

We hope this issue finds you safe and well

Bumper Issue!

Lots of goodies in this issue with downloads, new pages, plenty of news and two new articles by one of our discussion forum members – Otto. The articles aim to help people heading into NEBOSH exams by arming them with a logical action plan for tackling the exams.

Have you ever wanted the Health and Safety at Work Act in electronic form? A printable version is now available for some bedtime light reading!

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

A Potted Guide to Taking NEBOSH Exams by Otto

It's a well-known fact in health & safety that NEBOSH exams are tough, but that's not to say they are impossible. The guidance that follows is intended to give you some final key pointers for the big day, and coupled with a comprehensive study and revision programme, should get you through just fine.

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

Send your articles to: hsfb@healthandsafetytips.co.uk

Your Articles

Site News Including New Downloads

- New page - **Health and Safety at Work etc Act 1974**
- New downloads: **Stress** by Chris Phillips; **Risk Register 2006** by Mark Sutton (.xls) 25KB; **Manual Handling Risk Assessment** by Steve Carey; **HAZOP FMEA etc** - Source unknown
- New articles: **A Potted Guide to Taking NEBOSH Exams** by Otto and **NEBOSH Exam Worked Example** by Otto

Site News

Regulation and Consultation Updates

- Consultation Paper on the Review of Pollution Prevention and Control Part B Activities
- The Driving Standards Agency is consulting on a new Highway Code
- The Health and Safety (Fees) Regulations 2006
- The Community Drivers' Hours and Working Time (Road Tankers) (Temporary Exception) Regulations 2006

Legislation News

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If you would like to advertise with us in this newsletter, or on our main pages, please send a request to the following email address:

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**Coldrops
Health and Safety
Site**

4 March 2006 - [HSE Issues Safety Alert to Waste and Recycling Industry](#)

Following **9 reported fatalities in 8 weeks**, in the waste and recycling industry, seven of which were caused by vehicles, the Health and Safety Executive (HSE) have issued a **Safety Alert** to the industry.

3 March 2006 - [Latest HSE Research Reports](#)

The Health and Safety Executive (HSE) have provided two new research reports within their webpages.

3 March 2006 - [New Date for CDM Regulation Implementation](#)

Following the Health and Safety Commission's (HSC's) three month consultation on the revised Construction (Design and Management) (CDM) Regulations, it has been announced that an agreement has been made, with the backing of the Construction Industry Advisory Committee (CONIAC) CDM Review Working group, to implement in Spring 2007.

The revised Regulations will bring together provisions in the existing CDM Regulations 1994 and the Construction (Health Safety and Welfare) (CHSW) Regulations 1996 into a single regulatory package.

3 March 2006 - [HSE Invite Property Developers to Free Training](#)

The Health and Safety Executive (HSE) Construction Division are inviting property developers to attend a free training seminar at their London Headquarters, Southwark Bridge, on 20 March 2006.

With the proposed changes to the Construction (Design Management) (CDM) regulations, the half-day seminar is aimed at providing an understanding of health and safety laws applicable to property developers in the construction industry.

1 March 2006 - [Consultation on Solid Low Level Radioactive Waste](#)

The Government's Department for Environment, Food and Rural Affairs (DEFRA), have published proposals for consultation into solid low level radioactive waste.

Although this type of radioactive waste is normally associated with nuclear facility operations, the consultation is addressing long-term management of such waste materials in smaller amounts, generated from non-nuclear industries.

1 March 2006 - [New HSE Research into Isocyanate Exposure in MVR Industry](#)

The Health and Safety Executive (HSE) have produced the findings from an evaluation of four pilot Safety and Health Awareness days (SHAD's) for the Motor Vehicle Repair (MVR) industry, into the effects isocyanate exposure can have on paint sprayers' health.

1 March 2006 - [HSE Encourage Worker Involvement in Health and Safety](#)

The Health and Safety Executive (HSE), in a bid to improve levels of worker involvement in the management of health and safety, have introduced a Worker Involvement Programme, which is aimed at encouraging employers and workers to join together in managing the health and safety risks within their workplaces.

[Top 10 Downloads](#)

1. NEBOSH Certificate Fire Safety by Terry Robson
2. Risk Register 2006 by Mark Sutton
3. Safety Induction by Malcolm Strong
4. Basic Principles of Electrical Safety
5. Mock Practical Observation Sheets
6. Toolbox Talks by Otto
7. Acts and Regulations to Remember for NEBOSH Certificate
8. Management Style Questions – Paper 1 by HSfB
9. Lifting and Handling Techniques
10. Risk Assessment by Nick Higginson

[Stats February](#)

Av'g Daily Visits – 808

Max Daily Visits – 1,151

Visits – 22,627

Bandwidth – 21,730MB

Total Visits – 338,907

Forum Members – 601

News Subscribers – 473

[Not Us Wood Turning](#)



[HCMB Access
Consultancy](#)

More News

- 28 February 2006 - [Agonising Ordeal as Cement Mixer Traps Workers Arm](#)
- 28 February 2006 - [A Voice in Government Policy Making for Disabled](#)
- 27 February 2006 - [Bullying and Stress Claim by Research Centre Staff](#)
- 22 February 2006 - [HSE Information Sheet for Electroplating Industry](#)
- 22 February 2006 - [Building Regulations Transitional Period Shortened](#)
- 22 February 2006 - [Company Fined After Toxic Radiation Leak](#)
- 22 February 2006 - [TUC Work Your Proper Hours Day](#)
- 21 February 2006 - [EC To Take Legal Action Over HSWA](#)
- 21 February 2006 - [HSE's Managing Long Term Sickness and Absence](#)
- 21 February 2006 - [Buncefield Investigation Prompts HSE Safety Alert to Industry](#)
- 21 February 2006 - [HSE Bring Prosecution Against Corus UK](#)
- 17 February 2006 - [Prosecution Imminent for ICL Plastics and ICL Tech](#)

Photo of the Week & Joke of the Week from [Safetyphoto.co.uk](#) and our Forums

With thanks to Stoker at [Safetyphoto](#) for bringing us safety photos, environmental photos, safety case law, books and jokes.

Executioner, the axe and the safety officer

Once upon a time there lived three men: a doctor, a chemist, and an Safety Officer. For some reason all three offended the king and were sentenced to die on the same day.

The day of the execution arrived, and the doctor was led up to the guillotine. As he strapped the doctor to the guillotine, the executioner asked, "Head up or head down?" "Head up," said the doctor.

"Blindfold or no blindfold?"

"No blindfold."

So the executioner raised the axe, and z-z-z-z-ing! Down came the blade--and stopped barely an inch above the doctor's neck. Well, the law stated that if an execution didn't succeed the first time the prisoner had to be released, so the doctor was set free.

Then the chemist was led up to the guillotine. "Head up or head down?" said the executioner. "Head up," said the chemist.

"Blindfold or no blindfold?"

"No blindfold." ... read the rest of the joke here: [Executioner, the axe and the safety officer](#)



Fire Exit



enricoSmog

If you do not know how to make reasonable adjustments and you are called upon to do so - you may risk costing your employer a lot of money and adverse publicity.

There are numerous cases that make it clear that the employer must make every effort to make workplace adjustments but too many employers who when required to do so, run around like headless chickens.

This need not be the case. The course book '[How to undertake personal risk assessments and make reasonable adjustments for disabled workers](#)' will show you where to start the assessment, the stages, and provide many examples (over 131 pages of examples in the handbook) of what to do, it will also concentrate on the parts where most people fall down and then fall foul of the law.

[Handbook](#)

[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.

[Smoking ban, Scotland – Scottish Executive – www.clearingtheairscotland.com](http://www.clearingtheairscotland.com)

There is robust evidence that second-hand smoke damages health. In support of the smoking ban in Scotland, facts on the dangers of smoking have been compiled by experts. The smoking ban facts can be viewed here at this site.

[Workplace Health Connect](#)

Workplace Health Connect is a free no obligation service set up in partnership with the Health and Safety Executive. Last year in the UK, 40 million working days were lost through sickness. Now you might think that everyday conditions like stress, asthma, backpain or flu are something all of us just have to put up with. In fact, there are some quite simple, low cost steps which will make everyone healthier - and make businesses more profitable as well.

London
Construction
Workers
Forum

HSfB:

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

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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 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 and legislation.

Health and Safety for Beginners – HSfB

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