

We hope this issue finds you safe and well – *Happy Easter!*

As you know, all materials for download on HSfB are absolutely FREE for everybody to use however you chose. However, it has come to our attention that the FREE materials kindly donated by you have been found on eBay for sale, AGAIN! We would like to ask your help and urge you to pass this newsletter on to as many people as you can, and warn anybody you know who may be thinking of buying H&S items from eBay to beware. **They may be getting ripped off!**

You can read more on this in our discussion forum topic here: [eBay Scam](#)

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

Top Tips for Busting Stress

1. KEEP A DIARY

Keep a list - for at least a fortnight - of events, times, places and people that seem to make you feel more stressed. You will probably be surprised to find that a pattern soon emerges; and this may be linked to time pressure, personality clashes, inappropriate demands or simply trying to do too many things at once. Once you have identified your pressure points you can move on to the following solutions...

2. TALK

Talk through your diary with a good friend or your partner - even the act of discussing things often makes you feel better. Ask for impartial advice as to how to ease the problems that you have discovered, or choose the sort of stressful situations that you have identified in which to use the following relaxation techniques. Don't forget the HSFber's as we are always here to help.

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

Your Articles

Site News Including New Downloads

- Two new items added to the downloads page - **HAVS Levels Database** by Mark Sutton and **Crane Lifting Plan Method Statement and Risk Assessment** by Mark Sutton.

Site News

Regulation and Consultation Updates

- The Working Time (Amendment) Regulations 2006
- The Working Time (Amendment) Regulations (Northern Ireland) 2006

Legislation News

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

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:

info@healthandsafetytips.co.uk

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Useful Links

- [A.S.A.T.S](#)
- [enricoSmog](#)
- [Fife Chamber of Safety](#)
- [IonActive](#)
- [Safetyphoto](#)
- [Victorian WorkCover Authority](#)



11 April 2006 - [Students Online Stay Safe Toolkit](#)

A new online toolkit for students has been devised and launched by the Home Office and the National Union of Students, with the aim of reducing crime against students in Universities and Colleges within England and Wales.

11 April 2006 - [Research Reports and Nuclear Information Within HSE Website](#)

Following are the latest research reports within the Health and Safety Executive (HSE) Website, which can be accessed from the appropriate webpage by clicking the link above.

6 April 2006 - [HSE Reminder of New Noise Regulations Enforceable Today](#)

The Health and Safety Executive (HSE) are today reminding businesses of their duties under the new Control of Noise at Work Regulations 2005 which become enforceable as from today, Wednesday 6 April 2006, replacing the existing Noise at Work Regulations 1989.

Compliance of the new Regulations applies to all but the music and entertainment sector, which have until April 2008 to comply.

6 April 2006 - [Reminder of New Offshore Regulations Enforceable Today](#)

Key changes to the Offshore Installations (Safety Case) Regulations 1992, replaced by the the Offshore Installations (Safety Case) Regulations 2005, have become enforceable as of today, Wednesday 6 April 2006.

The new Regulations aim to allow Health and Safety Executive (HSE) Inspectors to carry out more planned interventions and to cut bureaucracy for industry.

6 April 2006 - [New Waste Management for Farmers in May 2006](#)

New waste management Regulations, in order to protect the environment even further, for the first time, now include waste management for the farming sector.

Agricultural waste has, until now, been excluded from the waste management controls, but as from 15 May 2006, the agricultural sector in England and Wales will have to comply with the management and control of their waste. However, manure and slurry, when used as fertilizers, are not classed as waste in the new regulations.

6 April 2006 - [Ireland's HSA Announce Farm Safety Campaign](#)

Ireland's Health and Safety Authority (HSA) have announced, as part of their Farm Safety Campaign that 500 proactive examinations nationwide are to take place, in a bid to cut the death toll within the farming community.

5 April 2006 - [Latest HSE Research Reports and Leaflets](#)

The Health and Safety Executive (HSE) have produced the following two new research reports within their website, which can be accessed by clicking the link.

[Top 10 Downloads](#)

1. NEBOSH Certificate Fire Safety by Terry Robson
2. Toolbox Talks by Otto
3. Safety Induction by Malcolm Strong
4. Management Style Questions – Paper 1 by HSfB
5. Basic Principles of Electrical Safety
6. Lifting and Handling Techniques
7. The Jane Riley Revision Pack
8. Work at Height by Gary H
9. Acts and Regulations to Remember for NEBOSH Certificate by HSfB
10. Mock Practical Observation Sheets

[Stats April so far](#)

Av'g Daily Visits – 710
Max Daily Visits – 1,026
Visits – 13,133
Bandwidth – 10,561MB
Total Visits – 404,386
Forum Members – 691
News Subscribers – 533

More News

4 April 2006 - New Road Safety Bill Impacts on Safer Level Crossings

Amendments to the Road Safety Bill are set to impact on making roads crossing over railway lines and approaching areas safer.

The road safety amendments, now accepted by Ministers in Parliament, will allow Network Rail to make recommendations for roads at level crossings.

At the moment, most local authorities have the choice as to whether recommended road improvements close to level crossings should be implemented.

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. These jokes should be taken as light hearted fun, no more, no less.

Safety Tips for the Post-Nuclear Existence

1. Never use an elevator in a building that has been hit by a nuclear bomb; use the stairs.
2. When you're flying through the air, remember to roll when you hit the ground.
3. If you're on fire, avoid gasoline and other flammable materials.
4. Don't attempt communication with dead people; it will only lead to psychological problems.
5. Food will be scarce; you will have to scavenge. Learn to recognize foods that will be available after the bomb: mashed potatoes, shredded wheat, tossed salad, ground beef, etc.
6. Put your hand over your mouth when you sneeze; internal organs will be scarce in the post-nuclear age.
7. Try to be neat; fall only in designated piles.
8. Drive carefully in "Heavy Fallout" areas; people could be staggering illegally.
9. Nutritionally, £50 pound notes are equal to £5's, but more sanitary due to limited circulation.
10. Accumulate mannequins now; spare parts will be in short supply on D-Day.



No edge protection, handrails and a few trip hazards! [More...](#)

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.

[Firefighting News - www.firefightingnews.com](http://www.firefightingnews.com)

News and photo news from fire fighters around the world.

[Pegasus Health and Safety Services - www.pegasuservices.co.uk](http://www.pegasuservices.co.uk)

The health and safety risk assessment forms, checklists and report forms are currently available free to everyone and include details on DSE, PPE, fire safety, manual handling, coshh, violence, stress plus much more...

[WorkSafeBC - www.worksafebc.com](http://www.worksafebc.com)

This Canadian site from the Workers' Compensation Board of British Columbia offers online videos with audio of accident investigations and safe working practices. Useful information for any country.



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[Send Email Here, Subject - UNSUBSCRIBE](#)

Send your feedback comments here:

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 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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