



## Welcome – We hope this issue finds you safe and well

The HSfB Noticeboard this month is a very special edition as we have recently smashed the **1 MILLION** visitors to the site mark! Thank you to each and every one of you on behalf of HSfB for all your continued support and contributions. Not only that, but we are proud to launch our new shop where you can buy various bits and bobs to help support and promote HSfB – please have a look at our shop below.

This issue also has a special message from little Oscar. Some of you may have followed his story on the forums, but now Oscar's Gran has a Hair Raising scheme to raise money to help others like little Oscar. Read more below and in our forums.... [LINK](#)

### Your Articles

Have you created any articles relating to health, safety or environmental issues at work? Would you like to publish them on HSfB so that they can 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, safety and the environment 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](mailto:hsfb@healthandsafetytips.co.uk)

### Site Updates

New Downloads	Legislation Updates
<ul style="list-style-type: none"><li>➤ There have been so many downloads and updates added to the site since Issue 61 of the HSfB Noticeboard that we needed an extra page just to show you them all!</li><li>➤ See below for over 50 new additions to the site.</li></ul>	<ul style="list-style-type: none"><li>➤ <b>The Health and Safety (Fees) (Amendment) Regulations 2007</b></li><li>➤ <b>The Health and Safety (Fees) Regulations 2007</b></li><li>➤ <b>The REACH (Appointment of Competent Authorities) Regulations 2007</b></li><li>➤ <b>The Fire and Rescue Services (Emergencies) (England) Order 2007</b></li></ul>

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Would you like to advertise? [info@healthandsafetytips.co.uk](mailto:info@healthandsafetytips.co.uk)



## Site Updates

### New Downloads & Other Additions

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>➤ <b>Accident Investigation</b> by Nick Higginson</li> <li>➤ <b>Accident Ratios</b> by Nick Higginson</li> <li>➤ <b>Basic Lifting Plan</b> by Simon Heesom</li> <li>➤ <b>Biological Agents</b> by Nick Higginson</li> <li>➤ <b>Case Law</b> by Nick Higginson</li> <li>➤ <b>Chemical Register</b> by Lisamw</li> <li>➤ <b>Chemicals and CHIP</b> by Nick Higginson</li> <li>➤ <b>Chemicals</b> by Nick Higginson</li> <li>➤ <b>Contractors Health and Safety Information Leaflet</b> by Lisamw</li> <li>➤ <b>Control of Substances Hazardous to Health - COSHH</b> by Nick Higginson</li> <li>➤ <b>COSHH Assessment Record</b> by Lisamw</li> <li>➤ <b>Demolition</b> by Nick Higginson</li> <li>➤ <b>Disasters Database</b> by Nick Higginson</li> <li>➤ <b>DSE REGS</b> by Nick Higginson</li> <li>➤ <b>DSE Self Assessment Questionnaire</b> by Lisamw</li> </ul> | <ul style="list-style-type: none"> <li>➤ <b>Electricity</b> by Nick Higginson</li> <li>➤ <b>Environment</b> by Nick Higginson</li> <li>➤ <b>Ergonomics</b> by Nick Higginson</li> <li>➤ <b>European H&amp;S Law</b> by Nick Higginson</li> <li>➤ <b>Excavation</b> by Nick Higginson</li> <li>➤ <b>Fire Drill After Event Employee Observation</b> by Lisamw</li> <li>➤ <b>Fire Drill Observation Sheet</b> by Lisamw</li> <li>➤ <b>Fire Safety</b> by Nick Higginson</li> <li>➤ <b>Flammables</b> by Nick Higginson</li> <li>➤ <b>General Risk Assessment Priority Rating</b> by Lisamw</li> <li>➤ <b>H&amp;SWA74</b> by Nick Higginson</li> <li>➤ <b>Hazard Reporting Form</b> by Lisamw</li> <li>➤ <b>Health and Safety Contractors Questionnaire (more than 5 employees)</b> by Lisamw</li> </ul> |
| <ul style="list-style-type: none"> <li>➤ <b>Health and Safety Induction Checklist</b> by Lisamw</li> <li>➤ <b>Health and Safety Policy</b> by Nick Higginson</li> <li>➤ <b>Heat and Cold</b> by Nick Higginson</li> <li>➤ <b>Hot Work Permit</b> by Lisamw</li> <li>➤ <b>HS(G)65</b> by Nick Higginson</li> <li>➤ <b>Human Factors</b> by Nick Higginson</li> <li>➤ <b>Human Reliability</b> by Nick Higginson</li> <li>➤ <b>Interlocks</b> by Nick Higginson</li> <li>➤ <b>Ionising Radiation</b> by Nick Higginson</li> <li>➤ <b>Ladder 6 Monthly Inspection Checklist</b> by Lisamw</li> <li>➤ <b>Ladder Pre-use Checklist</b> by Lisamw</li> </ul>  | <ul style="list-style-type: none"> <li>➤ <b>LEV</b> by Nick Higginson</li> <li>➤ <b>Lifting Operations</b> by Nick Higginson</li> <li>➤ <b>Machinery Safety</b> by Nick Higginson</li> <li>➤ New Article - <b>NEBOSH General Exam Tips</b> by Phil</li> <li>➤ New page added - <b>Control of Contractors</b></li> <li>➤ <b>Racking Awareness</b> by Dave West</li> <li>➤ <b>Risk Assessment Action Plan</b> by Lisamw</li> <li>➤ <b>Stress</b> by Amjad H. Al Ata</li> <li>➤ <b>Suspension Trauma Recovery Poster</b> by John Johnston</li> <li>➤ <b>Work at Height Checklist</b> by Simon Heesom</li> <li>➤ <b>Work at Height Rescue Plan</b> by Simon Heesom</li> <li>➤ <b>Work in Confined Spaces</b> by Nick Higginson</li> </ul>   |



# 4D Scanner Appeal Hair-raising Fundraiser

*Joining the ranks of many follicly challenged people... not least her own Grandson, Oscar...  
Lynne Ratcliffe is doing a **Sponsored Head Shave** to raise funds for Heart Link.*

*Through fundraising Heart Link has been able to :*

- ♥ Provide accommodation for parents and siblings to stay in the hospital near their sick child,
- ♥ Fund vouchers for parents to buy food in the hospital,
- ♥ Purchase lifesaving paediatric medical equipment such as the 4D scanner,
- ♥ Finance several pioneering techniques to provide the best possible chances of survival,
- ♥ Build facilities at Glenfield Hospital for children & their families including a playzone, family rest room & bedrooms,
- ♥ Run a 24 hour free telephone helpline to offer support & assistance to parents of children with heart defects,
- ♥ Hold annual parties & outings for those children & their siblings,
- ♥ But best of all for us..... ***Heart Link gave Oscar a chance of life.***



*Please give your support - <http://hairraising.blog.co.uk/>*

## HSfB Statistics

Most Popular Downloads	General Statistics – June
<ol style="list-style-type: none"><li>1. CR NEBOSH Notes by Carl Royston</li><li>2. Passing NEBOSH Diploma Exams by Nick Higginson</li><li>3. RIDDOR by Coldrop</li><li>4. HAVS Levels Database by Mark Sutton</li><li>5. Management Style Paper 1 Questions by HSfB</li><li>6. Safety Inspection Report by WillPool</li><li>7. RIDDOR by Dennis Mac</li><li>8. Toolbox Talks Programme by Otto</li><li>9. Safety Inspection Report by WillPool</li><li>10. Risk Assessment Action Plan by Lisamw</li></ol> <p><a href="#">Click HERE for Downloads</a></p>	<ul style="list-style-type: none"><li>➤ Average Daily Visits – <b>1,245</b></li><li>➤ Maximum Daily Visits – <b>1,776</b></li><li>➤ Visits – <b>46,851</b></li><li>➤ Bandwidth – <b>17,850MB</b></li><li>➤ Total Overall Visits – <b>1,009,685</b></li><li>➤ Forum Members to date – <b>1,522</b></li><li>➤ Newsletter Subscribers – <b>1,152</b></li></ul>



## Safety Toolbox



This section will give you snippets of downloads available from HSfB and a few other useful links/tools.

### [NEBOSH General Exam Tips](#)

by  
[Phil](#)

#### ARRIVE ON TIME AND RELAXED

Don't rush into the exam room with minutes to spare. Make sure you have had a good nights rest, eaten well and don't have a hangover.

#### BE PREPARED

The old scouts motto. Don't turn up with one dodgy biro. It WILL run out before you get your name on the paper.

#### GET A GOOD POSITION IN THE EXAM ROOM

Don't grab a seat too close to the heaters, halfway through the exam you will wish you had picked somewhere cooler. Similarly seats by the window can be too hot or cause glare in the summer, too cold in the winter and cause distractions. Get a comfortable table with good lighting.

You can read the full article by clicking this link - [NEBOSH General Exam Tips](#)

### [HSfB Blogs and RSS Feeds](#)

- [www.hsfbarticles.blogspot.com](http://www.hsfbarticles.blogspot.com)
- [www.hsfbsitenews.blogspot.com](http://www.hsfbsitenews.blogspot.com)
- Your Articles Feed: 
- Site News Feed: 
- Discussion Forums Feed: 

[Click here to find out about our Blogs and RSS Feeds](#)



### **4D Scanner Appeal Hair-raising Fundraiser**

*Hair Raising*

*Lynne Ratcliffe shaves her head for charity*

*Please visit little Oscar's blog and help support their fund raising campaign for Heart Link.*

<http://hairraising.blog.co.uk/>

### [HSfB Discussion Forums](#)

Why not come along and search our community forums to answer your day to day queries, 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....**

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

## Notice Board and Featured Websites

### EssentialSkillz Smoking Ban Tool

How are you communicating the Smoking Ban to your employees?

EssentialSkillz offers an easy-to-use tool which allows organisations to communicate their SMOKING POLICY to all employees and verify whether or not they have read it.

It includes:

- Free-to-use Content Development Tool (CDT)
- Multiple choice test or check box to confirm understanding
- Automated reminder emails to chase 90%+ completion
- Full reporting on who has and hasn't read and understood policy



For more information or to order the CDT tool, call EssentialSkillz on 08700 621162 or email [info@essentialskillz.com](mailto:info@essentialskillz.com)

## HSfB Shop – Click to ENTER



[HSfB Branded Mug](#)



[HSfB Coaster](#)



[HSfB Mouse Mat](#)



[HSfB FRP Desk Clock](#)

## Contact Us

Please feel free to contact HSfB if you have any suggestions on how to improve our service and if you have any comments, queries or if you would like to advertise with us.

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

### Health and Safety for Beginners – HSfB

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

[www.healthandsafetytips.co.uk](http://www.healthandsafetytips.co.uk)

[www.hsfb.co.uk](http://www.hsfb.co.uk)

TEL: 01506 200109 - MOBILE: 07961 138221

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

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