

Safety Bulletin 2010/03

June 2010

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Rail Industry Standards

The Railway Safety and Standards Board (RSSB) have published the June 2010 changes to Railway Group Standards. The following is a list of the latest new, re-issued and withdrawn standards which may be of particular interest to you:-

New

Document Number	Title	Details
GM/GN2606: Issue 1	Guidance on the Fitment and Functionality of Forward and Rear Facing Cameras on Rolling Stock	Effective from 04 th September 2010
RIS-3701-TOM: Issue 1	Rail Industry Standard for a Confidential Reporting System for Rail Staff	Effective from 04 th September 2010
GERT8000-RBBL ERTMS – Issue 1	Rule Book Briefing Leaflet ERTMS modules	Effective from To be agreed locally
GERT8560: Issue 1	Guidance on Engineering Requirements for Dispatch of Trains from Platforms	Effective from 04 th September 2010
TN041: Issue 1	Registering the Fitment of GSM-R to railway vehicles on the Rolling Stock Library	Immediate 16 th April 2010
GKRT0028: Issue 1	Infrastructure Based Train Detection Interface Requirements	Supersedes GKRT0011:Issue 3 and GKRT0217:Issue 1 Immediate 05 th June 2010
GKGN0628: Issue 1	Guidance on Infrastructure Based Train Detection Interface Requirements	Supersedes GKGN0611:Issue 1 Immediate 05 th June 2010
GKGN0611: Issue 1	Guidance on Train Detection	Supersedes GKGN0628:Issue 1 Immediate 05 th June 2010

**Rail Industry Standards continued****Re-Issued**

Document Number	Title	Details
GO/RT3215: Issue 2	Requirements for the Weekly Operating Notice, Periodic Operating Notice Sectional Appendix	Supersedes GO/RT3215:Issue 1 Effective from 04 th September 2010
GO/RT3350: Issue 4	Communication of Urgent Operating Advice	Supersedes GO/RT3215:Issue 3 Effective from 04 th September 2010
GO/RT3437: Issue 6	Defective On-Train Equipment	Supersedes GO/RT3437:Issue 5 Effective from 04 th September 2010
GO/RC3537: Issue 4	Recommendations for Defective On-Train Equipment	Supersedes GO/RC3537: Issue 3 Effective from 04 th September 2010
GERT8001: Issue 26	Changes to National Operations Publications for June 2010	Supersedes GERT8001: Issue 25 Effective from 05 th June 2010
GERT8060: Issue 2	Engineering Requirements for Dispatch of Trains from Platforms	Supersedes GERT8060: Issue 1 Effective from 04 th September 2010
GEGN8577: Issue 2	Guidance on the Application of Selective Door Operating Systems	Supersedes GEGN8577: Issue 1 Immediate 05 th June 2010
TN-index: Issue 16	Index to Rolling Stock Assessment Technical Notes	Supersedes TN-index: Issue 15 Immediate 05 th June 2010
TN040: Issue 3	GSM-R fitment to railway vehicles	Supersedes TN040: Issue 2 Immediate 16 th April 2010
ATOCGPG018: Issue 2	ATOC Good Practice Guide – Railway Undertaking input to Railway Strategic Safety Plan	Supersedes ATOCGPG18: Issue 1 Immediate 05 th June 2010

**Rail Industry Standards continued****Re-Issued cont.**

Document Number	Title	Details
GKRT0206: Issue 2	Signalling and Operational Telecommunications Systems: Safety Requirements.	Immediate 05 th June 2010
GERT8000-AM: Issue 10		Immediate 05 th June 2010
GERT8000-AM: Issue 10	AM Amendments module	Supersedes GERT8000-AM: Issue 1 Immediate 05 th June 2010
GERT8000-G1: Issue 4	General safety responsibilities and personal track safety for non-track workers	Supersedes GERT8000-G1: Issue 3 Immediate 05 th June 2010
GERT8000-HB5: Issue 10	Rule Book Index and Glossary	Immediate 05 th June 2010
GERT8000: Issue 15	Rule Book module issue history	Supersedes GERT8000: Issue 14 Immediate 05 th June 2010
GERT8000-RBBL: Issue 18	Rule Book briefing leaflet	Supersedes GERT8000: Issue 17 Immediate 05 th June 2010
GERT8000-S5 Issue 2	Passing a signal at danger	Supersedes GERT8000-S5: Issue 2 Immediate 05 th June 2010
GERT8000-T1B: Issue 3	Movement of trains during failure of, or when working on, signalling equipment	Supersedes GERT8000-T1B: Issue 2 Immediate 05 th June 2010
GERT8030: Issue 3	Requirements for the Train Protection and Warning System (TPWS)	Supersedes GERT8030: Issue 2 Immediate 07 th April 2010

**Rail Industry Standards continued****Withdrawn**

Document Number	Title	Details
GERT8033: Issue 1	National Confidential Safety Reporting System	Effective from 04 th September 2010
Strategy 1005: Issue 1	Strategy for Standards Management 2005	Immediate 05 th June 2010
GKRT0027: Issue 2	Resetting and Restoration to Service of Signalling Systems	Immediate 05 th June 2010
GKRT0011: Issue 3	Train Detection	Superseded by GKRT0028: Issue 1 Immediate 05 th June 2010
JDPC006: Issue 2 Class 140-165	Trains not Fitted with Track Circuit Actuators	Immediate 05 th June 2010
GMRT2470: Issue 2	Wheelset Supplier Qualification	Immediate 05 th June 2010
GERT8000-G2: Issue 1	Personal safety when walking on or near the line, or when on the lineside	Immediate 05 th June 2010
GERT8000-T5: Issue 1	Walking as a group and working on or near the line	Immediate 05 th June 2010



Legislation

Control of Artificial Optical Radiation at Work Regulations 2010

HSE Website. FREE

This Legislation, which came in to force on 27th April 2010, protects workers from the risks associated with exposure to artificial optical radiation in the workplace (lasers, UV light etc) and achieves harmonisation of control regimes between European Member States. It requires employers, in respect of workers' exposure to AOR to assess the risks, to control exposures to below specified Exposure Limit Values (ELVs), and to provide appropriate information, training and health surveillance.

Guidance issued by the HSE includes information to help employers decide what needs to be done to protect workers and comply with the Control of Artificial Optical Radiation at Work Regulations 2010.

It gives examples of safe sources of artificial optical radiation (AOR) that require no further action, and examples of hazardous sources of AOR that could harm workers and the types of activities where they are used.

The Control of Artificial Optical Radiation at Work Regulations 2010 require employers to protect the eyes and skin of workers from exposure to hazardous sources of artificial optical radiation. AOR includes light emitted from all artificial sources in all its forms such as ultraviolet, infrared and laser beams, but excludes sunlight.

The guidance should be used by working through a series of questions to help identify the things that need to be done in order to protect workers. A useful table covering work activities that use hazardous levels of AOR is included.

The guidance document can be viewed at:

<http://www.hse.gov.uk/radiation/nonionising/employers-aor.pdf>

Safety Publications

The following new safety publications may be of particular interest to you.

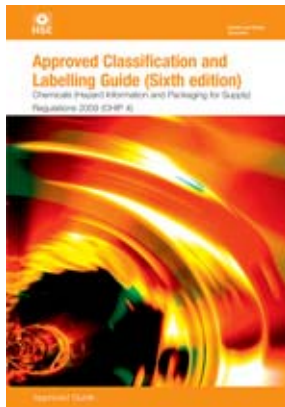
Approved Classification and Labelling Guide (Sixth edition) Chemicals (Hazard Information and Packaging for Supply) Regulations 2009 (CHIP 4)

HSE Books £11.50

This Approved Guide (Sixth edition) sets out the general principles of classification and labelling for supply as required by the Chemicals (Hazard Information and Packaging for Supply) Regulations 2009 (CHIP 4).

Safety Publications continued

It is addressed to manufacturers, importers and other suppliers who have responsibilities for the classification and labelling of dangerous substances and preparations and closely follows the European Commission's labelling guide (Annex VI to Directive 67/548/EEC).



The changes in this Guide since the previous (fifth) edition reflect the introduction of European Regulation (EC) No 1272/2008 on Classification, Labelling and Packaging of Substances and Mixtures; the effect of Directive 2006/121/EC, which amends Annex VI of the Dangerous Substances Directive; the withdrawal of the Approved Supply List now that the list of substances with harmonised classifications and labels is established in direct-acting Community legislation; and the transfer of the substantive provisions relating to safety data sheets to the Registration, Evaluation, Authorisation and Restriction of Chemicals Regulation (REACH). Contents: Notice of approval; Preface;

Introduction; Introduction to classification and labelling; Data for classification and labelling; Classification on the basis of physicochemical properties; Classification on the basis of health effects; Carcinogenic, mutagenic and toxic for reproduction; Classification on the basis of environmental effects; Labelling; Special cases; Appendix; References; Further information.

Healthy Workplaces Campaign 2010/11

European Agency for Safety and Health at Work

A new campaign has been launched by the European Agency for Safety and Health at Work, called the Healthy Workplaces campaign for 2010/11. The theme of the campaign is to promote safe maintenance.

It is estimated that between 10 and 15 percent of fatal accidents at work are associated with maintenance activities and that in some European countries up to 20 percent of accidents at work are associated with maintenance activities.



The HSE are encouraging everyone from Managers to workers to become involved in the project as part of the overall EU strategy is to cut work related accidents by 25 percent in the future.

The campaign provides materials in the form of publications, presentations and promotional materials for which information can be found or downloaded at:

<http://hw.osha.europa.eu>



Safety Publications continued

HSG264: Asbestos – The Survey Guide

HSE Books. Free to Download.

Asbestos surveys are only effective if competent surveyors are employed to do them, that is one of the key messages being promoted at road shows to help explain new guidance devised for those responsible for managing the risks from asbestos.

'Asbestos: The survey guide', published by the Health and Safety Executive (HSE) in January, is aimed at those who commission asbestos surveys, the surveyors who carry them out and those who use them such as architects and demolition or removal contractors.

The new guide stipulates that clients and duty holders only engage a surveying organisation that is competent. This can be demonstrated either through the organisation being accredited and/or individual surveyors having their own certification.

The guide strongly recommends the use of UKAS accredited or ABICS certified surveyors for asbestos surveys. Dr Martin Gibson, author of the guide and a Principal Specialist Inspector for the HSE: "Ensuring that contractors are competent to do asbestos surveys should be a top priority for those responsible for managing the risks from asbestos.

"Those organisations or individuals without accreditation and/or certification will find it more difficult to demonstrate that they are competent, so by employing a contractor with accreditation and/or certification, dutyholders can better meet their legal requirements." Added Martin Stear, Chair of the ABICS certification scheme "ABICS certification is a new scheme which certifies individuals, and has been introduced to expand the options for demonstrating competency. Clients engaging certificated surveyors can be assured that surveys will be undertaken by competent people." Said Rob Bettinson of UKAS:

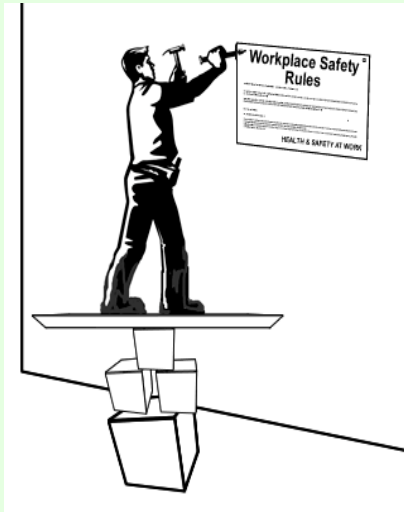
"UKAS accreditation for surveying companies is a well established scheme. Accredited organisations can demonstrate that not only do they have competent surveyors but they are also working within a well-defined management system that provides confidence in the surveying procedures that are used. Clients can have confidence that accredited surveyors will provide a quality service."

Safety Publications continued

Behavioural Safety – Briefing for Workplace Reps

TUC Website 17th May 2010

The TUC, have issued a briefing, which aims to help union representatives respond to any behavioural safety initiatives within their industry or workplace.



Behavioural safety is defined as a number of types of programs aimed to improve safety by changing the behaviour of workers. It is most common in the UK in production industries, particularly the chemical and energy sectors. Such programs are varied; some have the behavioural element as just one component of the wider safety management framework, while others see changing behaviour as the main focus.

Key to all behavioural safety systems is the belief that injuries and illnesses are a result of 'unsafe acts' by workers. To prevent these acts, management are advised to target specific behaviours and aim to change these based on

observing and monitoring workers.

The briefing suggests that all behavioural safety programs follow a similar process. They begin with site observation including individual feedback. Workers are observed for both safe and unsafe behaviours; following the observation a checklist is completed with the safe and at-risk behaviours noted together with the date, time and location.

The behaviours are discussed with the worker and recommendations to improve unsafe behaviour are suggested. The worker's comments and reasons for the unsafe behaviour is also recorded. Reports are collated for analysis by a steering committee, which also highlight trends of at-risk behaviours and locations in which these are taking place.

The steering committee is usually made up of union or management-appointed worker reps. The committee then produce recommendations to address workers' behaviour, which go to senior management for approval and implementation.

The briefing goes on to cover problems with behavioural safety, legal issues, links with injury recording, the trade union view, and a checklist for unions. The document is available at the following address:

http://www.tuc.org.uk/h_and_s/tuc-17940-f0.cfm

Safety Publications continued

Manual Handling

HSE Website

The HSE has issued guidance in response to the question: is there a maximum weight a person can lift during their work. The Manual Handling Operations Regulations 1992 (as amended) set no specific requirements such as weight limits. The ergonomic approach shows clearly that such requirements are based on too simple a view of the problem and may lead to incorrect conclusions. Instead, an ergonomic assessment based on a range of relevant factors is used to determine the risk of injury and point the way to remedial action. The Regulations establish the following clear hierarchy of control measures:

- avoid hazardous manual handling operations so far as is reasonably practicable, for example by redesigning the task to avoid moving the load or by automating or mechanising the process
- make a suitable and sufficient assessment of any hazardous manual handling operations that cannot be avoided; reduce the risk of injury from those operations so far as is reasonably practicable
- where possible, provide mechanical assistance, for example a sack trolley or hoist. Where this is not reasonably practicable, look at ways of changing the task, the load and working environment.



Modern medical and scientific opinion accepts the scale of the problem and stresses the importance of an ergonomic approach to remove or reduce the risk of manual handling injury. Ergonomics is sometimes described as 'fitting the job to

the person, rather than the person to the job'. The ergonomic approach looks at manual handling as a whole. It takes into account a range of relevant factors, including the nature of the task, the load, the working environment and individual capability and requires worker participation.

When a more detailed assessment is necessary it should follow the broad structure set out in Schedule 1 to the Regulations. The Schedule lists a number of questions in five categories: the task; the load; the working environment; individual capability (this category is discussed in more detail under regulation 4(3) and its guidance); and other factors, for example use of protective clothing. Each of these categories may influence the others and none of them can be considered on their own. However, to carry out an assessment in a structured way it is often helpful to begin by breaking the operations down into separate, more manageable items.

The guidance document can be found at:

<http://www.hse.gov.uk/contact/faqs/manualhandling.htm>



Safety Publications continued

New 'one stop shop' website for landlords on domestic gas safety

HSE Website 10 May 2010

All the information landlords need to meet their legal duties on domestic gas is now available in one place with the launch of a new website.

The Health and Safety Executive (HSE), with support from the National Landlords Association (NLA), has launched the new microsite as a one-stop-shop to help landlords understand what they should be doing to keep tenants safe in any properties they let.

The website breaks down the information into easy to use sections including repair and maintenance, annual gas safety checks and record keeping as well as giving answers to frequently asked questions.

The form is titled 'LANDLORD/HOME OWNER GAS SAFETY RECORD'. It includes fields for 'Registered Business Details' (Company name, address, phone), 'Job Address' (Name, address, phone), and 'Landlord (if where appropriate their agent)' (Name, address, phone). Below these are sections for 'APPLIANCE DETAILS' and 'DEFECTS IDENTIFIED'. The 'APPLIANCE DETAILS' table has columns for Location, Appliance type, Make, Model, Flue type, Landlord's approval, Appliance installed, Contribution to cost, Operating pressure, Safety device, Ventilation provision, Visual condition, Flue performance, and Appliance safe to use. A 'NEXT SAFETY CHECK DUE WITHIN 12 MONTHS' box is located at the bottom right of the table area. The form also includes checkboxes for 'Gas installation pipework satisfactory', 'Emergency control accessible', 'Satisfactory gas tightness test', and 'Equipment bonding satisfactory'. It is signed by a registered engineer and includes a date and number of appliances tested.

There are over 6 million rental properties in the UK and an estimated 14 million people living in them. In 2008/09 15 people died from carbon monoxide (CO) poisoning associated

with domestic gas appliances, due mainly to gas appliances having been badly fitted or poorly serviced.

HSE and Local Authorities enforce the Gas Safety (Installation and Use) Regulations 1998 in both domestic and commercial

premises, which include statutory obligations on landlords to maintain gas appliances that they own.

By law, all landlords are required to arrange for a Gas Safe registered engineer to check all gas appliances and flues within 12 months of being installed and then at least every twelve months. They are also required to complete any necessary maintenance and repairs of gas appliances, flues and pipework.

Peter Brown, HSE Head of Work Environment, Radiation and Gas Division said: "Tenants should quite rightly expect that their landlords are taking all necessary steps to ensure that gas appliances are safe. Though there are legal duties on landlords, meeting them shouldn't be an onerous task. The new website provides all the information landlords need in one place."

The NLA welcome the new website and one member said: "It's really useful to have all information in one place, and linked to a list of Gas Safe registered engineers.' They also commented that it was important that the information comes from a reliable source such as HSE. The new website address is:

<http://www.hse.gov.uk/gas/landlords>



Safety Press Review

Cannabis Factory in Kirkdale Railway Arch.

Liverpool Echo May 1st 2010

Three men have been sentenced to a total of 10 years in prison for running a cannabis factory in vaults under Liverpool Kirkdale railway arches.

Police raided the premises in July 2008, and found over 200 plants worth £250,000, together with a nursery for new plants and a area for the harvesting and processing of the drugs.

Heating and ventilation to nurture the plants was powered using stolen electricity.

Carl Stephen Davies, Peter Stephen Connor, and David Charles Done, were jailed at Liverpool Crown Court for a total of ten years.

The court heard the three were brought to justice after a lengthy investigation by British Transport.

Detective Chief Inspector Malcolm McKinnon, said: "There is no doubt that our investigation put a serious dent in the supply of cannabis in Liverpool.

Burnt Toast closes Underground Station Hub Twice During Rush Hour

Daily Mail 23rd April 2010

Tens of thousands of commuters suffered severe delays when firemen were called and commuters were evacuated from Kings Cross St Pancras underground hub on 13 March and 7 April 2010.

Twice fire fighters were called to King's Cross St Pancras after smoke began billowing from singed bread left unattended in a toaster and setting off sophisticated fire alarms. On each occasion, the station, which serves the Victoria, Piccadilly, Northern, Circle, Hammersmith & City and Metropolitan lines, and connects with mainline services as well as Eurostar, had to be evacuated and closed for 20 minutes.





Safety Press Review continued

Union asbestos register pinpoints exposure

TUC Website 15 May 2010

A retired engineer has obtained compensation after being diagnosed with the incurable asbestos cancer mesothelioma in February 2009.

Mr David Marren, 63, from Rugby in Warwickshire was advised by specialist firm of solicitors that he was negligently exposed to asbestos whilst working for English Electric, now Alstom Ltd, as an apprentice engineer commissioning a turbine on Power Station C at Drakelow Power Station in Burton on Trent between 1963 and 1968.

Mr Marren said he was never warned about the dangers or provided with any protection despite working among asbestos on a daily basis. Many years later he became aware of the diseases caused by asbestos when his union launched a National Asbestos Exposure Register.

The register helps pinpoint exactly where and when members were exposed to the deadly dust.' David Fisher from Thompsons Solicitors added: 'Fortunately Mr Marren had provided an in-depth record of his exposure to asbestos. The information on the union's asbestos register helped us to complete this claim within 10 months.'

Fine for People Dropping Cigarettes

Barbour Environmental Briefing 13 May 2010

Two people have been prosecuted for dropping their cigarette ends in Swindon. According to Swindon Council, it brought the prosecutions as part of a crackdown on nuisance litter.

It has also warned that anyone caught littering runs the risk of a fixed penalty notice. Lee Gillett and Jacqueline Watling appeared at Swindon Magistrates' Court for dropping a cigarette butt in the town centre and were each fined £80 and ordered to pay court costs.

Non-payers face the risk of being taken to court where fines could rise as high as £2,500 and those found guilty could also be given a criminal record.



The council defended the prosecution, saying it spends £1.9m clearing up over 1,200 tonnes of litter each year. Its environmental enforcement officers are now regularly targeting shoppers and pedestrians in the town centre.

Richard Palacio, environmental enforcement manager for Swindon Council, said: "A minority of people are just not taking much notice of what we are asking them to do to help us keep their town free from litter"



Safety Press Review continued

so we are reminding everyone that dropping litter is a criminal offence which can prove a costly one for them if they are caught.

“It is a shame that people still drop litter, particularly in the town centre when there are so many bins around. If we all make an effort we can avoid the need for fines.

“The simple message is that we must not drop litter in the first place.” He added that some of the litter includes cigarette butts, chewing gum, paper bags, fast food wrappers and cartons, fruit skins, empty bottles and cans.

Mr Palacio said a significant proportion comes from main shopping thoroughfares within the town centre. In total there are 92 litter bins in the town centre, which are cleared daily.

Government Cool on Air Conditioning Inspections

Barbour Environmental Briefing 27 April 2010

With rates of compliance of Air Conditioning Inspections at less than 5% (compared to 80% for Display Energy Certificates and 70-75% for Energy Performance Certificates),



The Chartered Institution of Building Services Engineers (CIBSE) is attempting to bring this statistic to the Government's attention. CIBSE President Elect Rob Manning explains: "The Non-compliance costs campaign aims to bring together the many voices of frustration and concern to form one united call for action. We need to raise the issue of non-compliance up the government agenda and promote the benefits of increasing compliance rates. "Non-compliance has real costs; it costs the environment, it will cost the UK any chance

of meeting the emissions targets and it costs non complying companies who are missing out on a real opportunity to increase their profits."

The campaign will run for 4 months, beginning on 20 April 2010 and running until the Energy Event in on 10 September 2010.

The compliance charter consists of:

- the UK government must acknowledge that air conditioning inspection compliance is not working and must move the responsibility for enforcement away from Trading Standards to a body which is more interested and able to act
- the government must set targets for air conditioning and f-gas compliance that the enforcing body agree are achievable and sign up to
- the government must increase communication with UK companies informing them of their obligations to comply with air conditioning inspection and f-gas legislation.



Safety Press Review continued

Workplace Fire Drills – Businesses Slacking

Barbour Health and Safety Briefing 27 April 2010

A quarter of workers have never participated in a full fire evacuation of their workplace, despite government guidelines suggesting full drills be undertaken at least once a year.

A recent study of over 2,000 adults by insurer RSA also found that one in 20 UK workers admitted their workplace had no marked fire exits at all. In addition, 6% of people questioned admitted they would stop to pick up a cup of tea or coffee when the fire alarm sounds before heading out of the building.

The London Fire Brigade says while each fire is unique, as a rule of thumb it should take two and a half minutes to empty a building. One in ten workers said they sit at their desks for more than a minute before getting up to leave the building upon hearing the alarm go off, regardless of whether they believe there is a real fire or not. The average time that an employee waited before reacting to an alarm was 36 seconds. 42% of people also said they would spend time retrieving personal belongings or work documents before vacating the building. RSA is calling for businesses to step up their behaviour, encourage all employees to take fire safety seriously, and hold more regular fire drills.



David Geer, Global UK Business Director at RSA, said: “Our research revealed a much higher level of apathy about fire safety among workers throughout the country than we had hoped. It is crucial in the case of fire safety that companies not only evacuate employees from the workplace quickly and efficiently in an emergency, but also make sure that staff are made acutely aware of fire safety procedures and the location of their nearest fire exit.

“Businesses that do not take fire safety seriously are risking their employees’ lives and their livelihoods.”

Link Between Heart Disease and Long Working Hours

Safety and Health Practitioner June 2010

A survey of over 6000 people employed by the civil service, has been jointly undertaken by researchers from the Finnish Institute of Occupational Health and University College London over a period of 11 years.

During the course of the survey 369 people suffered from coronary heart disease ranging from fatal heart attacks to diagnosed angina.

When figures from the survey were analysed it was found that middle aged employees who routinely work an additional three to four hours a day increased the possibility of heart disease by 60 percent. The researchers suggested a number



Safety Press Review continued

of hidden reasons such as high blood pressure, reduced sleep and psychological stress may be contributory factors but also commented that long working hours means that we have less time to look after ourselves.



The Institute of Occupational Safety and Health commented that the research demonstrated an obvious link connecting long working hours and chronic heart disease adding that managers ensure that safe and reasonable limits are maintained.

hours are reduced.

The study was part funded by the British Heart Foundation who asked for further clarity on the link between overtime and heart disease. They have further requested that research be undertaken to determine whether the risk of heart disease reduces if working

Alcohol and the Workplace – Advice for Employers

Barbour Health and Safety Briefing 8th June 2010

According to research from Drinkaware, 520,000 people in Great Britain go to work with a hangover each day. The average person goes to work suffering from the effects of too much alcohol three times a month, with almost one in five people (17%) admitting that they struggle to manage their workload and make mistakes as a direct result of having a hangover.

As businesses prepare for the impact of the World Cup, the charity have teamed up with healthcare provider Bupa to compile advice for employers on managing issues related to alcohol in the workplace, along with alcohol advice for employees.

Advice to employers

- recognise the risks – intoxicated or employees with a hangover can be disruptive and unproductive at work, cause accidents and upset others
- set out a clear alcohol policy – work with HR, employees representatives and legal to build a policy and clearly communicate to all employees what is acceptable. See Alcohol and Drug Misuse in the Workplace (2006) by the Royal College of Physicians' Faculty of Occupational Medicine
- care for staff – if an employee appears to be intoxicated, employers have a duty of care to that employee as well as all other staff and can ask the person to go home. Any incident should be investigated thoroughly to address safety issues and potential underlying reasons for the behaviour
- watch for warning signals – if you suspect someone is regularly coming into work with a hangover, it might be a sign of alcohol or mental health problems. Employers are advised to consult their alcohol policy and work with their HR department to address the situation



Safety Press Review continued

- know the limits – in some industries, alcohol can put lives at risk, such as train and bus drivers. There are legal limits on the acceptable levels of alcohol, which are often well below the level of any feeling of intoxication. Employers are legally responsible for ensuring employees are regularly tested for alcohol and drug consumption.

Advice to employees

- while some people drink alcohol to help them relax, long-term drinking can lead to a range of health and social problems including addiction, obesity and relationship problems. Drinking every day will affect concentration and ability to work. This is likely to cause stress in the long run. Have at least two alcohol free days a week
- alcohol is a depressant and calms certain parts of the brain. So, while alcohol may help to temporarily forget troubling issues, it doesn't make problems go away. If you are regularly feeling stressed at work, employees are advised to speak to their manager, he or she has a duty to take reasonable steps to try to resolve the problem.
- there are many alternatives to drinking to help reduce stress levels, such as exercise. Exercise helps to use up the stress hormones. Even a brisk walk for 30 minutes a day will help combat stress
- stick to the guidelines that recommend men don't regularly exceed more than 3-4 units of alcohol per day and women to stay within 2-3 units per day. A pint of strong beer or a large glass of wine is 3 units.



Workplace Temperature

Barbour Health and Safety Briefing 8th June 2010

Advice from the HSE on minimum and maximum workplace temperatures points to the Workplace (Health, Safety and Welfare) Regulations 1992, which lay down particular requirements for most aspects of the working environment. Regulation 7 of these Regulations deals specifically with the temperature of indoor workplaces and states that:

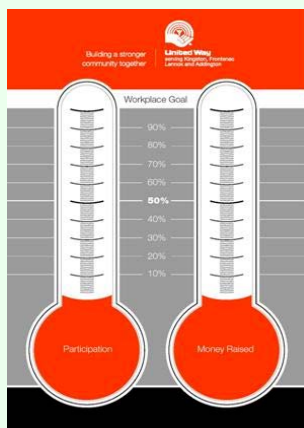
During working hours, the temperature in all workplaces inside buildings shall be reasonable.

However, the application of the regulation depends on the nature of the workplace, ie a bakery, a cold store, an office, a warehouse. The associated ACOP goes on to explain:

Safety Press Review continued

The temperature in workrooms should provide reasonable comfort without the need for special clothing. Where such a temperature is impractical because of hot or cold processes, all reasonable steps should be taken to achieve a temperature which is as close as possible to comfortable. 'Workroom' means a room where people normally work for more than short periods.

The temperature in workrooms should normally be at least 16 degrees Celsius unless much of the work involves severe physical effort in which case the temperature should be at least 13 degrees Celsius. These temperatures may not, however, ensure reasonable comfort, depending on other factors such as air movement and relative humidity.'



Where the temperature in a workroom would otherwise be uncomfortably high, for example because of hot processes or the design of the building, all reasonable steps should be taken to achieve a reasonably comfortable temperature, for example by insulating hot plants or pipes; providing air-cooling plant; shading windows; or siting workstations away from places subject to radiant heat.

Where a reasonably comfortable temperature cannot be achieved throughout a workroom, local cooling should be provided. In extremely hot weather fans and increased ventilation may be used instead of local cooling.

Where, despite the provision of local cooling, workers are exposed to temperatures, which do not give reasonable comfort, suitable protective clothing and rest facilities should be provided. Where practical, there should be systems of work (for example, task rotation) to ensure that the length of time for which individual workers are exposed to uncomfortable temperatures is limited.

Safety Issues

Volcanic Ash – Health Implications

Barbour Health and Safety Briefing 20 April 2010

The latest information issued by the Health Protection Agency (17 April) maintains that the volcanic ash trapped in the atmosphere above the United Kingdom is not a significant risk to public health due to its high altitude. Furthermore, volcanic ash poses no health threat in wet weather as the particles cannot be inhaled under these conditions.

The HPA also advise that, because small quantities of volcanic ash could float back up into the air in windy conditions, it would be sensible for people with existing respiratory conditions such as chronic bronchitis, emphysema and asthma to ensure they keep their inhalers or other medications with them.



Safety Issues continued

If people are outside and notice symptoms such as itchy or irritated eyes, runny nose, sore throat or dry cough, or if they notice a dusty haze in the air or can smell sulphur, rotten eggs, or a strong acidic smell, they may wish to limit their activities outdoors or return indoors.

Any such health effects are likely to be short term. The Health Protection Agency, Health Protection Scotland, Public Health Wales and the Met Office will continue to monitor the situation and issue any further advice or updates as necessary.

Further information on health issues can be found at:

- <http://www.nhs.uk/conditions/asthma/Pages/Introduction.aspx>
<http://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx>

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