

We hope this issue finds you safe and well

Due to the scorching heat most of the UK has had this past week, I thought it appropriate to provide information on how to protect your skin whilst outdoors in the sun. HSE - *Too much sunlight is harmful to your skin. A tan is a sign that the skin has been damaged. The damage is caused by ultraviolet (UV) rays in sunlight.*

In the short term, even mild reddening of the skin from sun exposure is a sign of damage. Sunburn can blister the skin and make it peel. Longer term problems can arise. Too much sun speeds up ageing of the skin, making it leathery, mottled and wrinkled. The most serious effect is an increased chance of developing skin cancer.

Further information can be found on the HSE Website – [Temperature: UV Exposure](#)

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

Your Articles

Have you created any articles relating to health and safety at work? Would you like to publish them on HSfB in the hope that they may help somebody in the future? If so, let us know and your article will be published in **Your Articles** pages. We will publish your articles, long or short, as long as they relate to health and safety at work in some way or another. You may be a specialist in a particular subject, or you simply want to take an interest in something, research it and write about it.

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

Your Articles

Site News Including New Downloads

- Two new items added to the downloads page - **FIRE RISK ASSESSMENT** by Claire Odd and **Operations Managers Monthly Checklist** by Claire Odd.

Site News

Regulation and Consultation Updates

- **Managing Workplace Transport Risk - A Route Map**
- **The Cosmetic Products (Safety) (Amendment) Regulations 2006**
- **The Ceramic Articles in Contact with Food Regulations (Northern Ireland) 2006**
- **The Contaminated Land (England) Regulations 2006**
- **The introduction of picture warnings on tobacco packs: A consultation**

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 (currently reaching **596** targeted subscribers) or on the main site, please send a request to the following email address:

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.

[Contents](#)

🔗 [Site News](#)

🔗 [Legislation](#)

[News](#)

🔗 [Advertise](#)

🔗 [News](#)

🔗 [More News](#)

🔗 [Photo & joke of the week](#)

🔗 [Notice Board](#)

[Useful Links](#)

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

12 June 2006 - [HSE Height Awareness Events in Scotland during June](#)

The Health and Safety Executive (HSE) are holding two height awareness campaigns in Scotland during June.

The first will be held on 14 June 2006 at Airdrie Football Ground from 9am to 1pm. The event will include a combination of short presentations about safe working at height and practical demonstrations of specialised access equipment for use as a safe alternative to ladders and stepladders. HSE inspectors will be available to give advice.

12 June 2006 - [New Code of Practice on Disability Discrimination Laid Before Parliament](#)

The Disability Rights Commission (DRC) has recently laid a new Code of Practice before Parliament for consideration which will provide guidance on the application of the Disability Discrimination Act (DDA).

8 June 2006 - [Be Sea Smart and Stay Safe This Summer](#)

The Maritime and Coastguard Agency (MCA), as part of their Sea Smart Campaign, have issued a safety warning to parents and children when enjoying themselves at the beach or coastline, urging them to follow safety guidance.

6 June 2006 - [New Guidance on Fire Safety Reform for SMEs](#)

The Department for Communities and Local Government has published a new guide to help small and medium sized businesses comply with the Regulatory Reform (Fire Safety) Order 2005.

The publication can be downloaded free here: [Regulatory Reform \(Fire Safety\) Order 2005 - A short guide to making your premises safe from fire](#)

5 June 2006 - [Latest Research Reports Within HSE Website](#)

The latest research reports within the Health and Safety Executive Website can be accessed by clicking the link above.

4 June 2006 - [New Safety Website for Quarrying Sector Soon to be Launched](#)

A new website for the quarrying industry is to be launched this month (June 2006), with the aim of further reducing the number of accidents within it's industry, by sharing knowledge amongst stakeholders and providing guidance to both workers and management alike.

31 May 2006 - [Air Test Certificate Forgery Leads to Prosecution](#)

An elite Health and Safety Executive (HSE) licensed asbestos removal company, TW Insulation, based in Liverpool and their company Director, Christopher Jarnell, were prosecuted by the HSE at Liverpool Magistrates Court, on 29 May 2006, for procedural failings and fraud, following the discovery of an asbestos air test certificate forgery.

[Top 10 Downloads](#)

1. CR NEBOSH Notes by Carl Royston
2. HAVS Levels Database by Mark Sutton
3. Mock Practical Report
4. Mock Practical Observation Sheets
5. NIOSH Chemical Pocket Guide by Amjad Ata
6. FIRE RISK ASSESSMENT by Claire Odd
7. NEBOSH Certificate Fire Safety by Terry Robson
8. COLDROP'S EXAMPLE PRACTICAL EXAM - INSPECTION REPORT
9. Operations Managers Monthly Checklist by Claire Odd
10. Management Style Questions Paper 1 by HSfB

[Stats for May Total](#)

Av'g Daily Visits – 817
Max Daily Visits – 1,115
Visits – 30,701
Bandwidth – 27,371MB
Total Visits – [500,271](#)
Forum Members – 804
News Subscribers – 596

Bit Vs Wood Turning

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

**Coldrops
Health and Safety
Site**

More News

➤ 31 May 2006 - Latest HSE Research Reports

- RR463 - Client/contractor relationships in managing health and safety on projects
- HSL/2006/23 - Dry Contaminants Scoping Study
- HSL/2006/30 - Bullying at Work: A review of the Literature
- HSL/2006/33 - Review of HSE Building Ignition Criteria
- HSL/2006/35 - Testing of Pressure Ties

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.

Today's safety lesson...

You are the chief airplane washer at the company's hangar and you:

1. Hook high pressure hose up to the soap suds machine.
2. Turn the machine "on".
3. Receive an important call and have to leave work to go home.
4. As you depart for home, you yell to Don, your assistant, "Don, turn it off."
5. Assistant Don thinks he hears, "Don't turn it off." He shrugs, and leaves the area right after you.
6. As with any occupation, make sure personnel have a clear understanding of what you are communicating!

Actually happened!

Now see the picture of the consequences. 



Members of public at risk – waiting for a claim!

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.

[Accident Safety Awareness Presentations Frank Carrano – www.accident-awareness.co.uk](http://www.accident-awareness.co.uk)

I had an accident at work over 3 years ago, since then I have carried out Accident Presentations as to the Human cost and Impact of the accident on my life. Being limited and restricted in the duties that I was employed to do, I now take my Safety Presentation on the road as a learning tool for others. I am hands on and discuss with people the affect my accident has had on myself, my life and my family and how it would drastically change there lives if an accident happened to them.



[Free Online Training - Forklift Operation & Safety Course - www.free-training.com](http://www.free-training.com)

Welcome to the next step in internet training. Training that is absolutely FREE! Each program located on this site is fully functional and complete in its content. These are not watered down demos or mere introductions to the topics covered. These are complete programs made possible by the companies and organizations who sponsor this site.



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.

If you wish to unsubscribe from this newsletter, do so by clicking the following link:

[Newsletter Subscribe/Unsubscribe Page](#)

Alternatively, if you wish to unsubscribe, you can use the following link to send a blank email with the subject heading as UNSUBSCRIBE.

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

Send your feedback comments here:

feedback@healthandsafetytips.co.uk

Your Privacy is Important to Us

Please be sure to read our [Terms and Conditions](#)

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 and legislation.

Health and Safety for Beginners – HSfB

2 Harbour Road, Bo'ness, West Lothian, Scotland, UK, EH51 9LF

www.healthandsafetytips.co.uk

TEL: 01506 200109 - MOBILE: 07961 138221

E-MAIL:

contact@healthandsafetytips.co.uk