

## **This June, think Fire Safety**

We will be discussing one aspect of health and safety in the workplace each month. Understand the standards we suggest you aim for, and read our helpful tips and tricks to see what you can do to achieve them. This month's topic is fire safety. [More.](#)

### **Documents for consultation:**

- [Event Safety Policy and Guidance](#) – consultation deadline: 31<sup>st</sup> July 2018.
- [Pets and Domestic Animals on Campus Policy](#) – consultation deadline: 13<sup>th</sup> July 2018
- [Compressed Gas Systems and Cylinders: Health and Safety Policy, Procedures and Guidance for QMUL](#) – consultation deadline: 11<sup>th</sup> July 2018

### **C is for Contamination:**

For information on what to do immediately after a contamination incident (e.g. a needlestick injury) please see our guidance [here](#).



Contamination incidents can occur as a result of poor management of lab waste e.g. disposal of needles. Register your interest in our Safe Management of Lab Hazardous Waste course held next academic year, by emailing the [helpdesk](#).



### Advice from the experts:

- Gain a skill that could save a life, by learning how to recognise and effectively treat choking for infants, children and adults. [More.](#)
- Fire prevention at home is important, where some things can be easily missed. Make up mirror warning issued to homeowners, a key tip in these sunnier months. Don't let your beauty create a beast. – [More.](#)

### Wellbeing:

**Do this** - Avoid eye strain by following the 20-20-20 rule. Every 20 minutes look away from your screen, to a distance roughly 20 feet away, for 20 seconds. This could be as easy as just looking out of your window at a nearby building/tree. If you don't have a window, get up and go for a quick walk to give your eyes some time to relax. [More.](#)



**Try this** – Check out the [NHS Eat Well](#) website, which comes filled with useful tips and [recipes](#) on how to eat healthy and achieve a balanced diet. You can also find a 12 week [food guide and exercise plan](#) for anyone looking to lose weight.

### H&S Myth-busting

“1 in 4 people suffer from a mental health issue”

Myth or not? Find out [here](#)

### Sixty seconds with... Gavin Craig



## Train your brain with our courses

03 Jul	09:00	FAA Level 3 Award in First Aid at Work – 3 Day (HS035)
06 Jul	10:00	Lab Safety for Non-Research Staff (HS018)
16 Jul	09:00	Mental Health First Aid - 2 Day (HS040)
17 Jul	10:00	Fire Marshal Training (HS016)
25 Jul	09:00	Mental Health First Aid - 2 Day (HS040)
02 Aug	09:00	FAA Level 3 Award in Emergency First Aid – 1 Day (HS034)

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.