

Post or e-mail your articles & suggestions to:

Health Working Lives
Occupational Health Department
West End House,
Melrose,
TD6 9RU

01896 825982

Carole.allen@borders.scot.nhs.uk



Willy took this photo recently in the Borders.

Can you tell us where he was? Entries to hwl-enquiry@borders.scot.nhs.uk

There was no winner last month. The photo was at Glentress.

13th National Stress Awareness Day Wednesday 2nd November 2011 "Wellbeing and Resilience at Work"

TAKE PART IN THE STRESS MANAGEMENT EVENT OF THE YEAR

Use the links below to find out how you can get involved:

www.isma.org.uk/national-stress-awareness-day/companies-and-organisations.html

www.isma.org.uk/national-stress-awareness-day/downloads-products.html



Physical Activity Corner—Paths For All Step Count Challenge

Between February and May 2011 Paths For All ran a step count challenge for workplaces which involved teams of 5 using pedometers and clocking up the number of steps they achieved over a 12 week period. **136** workplaces registered with **418** teams and **2090** employees participating across Scotland. Collectively the participants achieved **1,584,275,068** steps covering **792,137** miles—that is almost **32** times round the world!



The good news is that Paths For All will be running the challenge again and although a commencement date has not been finalised, it is likely to start in February 2012. To find out more and register an interest in participating please telephone Paths For All on 01259 218888 or email walkatwork@pathsforall.org.uk

Let's see if we can get the Borders walking further than the rest of Scotland!

Jog Scotland are once again running their Christmas Cracker 5K challenge. This will take place on the 4th December 2011 in Strathclyde Country Park with an 11am start. Registration is open and can be accessed through:

www.jogscotland.org.uk/christmas-cracker



Seasonal Recipe— Red lentil, chickpea & chilli soup

www.bbcgoodfood.com

Ingredients (serves 4)

- 2 tsp cumin seeds
- Large pinch chilli flakes
- 1tbsp olive oil
- 1 red onion, chopped
- 140g red split lentils
- 850ml vegetable stock
- 400g can tomatoes
- 200g can chickpeas, rinse/drain
- Small bunch coriander roughly chopped (save few leaves to serve)
- 4tbsp 0% Greek yogurt to serve (optional)



Method:

1. Heat large saucepan and dry fry cumin seeds and chilli flakes for 1 min. Add oil and onion, cook for 5 mins. Stir the lentils, stock and tomatoes, then bring to the boil. Simmer for 15 mins until lentils have softened.

2. Whizz the soup with stick blender or in a food processor until it is a rough puree, pour back into the pan and add the chickpeas. Heat gently, season well and stir in the coriander. Finish with a dollop of yogurt and coriander leaves.

* Vegetarian/low fat recipe

Free Adviceline 0800 019 2211

www.healthyworkinglives.com

November is going to be a busy month. As well as some of the events featured in this newsletter such as Lung Cancer Awareness Month, World Diabetes Day, Scottish Government's Be Ready For Winter Campaign and National Stress Awareness Day, November also sees health promotion campaigns for Movember (raising awareness of prostate Cancer) and Mouth Cancer Awareness Month.

Healthy Working Lives Borders are also holding their annual Awards Ceremony and Network Event on the 15th November with 11 local businesses due to receive their awards. Well done to all concerned!

Lung Cancer Awareness Month

www.lunguk.org

November is [Lung Cancer Awareness Month](http://www.lunguk.org). Lung cancer is the most common cancer worldwide. With the disease claiming more than 33,500 lives in the UK every year and a shockingly short six months average time between diagnosis and death it is crucial that awareness of this cancer is raised.

Awareness leads to greater chance of early diagnosis. The earlier the diagnosis, the better the chance is of swift lung cancer treatment and the ability to beat the cancer.

British Lung Foundation



Help your family and friends realise that smoking, passive smoking and exposure to certain chemicals are risk factors that should be eliminated or reduced.

How can we do this? Stopping smoking, being aware of what you are exposed to at work and how to control them and staying active are the main ways! Going to the gym, dancing, or doing a sport you enjoy will help strengthen your muscles. This will expand your lungs and allow them to pump blood round the body more effectively!

Asbestos-related lung cancer

Asbestos has been recognised as an important risk factor for lung cancer for many years. However, there are a number of other agents that can cause the disease - most importantly, tobacco smoke. Lung cancers resulting from asbestos exposure are clinically indistinguishable from those caused by these other agents.

www.hse.gov.uk/statistics/causdis/lungcancer/index.htm

Asbestos exposure at work is still happening.

The HSE is promoting asbestos awareness training for tradesmen and others who may be exposed. **FREE** training is available in Scotland.

Check out the HSE's asbestos training pledge and more at:

www.hse.gov.uk/asbestos/hiddenkiller/index.htm



Newsletter

H.W.L. 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.

Issue 39

November 2011

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Next Month's Issue/Events

• Seasonal Recipe
And Much More
Why not send us your contribution?

The ENABLE Scotland Safety Challenge

ENABLE Scotland is a leading charity for learning disabilities in Scotland who run a Safety Challenge, specifically designed to make employees more aware of health & safety and improve their reporting of near misses and hazards.

By taking up this award-winning scheme you will:

- save money by reducing injury rates and other related health and safety costs
- motivate staff to think about health and safety
- encourage staff to report accidents and near misses
- show your management's commitment to a safer workplace
- show your organisation's social responsibility to the local community
- raise money to support people with learning disabilities in Scotland

It is a simple concept. Employees identify and report potential hazards in the workplace. For every "near miss" reported a donation is made to ENABLE Scotland by your organisation.

The challenge is customised to suit your individual business objectives by setting your own challenging and achievable targets. For example measuring the number of hazards removed or setting a minimum reduction in lost-time injuries, and by determining the donation level that works best for you in motivating your workforce.

BASF has been using our Safety Challenge for 6 years and has developed a Zero Tolerance policy with full commitment from all staff. They have also raised £15,000 for ENABLE Scotland in the process. **It really is a Win Win situation.**

For more information contact Jill MacRae at ENABLE Scotland on 0141 225 1643

Employees at BASF, an ENABLE Scotland Safety Challenge Partner



World Diabetes Day is a global event held on the 14th November to raise awareness of diabetes.

www.idf.org/worlddiabetesday/

Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces.



Type 1 diabetes is an autoimmune disease characterized by the destruction of the insulin-producing cells in the pancreas. It is most commonly diagnosed in children and young adults.

Type 2 diabetes is marked by insulin resistance. People with type 2 diabetes cannot use the insulin that they produce effectively. Both type 1 and type 2 diabetes are serious.

A third type of diabetes is Gestational diabetes (GDM), a condition in which women can have high blood glucose levels during pregnancy. For more information see the "Guide to Diabetes" at: www.diabetes.org.uk

At present, type 1 diabetes cannot be prevented. Type 2 diabetes can be prevented in many cases by maintaining a healthy weight and being physically active.

Diabetes and Work—In many cases people with diabetes will be classed as disabled under the Equality Act 2010. It is against the law for employers or prospective employers to discriminate against people because of a disability.

Most employers are aware of this and make "reasonable adjustments" to accommodate people with diabetes. If you need more information about how this applies to you, go to:

<http://odi.dwp.gov.uk/docs/wor/new/ea-guide.pdf>

Firework Safety

David Lockhart, L&B Fire Community Safety Manager said "People can be seriously hurt by misusing fireworks which are very similar to explosives. Those most at risk are unsupervised children, particularly those who play with fire or who get too close to bonfires. At this time of year the Fire and Rescue Service is regularly called out to extinguish uncontrolled or badly sited bonfires, putting pressure on resources immediately available for more serious incidents, including house fires and road traffic accidents, where our life saving equipment is really needed. We want everyone to enjoy this time of year but stay safe and stick to supervised bonfires and firework displays"

Follow the advice on the poster for a safe and enjoyable Bonfire Night.

Spooky Safety
from Lothian and Borders Fire and Rescue Service

- Candles and lanterns can set fire to furniture, curtains and decorations so take extra care.
- Costumes should be flame resistant.
- Keep escape routes clear.
- Supervise children with sparklers and always have a bucket of water ready to put the sparkler in.
- Fireworks are explosives and should only be handled by a responsible adult.
- Sparklers get hotter than cooking oil!
- Bonfires should be built far away from overhead cables.
- If your clothes catch fire: STOP moving around. COVER your face with your hands and ROLL over and over.
- Always check the bonfire before lighting it and ensure children and animals are kept well clear.

Have a great and safe Autumn festival season!
If you suspect your child has an unusual interest in fire, we are happy to have a chat with them about Fire Safety. Call us on 0800 169 0320.

For a free Home Safety Visit by our firefighters:
0800 169 0320 | www.lbfire.org.uk

Lothian and Borders Fire and Rescue Service

Employers be aware - see the attached Bonfire Night Bulletin

Ready For Winter?



With winter fast approaching, it's time to get ready. This year people across Scotland are being encouraged to consider if they are ready for winter and to think about how and what they can do to make sure they're ready for severe weather or a prolonged icy snap.

The Scottish Government is encouraging families, business and communities across Scotland to prepare for winter via a national communications campaign.

The Ready for Winter? campaign is designed to encourage each of us to think about how we could be affected, to put in place simple plans and take some easy action that all together will help Scotland be more prepared should we experience severe and or prolonged winter weather.

An essential part of the campaign is support and grass roots involvement from responders, businesses and organisations like yours. Helping people across Scotland understand the campaign and how they can get involved at a local level is key, and you can play a key role in helping achieve this.