

Need to know:

- Do you know your vital statistics? For example, 30.7 million working days were lost due to work-related ill health and non-fatal workplace injuries in 2017/2018. For more statistics, check out [HSE's latest poster](#) to help understand the consequences of poor health and safety.
- Please can you remind all staff and students to report accidents, incidents and near misses? If you're happy to do so, we suggest that you put a hyperlink to the [accident reporting page](#) in your signature.
- You must ensure all staff have completed their [mandatory fire safety awareness training](#) – please send them a gentle reminder to do so.



E is for Events:

- Planning an event? Next time, use our event risk assessment checklist along with our policy. The checklist is a sufficient risk assessment for events such as presentations, seminars, tours, exhibitions and networking events. [More.](#)



Advice from the experts:

- Stick a lid on it! We have had multiple incidents reported with burns recently as the season for hot drinks has arrived. Here's how to correctly treat a burn. [More](#)
- We advise that you dispose of all gloves used in lab areas via your PHS yellow bags ([clinical waste](#)), whether contaminated with trace chemicals or not. This is to avoid confusion and for perception, as a glove in a general waste bin may appear as contaminated to others.

Look after your mental health & wellbeing



Do this – Set yourself a challenge! Pledge to dedicate one hour of your day, every day, towards your self-care. Be it meditating, painting, gardening or just a face mask and a bubble bath – do something for you.

Try this – Use these [quizzes, exercises and resources](#) to help challenge misconceptions about

mental health and provoke discussion in the workplace in a creative way.

H&S Myth-busting

"Fieldwork risk assessments need to be carried out only if you're working in a field"

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

[Click here to see latest USHA guidance for health and safety in Fieldwork and Travel](#)

Sixty seconds with...Marcin Slomka



"I aim to ensure not only the health and safety but also wellbeing of our building users."

Train your brain with our courses

"Very well presented talk and informative. Surprised to say I enjoyed it"

(Hazardous Substances Risk Assessment (COSHH) (HS005)- 19th October 2018)

"Excellent presenting, engaging & entertaining on what could have been a very dry subject"

(First Aid for Lab Workers (HS042)- 16th October 2018)

Course Calendar

23 Nov	09:30	Containment Level 3 - Principles & Practices (HS019)
27 Nov	14:00	Decontamination and Sterilisation (HS026)
28 Nov	10:00	Hazardous Substances Risk Assessment (COSHH) (HS005)
29 Nov	10:00	Safe Management of Lab Hazardous Waste (HS024)
30 Nov	10:00	Radiation Protection Supervisor (RPS) Training (HS027)
06 Dec	10:00	Selection of Lab PPE (HS028)
07 Dec	10:00	Fire Marshal Training (HS016)
10 Dec	10:00	Manual lifting and handling (HS004)
17 Dec	09:00	Emergency First Aid at Work (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](mailto:Irida.Gaikwad), we'd love to hear from you.