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Turkey Curry adapted from a chicken curry recipe courtesy of <http://www.nhs.uk/Livewell/healthy-recipes/Pages/chicken-curry.aspx>

Ingredients

- 1 tbsp olive oil
- 1 large onion, chopped
- 2 cloves of garlic, chopped finely
- 1 large tomato, chopped
- 1 tbsp tomato purée
- 1 medium chilli, chopped
- ¼ tsp chilli powder
- ¼ tsp coriander powder
- ¼ tsp cumin powder
- ¼ tsp turmeric powder
- 2 tbsps of water
- 250g leftover turkey
- 1 tbsp yoghurt
- pepper, to taste
- 130g basmati rice
- 160g cauliflower

Method

- Heat the oil and fry the onions until soft. Add garlic, tomato, tomato purée, chopped chilli and spices. Cook for a few minutes and then add two tablespoons of water and allow to reduce.
- Add cooked turkey cubed and cook for a further 10 to 15 minutes, on a medium heat, then add in the yoghurt, stirring slowly. Season with black pepper and simmer for a further five to ten minutes.
- Meanwhile, cook the rice following the packet instructions and boil or steam the cauliflower until tender.
- Garnish the curry with ginger and coriander.
- Serve with rice and cauliflower.

Garnish

- 10cm cube of ginger, finely chopped
- 1 tbsp chopped fresh coriander



Oil-fired range



Gas cooker



Solid fuel stove



Electric fire



Willy wants to know which of these appliances won't give off Carbon Monoxide? To win a CO detector tell us which one. Entries to

The winner last month was Gina Gordon of Berwickshire Housing Association. The photo was at Whithope Heritage Railway.

paths for all Physical Activity Corner— Step Count Challenge

More details have become available from the [Scottish Centre for Healthy Working lives](#) for the [Step Count Challenge 2012](#)



The challenge starting on 5th March and running through to 27th April 2012, is open to all workplaces

Participation in this Challenge is free, however **Paths For All** will limit the number of pedometers available to each organisation based on the organisation size and to ensure a variety of businesses taking part.

The official flyer will be launched in January 2012 and workplaces will be required to contact **Paths For All** for a registration form to enter teams and a co-ordinator information pack. Registrations will close early February and **pedometers will be issued on a first come first served basis**.

There will be **prizes** and **incentives** throughout the challenge alongside regular updates alongside regular updates. In the meantime if you wish any further information, please contact :

Carl Greenwood at Paths for All on 01259 222396

Borders Companies Scoop Top Award for Promoting a Healthier Workplace

Eleven organisations' in the Borders have achieved **HWL Awards** for their efforts to boost health, safety and wellbeing in the workplace.



The Awards were presented by John Raine, Chair, NHS Borders at a ceremony in Ettrick Riverside Business Centre on 15th November 2011

Bronze Award — Castlegate Nursery and Out of School Club, Kelso
Perident Ltd, Tweedbank,
Philiphagh Community School, Selkirk
Princess Royal Trust Carers Centre, Galashiels,
Scottish Fuels, Newtown St Boswells

Silver Award — Borders College, Galashiels
Galashiels Learning Community
Hawick Knitwear
Scotia Chiropractic Ltd, Peebles and St Boswells

Gold Award — Berwickshire High School, Duns
Scottish Enterprise, Galashiels

Congratulations from the HWL team—More info on page 2

HWL WAS SET UP BY THE SCOTTISH EXECUTIVE TO IMPROVE THE HEALTH OF WORKING AGE PEOPLE IN SCOTLAND BY ENSURING HEALTHIER & SAFER WORKPLACES, PROMOTE HEALTHIER LIFESTYLES & TO DEVELOP THE FIELD OF EMPLOYABILITY THROUGHOUT SCOTLAND.

Newsletter

Issue 40

December 2011

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- Why not send us your contribution?



HWL Award Ceremony



Congratulating the award winners, John Raine, Chair of NHS Borders said “In what are very challenging economic times, it becomes vital to organisations’ to look after their number one asset, their staff. Being proactive in addressing health, safety and wellbeing in the workplace leads to a safer, healthier and more motivated workforce. In turn this can lead to a reduction in sickness absence, staff turnover and related costs, as well as increased productivity, staff satisfaction and customer satisfaction. The Healthy Working Lives Award Programme offers a structured path to a healthier workforce. I would like to congratulate all the organisations’ receiving their Healthy Working Lives Award today. This is a fantastic achievement and really puts the Scottish Borders on the map as a safe and healthy place to work.”

HWL Adviser Fraser Rankine said, “Our team works closely with businesses taking part in the Award programme. We provide help and advice to enable them to work in ways that will create a healthier and more motivated workforce. Their staff benefit from working in a safer, healthier environment with access to information and support to improve their

First Aid at Work

People at work can suffer injury or sudden illness. It’s important that employers have practices in place ensuring employees receive immediate attention if they are injured or taken ill at work. **The Health & Safety (First-Aid) Regulations 1981** apply to all workplaces and requirements are based on risk assessment.

Where an employer’s assessment of **first-aid** needs identifies that a first-aider is not necessary, the minimum requirement is to appoint a person to take charge of the first-aid arrangements, look after the equipment and facilities also call the emergency services when required. Arrangements should be made for an appointed person to be available to undertake these duties at all times.

When the risk assessment identifies that a trained **first aider** is required, the nominated person must have undertaken training that is approved by the HSE. **They must hold a valid certificate** in either: **First Aid at Work (FAW) - 3 days training** or **Emergency First Aid at Work (EFAW) - 1 day training**.

Lists of suitable training providers and awarding bodies are available from HSE’s website or use the following link [Approved First Aid Trainers](#)

FAW and EFAW certificates are valid for three years. Employers need to arrange retraining before certificates expire but the HSE recommend annual refresher training. Although not mandatory, it will help them maintain their basic skills and keep up to date with any changes to first aid procedures. Further information is available from the HSE website First Aid at Work,

Your questions answered, www.hse.gov.uk/pubns/indg214.pdf, Basic First Aid at Work www.hse.gov.uk/pubns/indg347.pdf and The Health and Safety (First-Aid) Regulations 1981 Approved Code of Practice and guidance www.hse.gov.uk/pubns/priced/l74.pdf#

White Ribbon Campaign

White Ribbon Scotland is a campaign to involve men in tackling violence against women and is part of the Scottish Borders Violence Against Women Partnership (VAW) and its long term educational role to promote gender equality.



We need you to:

- To take action:** [We need you to work with others in your community](#) to educate and inspire other men to campaign against violence against women.
- Encourage** men of all ages from 16 upwards, in all walks of life to [make the personal pledge](#). Pledges can be made on line at www.whiteribbonscotland.org.uk

CO-Awareness week, 2011 Commences: Monday 21st November



Scottish Borders Home Safety Working Group, the **Carbon Monoxide** Awareness Trust and Borders College hosted the Scottish launch of **Carbon Monoxide (CO) Awareness Week** on 23rd November. Well done, it’s not often that Galashiels ranks alongside major UK cities but it is the focus of the Scottish Launch of this campaign!

The aim of the campaign is to reduce incidents, fatalities and ill health due to **CO** poisoning by raising awareness amongst consumers. There are approximately 50 claimed accidental deaths per year in the UK from **CO** poisoning and more than 4000 cases of non-fatal injury were recorded in England.

Symptoms can include drowsiness, headaches, nausea, breathlessness, memory loss, confusion and loss of muscular and circulatory function. At high levels **CO** poisoning can result in permanent brain damage and death.

What can you do to reduce the risk in your home.

- All gas burning devices should be installed and serviced by a **GAS SAFE** registered engineer. www.gassaferegister.co.uk
- Coal and wood burning fires should have chimneys swept annually. Solid fuel users contact HETAS www.hetas.co.uk

Oil fired equipment should be installed, serviced and maintained by a competent OFTEC Registered Technician www.oftec.co.uk.

Fit a Carbon Monoxide detector in your home. Like smoke alarms they form an early warning device of imminent danger. These can be purchased at most DIY stores. **CO** Detectors should not be seen as an alternative to regular servicing of devices.

As part of the campaign locally in the Borders, the Scottish Borders Home Safety Working Group has been donated 1000 **CO** detectors which they will be giving away to particular “at risk” groups. **For your chance to win a CO detector see our quiz on the back page.**

Useful website <http://www.co-bealarmed.co.uk/>



Every time you have a drink it adds up to more than you think



healthier scotland
SCOTTISH GOVERNMENT

‘Safer Communities Xmas Campaign’
5th December to the 5th January

‘Time to Think About What You Drink’

Unit Measures

Single measure spirit
1 unit ABV 40% 25ml
Alcopop
1.4 units ABV 5% 275ml
Small glass of wine
2.3 units ABV 13% 175ml
Pint of lager
2.8 units ABV 5% 568ml
Bottle of cider

Here are some key messages to help ‘Keep You Safe’ this Xmas:

Fire Safety	Alcohol impairs your ability to respond Check your Detector – make sure it works!
Road Safety	Don’t drink and drive The “morning after”
Anti-social behaviour	Keep yourself safe Make the right decision
Domestic Abuse	Alcohol is no excuse for domestic abuse Drinking is not a crime, rape is
Alcohol & Drugs	Every time you drink it adds up to more than you think Avoid rounds and drink at your own pace

Men: 3-4 units per day **‘Time to Think About What You Drink’** **Ladies 2-3 units per day**

‘We’re all drinking too much’ - it’s all too easy to lose track of what you’ve had to drink at any one time given different sizes and strengths of drinks.

Every time you have a drink, whether that’s after work, to relax after a tiring day with the kids, with a meal, while watching TV or catching up with friends, it all adds up to more than you think.

Over time, **drinking more than the sensible drinking guidelines** could be **damaging your health** in both short and long term.

Alcohol has **more calories than many foods** making you put on weight, can also cause **brittle hair and nails, mood swings anxiety and depression.**