

Important updates:

- Thank you for attending our Safety Co-ordinator's Forum on 25th February 2019. We hope you enjoyed it and we welcome all feedback. Please feel free to [email](#) us with topics you would like us to address in the next forum.
- Please ensure to complete the action table discussed at the forum and return to your relevant H&S advisor by 25th March – the electronic version has been emailed to all Safety Co-ordinators.
- The [First Aid Needs Assessment](#) and the [First Aid policy](#) have been updated to include mental health.



H is for Housekeeping:

Click here to see the standards we suggest you aim for, and read our helpful tips and tricks to see what you can do to achieve them. [More.](#)



Do you know what to do in an emergency?

- Click [here](#) for official guidance on how to request emergency medical assistance
- For every minute's delay, a person's chance of survival decreases by ~10%. Familiarise yourself with the locations of your nearest AED (defibrillator). [More.](#)
- Click [here](#) to see all our guidance available on first aid treatment:

Mental health and wellbeing:



- It's University Mental Health Day on Thursday 7th March 2019 – Head down to the Octagon for workshops, games, activities and stalls to find out more about support services available to you. [More.](#)
- Did you know that your food can affect your mood? Click [here](#) to see what you can eat to improve your mood, give you more energy and help you think more clearly. Click here for an [example](#) of such a meal.

- Click [here](#) to see a list of building based mental health first aiders, who you may contact if you wish to talk to somebody about any concerns you may be having.

<p style="text-align: center;">H&S Myth-busting</p> <p style="text-align: center;">“I have aches and pains which get worse when I’m at my desk, and there’s nothing I can do to make it better.”</p> <p style="text-align: center;">Myth or not? Find out here</p>	<p style="text-align: center;">Connected features HSD’s <u>Megan Vagg</u> on QMUL People</p> 
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Train your brain with our courses

“Very in-depth & different to other COSHH courses I have attended in the past elsewhere. It has answered questions that I have had for years. Thank you!”

Hazardous Substances Risk Assessment (COSHH) – (HS005)

“The trainer engaged the group & was able to relate the course content to personal experience”

Manual Handling and Lifting – (HS004)

Course Calendar		
04 Mar	10:00	Lab Safety for Non-Research Staff (HS018)
05 Mar	09:00	First Aid at Work Re-Qualification (2 Day) (HS036)
05 Mar	13:30	Working Safely with Biological Hazards (HS020)
12 Mar	10:00	Fire Marshal Training (HS016)
14 Mar	10:00	Hazardous Substances Risk Assessment (COSHH) REFRESHER (HS015)
14 Mar	13.30	Working Safely with Ionising Radiation (HS006)
18 Mar	09:00	IOSH Working Safely (HS031)
21 Mar	09:00	Mental Health First Aid (2 Day) (HS040)
22 Mar	09.30	Containment Level 3 - Principles & Practices (HS019)
27 Mar	09:00	Emergency First Aid at Work (1 Day) (HS034)
09 Apr	10:00	Fire Marshal Training (HS016)
11 Apr	10:00	Off-site and Fieldwork Risk Assessment (HS017)

Please click [here](#) for more information, including full course details, how to book, and a matrix to help you identify mandatory training courses specific to your role.

Visit our [website](#) for more information or email our [helpdesk](#) with your queries. For any feedback or suggestions, please email [Irida Gaikwad](#), we’d love to hear from you.