills and potions to deal with it! However, the best place to start for information on the subject is the HSE site at www.hse.gov.uk/stress/. This site gives a definition of stress and includes a list of resources that are all accessible just by clicking on them. These cover seven separate subjects such as the HSE's Management Standards for Stress and how to use them, details of the HSE's published guidance on tackling work-related stress, through to advice for individuals and managers of individuals suffering from work-related ill-health.

Following on from this is one of the HSE's guidance booklets entitled "Work Related Stress – a Short Guide" and this is accessible from:

www.hse.gov.uk/pubns/indg281.pdf#search'stress'

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

Site News Including New Downloads

Various new links have been added to the **Useful Links** pages.

Coming soon – NEBOSH Certificate Case Law presentation highlighting a few of the core cases central to understanding certain legal principles

Site News

Regulation and Consultation Updates

- Consultation on the first amendment to the Greenhouse Gas Emissions Trading Scheme Regulations 2005
- The Blood Safety and Quality (Amendment) (No. 2) Regulations 2005
- Second Consultation on the draft Gangmasters (Exclusions) Regulations 2005
- Alternative Penalties for Health and Safety Offences
- Food Hygiene (England) Regulations 2005
- The Offshore Installations (Safety Zones) (No. 2) Order 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

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

Public Invited to Debate on Railway Safety

A public debate addressing crowding, trespass and vandalism on the railway and underground, will take place on Wednesday 2 November 2005, at the Health and Safety Commission's (HSC's) Headquarters, Rose Court, 2 Southwark Bridge, London SE1 9HS, commencing at 6.30pm. Doors will be open at 6.00pm.

Conference to Highlight Acoustic Shock in Call Centres

The Acoustic Safety Programme Conference is due to take place on Monday 7 November 2005, at the National Physical Laboratory in Teddington, London, with the keynote speaker being Lord Hunt, Minister for Health and Safety.

HSE Publish Annual Pesticide Incident Report

The Health and Safety Executive (HSE) have published their Annual Pesticide Incident Report for 2004/2005. The report shows the continuing trend over past years of a fall in reported incidents alleging ill-health from Pesticides.

HSE Offences and Penalties Report 2004 to 2005

The Health and Safety Executive (HSE) have produced their annual report on Offences and Penalties, which shows a fall in the number of reported offences for 2004/2005. There were 712 prosecutions with a 95% conviction rate; the average penalties imposed was £18,765, which was 31% up on 2003/2004; Around 90 to 95% prosecutions were reported under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR).

HSE Request Assistance With Study

The Health and Safety Executive (HSE) have initiated a study into passenger safety in containment systems within fairground rides and are requesting assistance from fairground and leisure industry personnel, such as the following:

- Ride Controllers
- Ride Operators and Attendants
- Ride Manufacturers and Designers

HSE Free Leaflets on Noise Hearing and Ladders

The Health and Safety Executive have produced yet another plethora of free leaflets.

- [indg362 - Noise At Work Guidance for Employers on the Control of Noise at Work Regulations 2005](#)
- [indg363 - Protect your hearing or lose it!](#)
- [indg402 - Safe use of ladders and stepladders: An employers' guide](#)
- [indg403 - A Toolbox talk on leaning ladder and stepladder safety](#)
- [indg405 - Top Tips for ladder and stepladder safety](#)

New Research Reports Within HSE Website

The Health and Safety Executive (HSE) have produced new research reports within their website.

Hand to Hand Combat Training for Glasgow Nurses

Greater Glasgow's National Health Service have launched an initiative in which nurses will be trained in hand-to-hand combat skills, as part of the UK's first zero tolerance campaign, against patients who become violent whilst in the care of NHS workers.

[Top 10 Downloads](#)

1. Management Style Paper 1 Questions by HSfB
2. Mock Practical Observation Sheets
3. OSHAS 18001 Slideshow by Craig Lydiate
4. Mock Practical Report
5. The Jane Riley Revision Pack
6. The Anatomy of an Accident or Hazardous Incident by HSfB
7. Toolbox Talks by Otto
8. Working at Height by Mark Sutton
9. Coldrop's Example Practical Exam – Inspection Report
10. Acts and Regulations to Remember for NEBOSH Certificate by HSfB

[Stats October](#)

Av'g Daily Visits - 523

Max Daily Visits - 762

Visits – 15,187

Bandwidth – 12,271 MB

Total Visits – 246,995

Forum Members - 407

News Subscribers - 355



[HCMB Access Consultancy](#)

How can you contribute to HSfB?

Would you like to contribute to HSfB? You can contribute in many ways including the following methods: directly on our active discussion **forums**; by sending us any study aids you have created, PowerPoint presentations, word documents, spreadsheets, PDF or any other method you can think of. You may have written H&S articles in your specific field or just out of general interest and you would like to share them. We would very much like to publish the article for you with full credit given.

There may be other ways you can contribute to the site, like letting us know of any new ideas or improvements you think could be made to improve the site and/or the newsletter. You could also help by passing on the newsletter to your colleagues and friends, visiting our Weblogs, subscribing to our RSS feeds, and above all by returning to the site. Everything helps towards improving HSfB for everybody.

If you would like more information on our Weblogs and RSS feeds, please visit the following page: [HSfB Blogs and RSS Feeds](#)

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.

Manual Handling

During manual handling training a strong young man at the construction site was bragging that he could out do anyone in a feat of strength. He made a special case of making fun of the site safety team.

After several minutes, the manual handling instructor had had enough.

"Why don't you put your money where your mouth is," he said. "I will bet a week's wages that I can move something in a wheelbarrow over to that site hut that you won't be able to wheel back."

"You're on, old man," the braggart replied. "Let's see what you got."

The manual handling instructor reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."



Offers

You can use this space to advertise your services, courses, special offers or anything you like relating to health, safety or environmental issues.

Our newsletter reaches over 350 people who have a direct involvement or interest in health, safety and environmental matters.

Why not advertise in this space and target a growing number of potential clients?

If you would like further information, send a request by clicking here - [Info](#)

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....

Prague Safety - More safety photos from Prague in the [members](#) area



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.

[Brake Road Safety – www.brake.org.uk](http://www.brake.org.uk)

Brake is a national road safety charity (registration number 1093244) with two aims: To prevent death and injury on the roads through education of all road users and campaigning for Government improvements to road safety. To care for people who are bereaved or affected by serious injury in a road crash through support services, including a helpline and literature distributed through police officers.

London
Construction
Workers
Forum

[Tips on Office Ergonomics – www.safecomputingtips.com](http://www.safecomputingtips.com)

Millions of people work with computers every day. We illustrate simple, inexpensive principles that will help you create a safe and comfortable computer workstation. There is no single "correct" posture or arrangement of components that will fit everyone. However, there are basic design goals, some of which are shown in the accompanying figure, to consider when setting up a computer workstation or performing computer-related tasks.

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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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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