



Healthy Working Lives

This month's Healthy Recipe - Prawn Cocktail supplied by WCRF (World Cancer Research Fund UK)

Ingredients for the Tomato Sauce

- 20g/¾oz onion or shallot
- ½ clove garlic
- 1 tablespoon rapeseed/olive oil
- 300g/11oz tomatoes chopped
- 1 tablespoon lemon juice

Ingredients for the Cocktail Sauce

- 10g/¼oz white wine vinegar
- 1 egg yolk
- 1 drop Tabasco
- 1 drop Worcester sauce
- 20g/¾oz tomato sauce (see recipe above)
- 20g/¾oz grapeseed oil

For the Prawn Cocktail

- 1 pack salad or baby herb salad
- 120g/4oz prawns
- ½ quantity of cocktail sauce (see recipe above)
- 1 lemon
- 10 sprigs picked dill
- A few cucumber balls (made with a melon baller)



Post or e-mail your articles & suggestions to:

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To make the Tomato & Cocktail Sauce—Chop the shallots and garlic finely and gently sweat in a pan with the oil for 2 minutes, then add tomatoes along with the lemon juice.

Gently simmer for 10 minutes then liquidise and strain into a fresh pan. Simmer for approx 30 minutes or until the purée is very thick.

To make the cocktail Sauce—Heat the vinegar in a microwave for 10 seconds, then in a small bowl whisk the egg yolk, Tabasco sauce, Worcester sauce and vinegar. While whisking quickly, slowly pour in the oil. Once all the oil is added, whisk in the tomato sauce. The sauce will perfectly coat the prawns.

To make the prawn cocktail—Wash and pat dry the salad leaves and place in a glass or on a plate, add the prawns and dress with the sauce.

Finish with a chunk of lemon, the dill and cucumber balls. Serve with a chunk of crusty brown bread.



Willy took this photo recently in the Borders. Can you tell us where he was?

Last months photograph was Chain Bridge, Gattonside

And the winner was Heather Rankine, Eildon Housing!



Physical Activity Corner—Commonhealth Legacy

It is only a year until the Olympic Games are held in London and only three years until the Commonwealth Games will be held in Glasgow!

Active Scotland is one of the key strands of the Commonwealth Games Legacy 2014. It is a public engagement programme designed to inspire the people of Scotland to be more active in their everyday lives in the run up to 2014 Commonwealth Games and beyond.

Many people in Scotland are not sufficiently active to maintain healthy lives. Active Nation aims to help Scots become more active and live longer, healthier lives. Through local community facilities and a huge range of events and programmes across the country, Active Nation will help people to get involved in a wide range of activities.

If you would like to find out more about Active Nation visit; www.ouractivenation.co.uk/



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Free Adviceline 0800 019 2211

www.healthyworkinglives.com

Summer holiday time is here again. For some you maybe heading off abroad, for others you may be staying closer to home. The Borders festivals are also well underway and will be enjoyed by many throughout the region. With all the fun and relaxation also comes the risk to health —too much unprotected sun exposure, food poisoning, too much alcohol, risky sexual behaviour. This months



edition of the Healthy Working Lives Borders Newsletter will offer some safe and healthy holiday advice. Remember don't bring back more than you want to!

Physical Activity Events in June

June was a busy month for physical activity challenges. Events included the Breast Cancer Awareness Moon Walk, Cancer Research UK Races For Life, Men's Health Forum Scotland 10K, Bike Week, Rob Roy Challenge and Jog Scotland's 5K Challenges to name a few. Congratulations to everybody who participated in any of the events and challenges and we hope you achieved all you set out to.

Some of the Healthy Working Lives Borders team took part in the Jog Scotland 5K Challenge at Dryburgh Abbey Hotel on Tuesday 21st. They were joined by other runners from StarkMain and NHS Borders in the Workplace team event. The Scottish Public Pensions Agency were also represented through providing volunteer stewarding for the event.



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Next Month's Issue/Events:

- Healthy Recipe
- Where's Willy
- Physical Activity Corner

Why not send us your contribution?

HWL-enquiry@borders.scot.nhs.uk

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.

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Limit exposure: protect the skin with clothing, including a hat, t-shirt and UV protective sunglasses, and try and stay in the shade between 11am and 3pm when it is sunny.

Do not forget sunscreen: Use a sunscreen of at least SPF30 (SPF50 for children or people with pale skin).

NB. Sunscreens should not be used as an alternative to clothing and shade, rather they offer additional protection

Be aware of your skin: if you have a mole that is changing size, shape, colour, itching or bleeding- see your doctor. Skin cancers can be effectively treated if you get an early diagnosis.

Remember exposure to sun is not just a holiday risk, the same rules apply if you work outside. Keep covered up and use sunscreen.

Some safer drinking tips for through the holiday season

- **Always eat some food before you go out**—alcohol on an empty stomach makes people drunk more quickly.
- **Try to avoid ‘pre-loading’** (having lots to drink before you go out.)
- **Drink at your own pace**—if you are in a round and not ready for another drink then opt for a soft drink or water.
- **Don’t leave your drink unattended.**
- **Be sensible and drink water or a soft drink between alcoholic drinks**—especially in hot countries
- **If you start to feel sick, dizzy or unwell, STOP DRINKING!**



Healthy Working Lives Case Study—Scottish Public Pensions Agency

The Scottish Centre for Healthy Working Lives has been developing a series of case studies to demonstrate the business benefits linked into the support available through Healthy Working Lives. A case study on the Scottish Public Pensions Agency based in Tweedbank went live on www.healthyworkinglives.com in the last couple of weeks. Below is a summary of the case study:

With input from Healthy Working Lives, the Scottish Public Pensions Agency was able to reduce stress in the workplace, leading to increased productivity and reduced sickness absence.

The Agency first contacted the Scottish Centre for Healthy Working Lives in May 2009, looking for advice about a programme to minimise an expected increase in stress levels in the workplace, associated with the introduction of a new IT system.

Healthy Working Lives provided training to help SPPA to devise a plan to minimise stress, and take a practical look at what could be done to reduce sickness absence.

The first step was to conduct a staff survey, to find out how the staff were feeling and what types of support measures they would like to see. The SPPA made several preparations for the new IT system:

- an internal buddy system
- workshops about the effects of stress and how to deal with them
- training for managers to help them spot the symptoms of stress
- step-by-step technical guides

IT experts on hand when the new system went live

By foreseeing a cause of stress and minimising its impact, the SPPA saw absence levels that were significantly lower than the previous time they had introduced a new system. Even when problems did arise, staff were better prepared and more able to cope.

To read the whole case study, log onto: www.healthyworkinglives.com/award/case-studies/SPPA.aspx

As well as taking care of your skin in the sun you should also take care of it at work. Work-related skin problems are very common.

If you handle chemicals at work or do a lot of “wet work” you should be aware of the following: Some substances can cause 'local effects', which are limited to the skin itself. There are four main groups of substances that can cause skin problems, mostly at the site of skin contact:

- **corrosive** substances that can lead to burns;
- **irritant** substances that can lead to irritant contact dermatitis;
- **sensitising** substances that can lead to allergic contact dermatitis;
- substances that cause **other diseases**, eg urticaria, acne, skin cancer.



Severe skin damage (burns) can follow brief skin contact with a corrosive substance, eg wet cement, strong acids and alkalis. This may lead to the skin scarring—see photo of cement burns below.

Other substances can pass through the skin and cause diseases in other parts of the body. These are called systemic diseases. Examples include bladder and scrotal cancers, diseases of the kidneys, heart, circulatory and nervous systems. Some health effects can appear quickly, some can take months or years to appear. Whether or not a substance causes systemic disease by skin uptake, it is good practice to control skin exposure.

To reduce the risk of skin problems you should follow the **Avoid, Protect and Check** approach.

Avoid direct contact between unprotected hands and substances

Protect the skin. Avoiding contact will not always be possible so: Use suitable personal protective equipment such as gloves.

Check hands regularly for the first signs of itchy, dry or red skin.

Skin problems should be discussed with your Occupational Health provider. They may advise having a trained Responsible Person to carry out these checks.

For information about FREE Responsible Person training for supervisors/managers contact: Brian Cherrie brian.cherrie@borders.scot.nhs.uk 01896 825982

For more info about skin care, including glove selection, see www.hse.gov.uk/skin/



Public warned of faulty mobile phone chargers

In tests on 15 cheap, unbranded replacement mobile phone chargers, 14 failed UK safety standards and posed a risk of fire or electric shock. 8 main brand chargers were tested. All of these met the Electrical Equipment (Safety) Regulations 1994.

Be safe and buy an approved charger.



Sexual Health on Holiday

For some, relaxing and having fun on holiday involves having casual sexual encounters. Surveys show that many people have sex with previously unknown partners whilst abroad resulting in sexually transmitted diseases.



The best way to prevent contracting a sexually transmitted disease is to use condoms. It is recommended that extra strong condoms should always be used when having casual sex, they should be bought at home before travelling, as in many countries local condoms can be destroyed by heat and are often of poorer quality.

If you do return home from holiday with an unusual rash, discharge or soreness, you should stop having sex and contact your GP or local Genital Urinary Medicine (GUM) Clinic nurse immediately.

Further information is also available at www.borderssexualhealth.org.uk