Imperial College London

Health and Safety Matters

OCCUPATIONAL HEALTH & SAFETY NEWSLETTER

Issue 11
March 2008

iCare
Control the situation
Assess the hazards
Reduce the risk
Educate staff & students

Inside this issue:

Changes in Biosafety Legislation Anticipated

Following last years foot and mouth releases from Pirbright, and the subsequent reports produced by the HSE and Professor Brian Spratt of Imperial College, the Government requested that Sir Bill Callaghan (ex Chair of the Health and Safety Commission) should conduct a review of the UK regulatory framework governing work with animal pathogens. The Terms of Reference included a comparison with existing regulations that are in place for work with human pathogens.

The report was published on 13 December 2007.

Main conclusions:

- the regulatory outcome required is one that provides assurance that the risk of an accidental release of such pathogens is close to zero.
- the regulations covering work with animal pathogens should include a duty for co-operation between employers sharing a site (in addition to that already in place within the *Management of Health and Safety at Work Regulations* where protection of human health is concerned).
- though existing regulations covering work with genetically modified organisms, non-GM human pathogens and certain animal pathogens share the common goal of preventing the release of harmful pathogens, the set up is complex and disjointed, leading to confusion and inconsistency in the control of such work.
- there were possible conflicts of interest between Defra as regulator and as customer/user of animal pathogens.

Recommendations and likely outcomes:

- COSHH (*Control of Substances Hazardous to Health Regulations*) will be amended to exclude biological agents.
- the *Genetically Modified Organisms (Contained Use) Regulations* will be rescinded.
- the *Specified Animal Pathogens Order* will also be rescinded.
- a new framework will be introduced covering all work with dangerous pathogens, whether wild-type, human or animal. A single system of classification will be developed for all of these agents.
- the HSE will enforce all aspects of this new regulation with the Advisory Committee on Dangerous Pathogens (ACDP) acting as the advisory body in developing guidance etc.

Proposed timetable:

- 1st Jan 2008 - the HSE work alongside Defra in inspecting and licensing new applications for work with Specified Animal Pathogens.
- April 2008 - the HSE takes over full responsibility as the competent authority on animal pathogens.
- End of 2008 - the new regulatory framework for work with dangerous pathogens in the UK is in place.

Implications for Imperial College:

The Safety Department is working closely with the HSE to ensure that adequate resources are dedicated to minimising the impact of these changes and ensuring that these are efficiently incorporated within College systems.

The full Callaghan report and an executive summary (from which the above points have been drawn) are available on the Defra website at:
http://www.defra.gov.uk/FootandMouth/investigations/bill-callaghan.htm

Access this Newsletter in electronic format at:
http://www3.imperial.ac.uk/occhealth/guidanceandadvice/newsletter

I was working in the lab late one night…….

John Luke, Safety Adviser

Lone Working with Hazardous Substances

Lone working is to be avoided wherever possible. If it cannot be avoided, the risks must be controlled. This is what lone working policies normally advise us. Lone working with hazardous substances is subject to risk assessment in the same manner as anything else and departments are in a position to establish local policies as to what is prohibited and what is not on the basis of this assessment.

Toiling in the laboratory late into the evening is a common occurrence in university departments. It is fixed in the mindset of many researchers as being necessary and acceptable. To use a cliché, scientists not only think outside the box, they work outside the box—science does not follow the traditional nine-to-five boundaries. Often, it can be difficult for those assessing the work to determine where the line should be drawn—prohibit...or allow with appropriate safety controls? Here are some thoughts:

- **Carcinogenic and mutagenic substances** These agents have a serious potential to cause harm and the initial reaction is often to prohibit lone working with them. But what is the rationale behind such a decision? Lone working is all about controlling situations where immediate and serious danger may arise that may imperil the individual in some way. Many substances that fall into these categories may give rise to conditions that could take decades to develop. So where is the immediate danger? If the worker is handling such substances inappropriately and risking an unacceptable level of exposure, it may well make little difference as to whether the person is alone or the laboratory is occupied by others. A cynical counter-argument is that it would be preferable for the person to be working alone since they would not be putting others at risk of long term harm with their slapdash techniques!

- **Toxic substances** The key decision making factor here concerns immediacy of effect. Those substances having a toxic effect that develops over the long term can be treated as above. Those having a rapid effect that may disable the worker and require prompt aid and treatment should be prohibited.

- **Flammable substances** Probably a question of scale. In all likelihood, a spillage / ignition of a small quantity of flammable liquid (millilitres) could be contained and dealt with by a lone worker. However, using larger quantities of flammable material particularly in situations where heat is applied such as distillations, with the lone worker then popping off for the necessary lavatory / refreshment break is probably inadvisable.

- **Corrosive substances** The obvious scenario that springs to mind is eye contamination—something that could quickly incapacitate and panic the worker. There is no question of scale where this situation is concerned since the tiniest splash to the eye could cause serious problems. It is not overstating the point to suggest that rigorous consideration of PPE is necessary if out of hours work with such agents is considered unavoidable. Handling large quantities of corrosives (litres) where extensive body contact could be envisaged in the event of mishap should perhaps not be permitted.

- **Harmful, irritant and sensitising substances** The 'harmful' category has always been suitably vague but implies that exposure will have some sort of adverse effect on the body, though probably not something that would immediately incapacitate—a similar approach to that of carcinogens could be taken. Mild irritants are normally considered to be at the lower end of the hazard spectrum and it would seem excessive to prohibit lone working with them. Sensitisers need more careful consideration. Substances capable of producing anaphylactic shock should be avoided as such an event could put a lone worker in serious difficulty. The assessor should seek to determine whether any workers are known to have been previously sensitised to any agents they may be working with.

- **Cryogenics / asphyxiants** One area where many departments already have active prohibition in place. Potential exposure to large, expanding volumes of gas such as activities where liquid nitrogen transfers are taking place—often with no physical barrier other than a reliance on adequate ventilation—could quickly result in an unconscious casualty if the situation got out of control.

- **Biological agents** Work with Hazard Group 3 biological agents is, by necessity, tightly controlled. Lone working procedures are clearly defined within the protocols for the laboratory suite. As the facilities are self contained and accessed by a limited number of authorised personnel, the principles of safe lone working tend to apply at all times—not just outside normal working hours. Buddy systems, man-down alarms, webcams and signage are among the measures to be considered to ensure that in an emergency a response can be initiated within five minutes.

  At Containment Level 2, biological agents cannot be considered to present an immediate danger to the lone worker and therefore prohibition on handling is not usually considered. However in the event of a spillage or exposure, the individual must be capable of decontaminating themselves and the affected area and / or be able to secure the area against further entry. In perhaps the unlikely event that the lone worker should fall unconscious whilst handling biological agents (for reasons not attributable to the agent), then those coming to assist must be aware themselves that the casualty may possibly be contaminated by the material that they were handling if they have dropped or spilt it in the process.

- **Radioisotopes** Lone working with the types of unsealed ionising radiation sources encountered in the College does not normally warrant any special consideration i.e. there is no greater risk in working with such substances out-of-hours than during normal working hours. With regard to sealed sources, there are often specific procedures in place for accessing irradiators since these are sometimes in relatively isolated locations. However, any issues are likely to be associated with security and remoteness rather than hazards presented by the source of radiation.

Relaxation…..what does it really mean?

Celine Jaquet, OH Service

What is relaxation?

To many, the meaning of relaxation is to take time out for a holiday, have a drink with friends or have a night in front of the television. It is true that these things can help us feel relaxed, but for how long? The relaxation experienced through meditation is different from that experienced by the above: relaxation is more than just resting in front of the television or having a holiday.

The first step in learning to meditate is to relax both your body and mind, and to free them from any distractions. In order to relax our minds, we first have to relax our bodies. While many of us find physical relaxation through activities associated with sport or exercise, others find the most flexible and effective way is to use our mind to relax the body. With practice, both physical restlessness and over stimulation will diminish, and relaxation of both body and mind will gradually become easier to achieve.

It is during times when we're experiencing many challenges and stresses in life that we need to make time to relax. Our stress levels today are much higher than they were a century ago. Today, much of what we rely on is in the hands of other people, such as job security, food for the family and our own security. When you truly relax, you can eliminate tension and stress from both the body and mind.

Have you found that, with so many things to do, it's easy to put off taking time out to relax each day? And by not taking the time out, many of us are missing out on the health benefits of relaxation. It is now widely acknowledged that relaxation can improve the way in which your body responds to stress.

With increased stress and the accompanying decrease in relaxation time, the body becomes susceptible to the negative effects of stress. A negative response to stress — which may include headaches, insomnia or increased risk of heart disease — can end up harming our health and quality of life.

Deep relaxation can help you manage stress and stay alert. Relaxation may also:

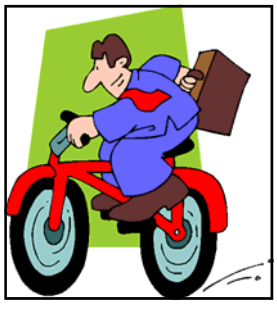
- Help you sleep better
- Control hypertension
- Help prevent heart disease
- Relieve or even prevent headaches
- Reduce pain
- Alleviate panic attacks
- Improve concentration
- Reduce muscle tension
- Help control emotional responses such as anger, crying and frustration

As you learn to relax, you'll become more aware of muscle tension and the physical sensations caused by the stress response. In time, you may even notice the body's reaction before you take a mental note of your stress. Once you know what the stress response feels like, it is possible to make a conscious effort to switch to relaxation mode the moment your muscles start to tense.

Most would agree that relaxation is good. Everything goes better when we're relaxed: work, relationships and social interaction.

There is an old Chinese saying that if you want to change the world…change yourself. You can make the first step in this direction by relaxing.

Cycle-to-work Scheme



Thanks to a Government tax free bicycle scheme, you can save up to 40% on the RRP price of a wide range of bicycles and accessories through the Cycle-to-work scheme at Imperial College.

The bike should be primarily used for commuting to work, which may include getting to and from the train station in the morning—it does not have to be used for the full journey.

The health benefits of cycling include a reduced risk of cardiovascular disease, obesity, diabetes and even some cancers. Exercise can help reduce levels of stress whilst improving mood and boosting self esteem. Further info can be found at:

www.imperial.ac.uk/occhealth/guidanceandadvice/cycletoworkscheme

FREEPHONE: 0800 174319

Care First
Employee Assistance Solutions

Care First is a counselling and advice service, providing free help and information services 24/7 to Imperial College staff and their families. All calls are voluntary and confidential – you do not need to be referred and there is no individual feedback about individual consultations to College. Each call is answered by a fully qualified counsellor who has experience in dealing with workplace and personal issues.

The following are some of the typical issues presented - difficult situations at work; personal relationship problems; money/debt concerns; housing or caring for the children and legal issues.

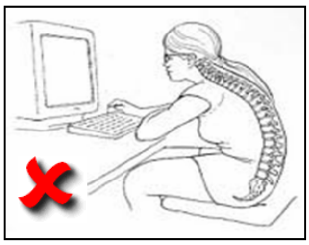
Staying healthy at work

Ben Richens, Strength and Conditioning Coach

Back pain in the office

In the UK, there are currently more people working in an office environment than in any other occupation. However, the human body is not designed to be sat down, slumped over a desk for 7-8 hours a day, 5 days a week. In conjunction with this, many of us also make poor food choices which can also have a negative impact on our body. But before we all quit our office jobs, there are many practical solutions to improve our posture and general health.

The way we sit at our desks has a huge effect on our posture: commonly our shoulders round, the head is more forward (all that straining to see the computer screen) and the torso is flexed forward. These can all combine to produce back, shoulder and neck problems. If we continue to neglect these issues, then serious



back pain and damage may occur, not instantly, but later in life.

So how do we fix it?

The set-up of your work station is very important, including the height of your chair and its distance from the desk. Detailed information on workplace set-up can be found on the OH web pages under guidance and advice / computer health.

Another way to avoid the pains of the office environment is to regularly move about: if possible, try and have a quick stretch every 15-20 minutes. The following are some examples of easy stretching exercises:

Neck stretch series: look down, look up, tilt your head left and right , keeping the shoulders still

Shoulder shrug: try and touch your ears with your shoulders

The elbow circle: fingers touching your shoulders, draw a circle with your elbows backwards.

Torso rotation: sitting on a seat, keep the hips still and rotate the torso.

Forward bend: sitting on a seat, bending forward at the hips and arch the back forward

Does what we eat affect how we feel at work?

A majority of office workers tend to skip breakfast and have a large lunch or miss lunch and snack on unhealthy foods. In between, people tend to consume too much coffee and sugary drinks, and not enough water, leaving the body dehydrated, which may aggravate any back pain.

Eating a healthy breakfast is key to starting the day off on the right foot—if we skip breakfast then we are likely to become tired and be unable to hold our concentration. Contrary to belief, eating breakfast also helps us maintain a healthy body weight and can also help those who are trying to lose weight.

Breakfast should contain both protein and fibre as this will help satisfy hunger and keep you feeling full until lunchtime. An example of a healthy breakfast might be a hard boiled egg on wholemeal toast and a piece of fruit or a bowl of whole grain cereal with low fat milk. Stay away from sugary cereals, pastries and white breads because they are digested quickly and will leave you hungry and tired within a couple of hours.

Try and avoid eating foods that are high in fat, for example, pastries, meat products (sausage rolls, pies), cakes and biscuits.

If you feel hungry between meals then you could try eating some fruit, 'healthy' snack bars (but watch out for the sugar content) or some nuts and seeds.

How healthy are you?

The Ethos gym is now running free MOT sessions across the College campuses. During the consultation, your lung function, body fat percentage and blood pressure are all measured to assess your current health status.

For more information, contact Ethos at:

Tel: 020 7594 6660

Email: ethos@imperial.ac.uk

Web: www.imperial.ac.uk/sports/ethos

sport Imperial

Health assessment for work with human tissues

Dr. Alan Swann, OH Director

Anyone joining a laboratory-based research project using unscreened human blood, serum or unfixed human tissues, must now be assessed by the College OH service before starting research work. The aim of the assessment is to improve enrolment for Hepatitis B vaccination and identify people with pre-existing health conditions that may place them at increased risk of infection from pathogens such as Hepatitis or HIV that may be present in their samples.

Health conditions that can increase risk include eczema or psoriasis, treatment with steroids or other immunosuppressant drugs and impairments affecting dexterity or alertness. Anyone who has not completed a course of hepatitis vaccination, including a blood test to check they have responded to the vaccine, will be at risk of hepatitis if exposed to a positive sample.

The initial assessment will be by questionnaire— the same as that used for work with Hazard Group 2 & 3 pathogens and Class 2 genetic modification projects. Anyone declaring a significant health condition, or who has not been vaccinated against Hepatitis B will be seen in clinic for further assessment and/or vaccination. Those at increased risk through health conditions will be advised on suitable additional precautions.

New staff who will be involved in work handling specimens should be sent a Biological Agents Health Surveillance Questionnaire, along with their pre-employment medical form at recruitment. The OH Service will then complete the assessment and make arrangements for vaccination, as part of the pre-employment health screen. For students, or staff in a post starting a new project, the Principal Investigator should ensure that they complete and return a questionnaire to the OH Service at South Kensington before the work starts. The PI will be informed after a researcher completes the process.

The questionnaire is available on the OH website www.imperial.ac.uk/occhealth/formsandchecklists

Health assessment is not required for staff and students whose research work has already started, although all should still ensure they have been vaccinated against hepatitis B.

CAUTION

A mailshot has recently been doing the rounds advising employers that 'to meet new HSE legislation, only *Howie* style lab coats will be permitted in research and teaching laboratories as from October 2007'. This is not the first time that such advice has been pedalled by suppliers of consumables and equipment and upon further scrutiny often proves to be tenuous. It is wise to be wary of any safety advice given by a supplier who stands to gain in some way if you follow that advice. If you are unsure of anything you see or receive, contact your Departmental / Divisional Safety Adviser or the Safety Department for clarification.

C.H.A.S.E.

GIVE IT THE THUMBS UP

College **H**ealth **a**nd **S**afety **E**ssentials has been introduced to flag key issues to Heads of Departments and Divisions across the College. If you receive an email headed "CHASE . .. ." it means that some significant change has occurred with regard to College safety procedures and the information is being cascaded accordingly. CHASE notices will give you information on what is happening, why it is happening and on what you need to do.

CHASE notices are sent to all Heads of departments and to key health and safety personnel; They are also archived onto the Safety Department web site http://www3.imperial.ac.uk/safety/hodinfo

RADIOISOTOPE ORDERS FROM PERKIN ELMER

Since GE Healthcare discontinued their products containing short-lived radioisotopes in late 2007, many College departments have turned to Perkin Elmer. This company offers the choice of delivering the isotope packages either minus lead shielding or inclusive of lead shielding—with no difference in cost. College departments ordering isotopes are requested to select the lead shielding option . This facilitates compliance with the ALARP principle (As Low as is Reasonably Practicable) in terms of the radiation dose both in transit and in storage once the material has arrived on site, since emissions from multiple stocks held together may be appreciably higher. Any queries should be directed to the Safety Department radiation team.

Accidents

Rohini Gowtham, Accident Investigation Officer

What is your role in the accident process?

As the new Safety Management System continues to develop, it is perhaps an opportune moment to summarise the roles and responsibilities of different categories of staff with regard to incident reporting, investigation and remedial actions. In many cases, these responsibilities are now specifically defined in the published safety management structure.

All College **staff** have a responsibility to report to their line manager any accidents, instances of occupational ill health or unsafe conditions of which they become aware. **Students** have a similar responsibility to report these matters to an appropriate person. **Other employers, contractors, consultants and visitors** also have a responsibility to report such matters, though this category represents a wide range of individuals and possible scenarios, so the person to whom the report is made may vary according to the circumstances. In many cases, the College Building Manager or Project Manager may be the first point of contact. **Trade Union Safety Representatives** should bring to the attention of the College any unsafe or unhealthy working practices or unsatisfactory arrangements for welfare.

Heads of Sections, Departments and Divisions have a greater degree of responsibility commensurate with their status. They must ensure that mechanisms are in place within their areas to ensure that accidents and incidents are reported and that appropriate actions are taken to prevent recurrence. They also have the power to suspend activities in the event that safety is being compromised, should this be evidenced by an accident or incident. In practice, they are advised by their **Safety Co-ordinators or Departmental and Divisional Safety Officers** but ultimately retain management responsibility for ensuring action should this prove necessary. The primary role of the Safety Co-ordinators and Departmental Divisional Safety Officers is to investigate accidents, to advise and recommend remedial action, to inform the Heads and to liaise with the Safety Department and Occupational Health to ensure that incidents are reported and recorded.

As with all aspects of management, responsibility increases with seniority and the responsibility gradient from simply reporting incidents to taking action or ensuring that action is taken is a natural one. Accident investigation is a long standing and recognised element of reactive health and safety management and complements the other proactive elements of the College Safety Management System.

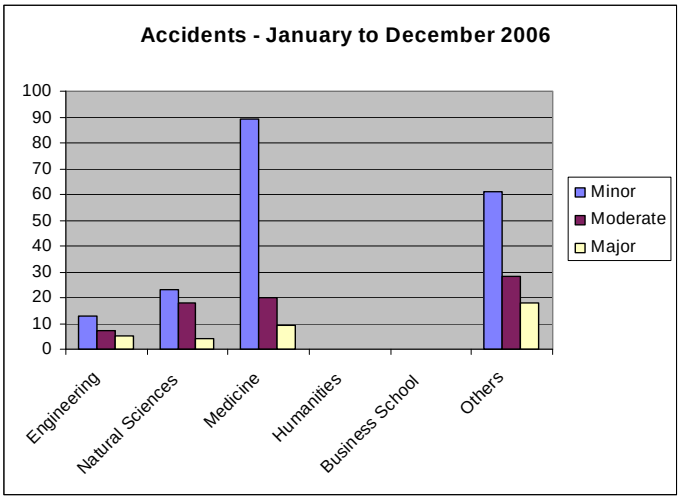
The College safety management structure and responsibilities may be found on the Safety Department web pages at:

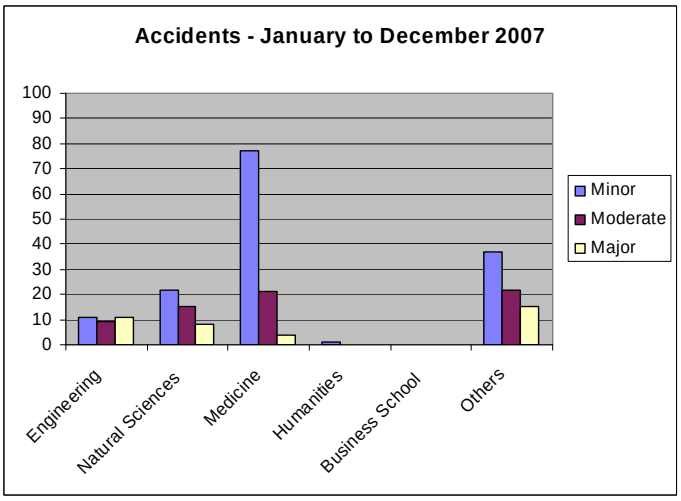
http://www3.imperial.ac.uk/safety/policies/organisationandarrangements

Accident Statistics

	Jan-Dec 2006	Jan-Dec 2007
Total accidents reported to the Safety Department	295	253
Total accidents reported to the Health and Safety Executive in accordance with *RIDDOR 1995*	9	17

Comparison Graphs
January to December 2006 vs. 2007





Accident rating:

Minor: No treatment required / First Aid.

Moderate: Visit to Occupational Health / GP / Health Centre or A&E.

Major: HSE reportable / Lost time (up to 3 days) / member of public taken to hospital for treatment.

FREQUENTLY ASKED QUESTION:

How could I get food poisoning?

There are four main causes of food poisoning:

- **Virus:** They don't grow on food, but can be spread by ingesting contaminated food. Contamination occurs through poor handling practices (coughing / sneezing over food, hands not being washed).
- **Poisonous Ingredients:** Examples include rhubarb leaves, some wild mushrooms and undercooked red kidney beans (not from cans!) and can make you very ill.
- **Chemicals:** Food that has been contaminated by the handler, from source or packaging (metal cans contaminating their contents etc)
- **Bacteria :**Some bacteria are good, however, pathogenic bacteria (harmful) strains can cause illness, and in some cases be fatal. Pathogenic bacteria make up 2% of all bacterial species.

How does the bacteria make me ill?
They can cause infection within the body itself, or by the toxins they produce when they multiply.

How do they multiply?
Bacteria need four elements to survive and multiply: moisture/food/time/temperature. The ideal temperature bacteria need to multiply is between 5ºC - 63ºC. Below 5ºC (refrigerated), bacteria lay dormant; above 63ºC (ideally 75ºC when cooking food), bacteria will die. Bacteria multiply through a process called binary fission, which means that each cell divides in two.

Who is most at risk?
We are all at risk of food poisoning, but it is those with weak immune systems - the young, the elderly, people who are ill and pregnant women.

What measures do I need to take to prevent food poisoning?
When preparing food at home or on College premises, there are a number of rules to follow:

- **Personal Hygiene:** Wash your hands before touching food, after handling dirty items, handling raw food contact with your face (after sneezing etc)
- **Storage:** Ensure your refrigerators run at a maximum of 5ºC and your freezers minus 18ºC. Raw food should be kept at the bottom of the fridge to prevent contamination of cooked products.
- **Preparing:** Always wash hands, equipment and surfaces thoroughly after handling raw food. Frozen items must be thoroughly defrosted in a refrigerator.
- **Cooking:** Cooked items must reach a minimum core temperature of 75ºC
- **After Cooking:** Do not consume food that has been left at room temperature for long periods of time. If you intend to re-use the food, try and chill it down as quickly as possible.

Need a swipe card? Got a new staff member or student joining? READ ON……

Day One Safety Induction is here. New starters will not be able to get a swipe card unless they produce a signed Day One safety checklist, which can be downloaded along with supporting guidance from: http://www3.imperial.ac.uk/safety/formsandchecklists

The reason for introducing this new step is because from the first day of joining the College, individuals should know what to do in the event of discovering a fire or hearing the fire alarm and know the quickest, safest route out of the building. Individuals should also be able to get medical assistance and know a little about the security of the location in which they are working.

The College process is intended to allow anyone to induct anyone else, providing they have the basic information - for example it should allow a secretary to induct a professor and a professor to induct a cleaner and so on, but this means that departmental staff will need to be supplied with the local information to allow them to do this.

The College is also in the process of putting together "Month One" induction - a comprehensive package intended to give everyone basic information on risk assessment, lone working, offsite working, incident reporting, construction issues, safety signs, slips and trips, fire emergencies, electrical safety, waste and recycling, computer equipment and manual handling.

Watch this space…….

We periodically receive enquiries from researchers wishing to order chemicals that are on the Home Office list of drug precursors. These invariably turn out to be Category 2 drug precursors which include some common laboratory chemicals such as acetic anhydride. You will need to complete the *Declaration of Specific* Use form provided by the supplier but you **will not** need to enter a license number—this is only required for Category 1 drug precursors. You can enter 'N/A' in the section requesting a license number and describe the intended use of the substance as 'research purposes'. A short guidance note has now been uploaded onto the Safety Department website:

http://www3.imperial.ac.uk/safety/guidanceandadvice/drugprecursors

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0207 594 9407
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Safety Department

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If you have any comments or suggestions for inclusion in future Newsletters please contact the editors:

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douglas.mason@imperial.ac.uk

or

John Luke
Safety Department
j.luke@imperial.ac.uk

Training

Christine Wright, Assistant Safety Director

Appropriate training makes a significant contribution to establishing and improving a safety culture. It enables people to work more effectively and ensures that they are less likely to have accidents.

Needs and priorities must be considered before selecting training methods. Follow up of suitable delivery ensures that training makes a positive difference. Too often training is reactive – following an adverse event.

A structured five step approach is suggested here: evaluation, preparation, provision, reflection and review.

Stage one: Evaluation of the needs of both the organisation and the individual. For the organisation, both legislative and business needs must be considered. These may be identified for groups such as supervisory involvement in fire risk assessment training or job linked competence such as electricians requiring updating in the recently published Seventeenth Edition Wiring Regulations. For individuals, appropriate training will provide the knowledge and skills which, with experience, will help foster an attitude to safe working that leads to competence. It will ensure continuing professional development (CPD). The timing of training provision must be considered with changing work patterns. Broad based induction training provided for all to aid in the establishing of a uniform safety culture can be followed by specific training fulfilling individual objectives.

Stage two: Preparation should ensure effective outcomes and application of material learnt. A variety of presentation methods will be needed including activities based on the content. Simply viewing a video or making notes on a PowerPoint presentation will not result in changed behaviour in the workplace. There are many widely recognised learning theories which can be applied to various target audiences, e.g. the behaviourism of Pavlov, the cognitivism of Piaget or the taxonomy of Bloom.

Stage three: Both Provision and attendance may trail off as employees become established in their roles, but refreshers and the filling of skills gaps are needed as well as updating and striving for raised standards.

Stage four: Reflecting on Training Provided. The evaluation process enables review and reflection on the material presented and its use in the workplace with a higher retention rate if the content is relevant.

Stage five: Revision. Both retention and behavioural change resulting from information and skills gained should be assessed and fed back into ongoing improvements of provision.

A training programme incorporating these five stages will make a significant contribution to fulfilling the objective of ensuring a safety culture within the organisation, with the development of competent staff.

training schedule & events

Below is a selection of forthcoming courses. The complete list for this term is too comprehensive to include here—please consult the training programme link for the entire range:

https://www3.imperial.ac.uk/safety/training/coursesindex.htm

March 2008		April 2008	
Tower Scaffold and Ladder Safety (SK)	11th	Principles of Radiation Protection (SK)	2nd
Responsibilities for Academic Supervisors (SK)	12th	CIEH Level 2 Award (Hammersmith)	10th
Fieldwork First Aid (SK)	17-18th	Asbestos Awareness (SK)	15th
Biological Foundation Training (CX)	18th	Fire Safety (Hammersmith)	16th
Personal First Aid (Silwood)	19th	First Aid (Lifesavers) (Hammersmith)	24th

Next issue of Health and Safety Matters: June 2008