

Newsletter



March 2015

Special points of interest:-

- As of the 5th December 2014, Scotland's drink drive limit is reducing from 80mg to 50mg of alcohol per 100ml of blood or from 0.35mg/l to 0.22mg/l breath alcohol
- The Industrial Injury Advisory Council (IIAC) has recommended that Dupuytren's contractures are added to the list of prescribed diseases. The qualifying criteria would be 10 years of exposure to vibration power tools for at least 2 hours a day for 3 or more days a week.
- Hand eczema is causing a significant problem in nurses with estimated treatment costs of more than £100 million a year. A current study in the NHS will evaluate the benefit of behaviour changes in the use of gloves and hand cleaning practices.
- The HSE has launched a new and simplified guidance on Working at Height (INDG455) and Safe Use of Ladders and Stepladders.
- About 15% of the population falls ill with anxiety every year in Germany according to recent report. To provide efficient help and support specialists from different disciplines have worked together to establish guidance on best treatment. Studies show the beneficial effect of cognitive behaviour therapy or alternatively psychodynamic treatment.



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The new law on drugs and driving came into force on 2nd March 2015. Are you prepared?

It is now illegal in England and Wales to drive under the influence of certain drug types, as well as illicit drugs some prescription medication has been included in this law as well. This is due to some higher doses of the following drugs having side effects such as impaired vision or lack of co-ordination.

- Clonazepam
- Diazepam
- Flunitrazepam
- Lorazepam
- Methadone
- Morphine
- Oxazepam
- Temazepam

For further information and details on the new drug limits please visit our website by clicking on the link below

[New law on drugs and driving 2015](#)

The Crime Survey for England and Wales (CSEW) for 2013/14 shows:

- In 2013/14, the survey estimates 257,000 adults of working age experienced work related violence like threats and physical assault
- Assaults estimated 269,000
- Threats estimated 314,000
- These figures are slightly lower than the previous year
- 17% of victims reported 2 incidences and 27% reported 3 or more incidences
- More than half the offenders were clients or members of the public

Luckily most incidences do not result in physical injury. To overcome psychological trauma it can be helpful to have a brief intervention by the professional within a few days of the incident. If you want to book an appointment to offer the employee the opportunity to talk the events through and receive advice on coping strategies please do not hesitate to contact us at info@BusinessAndHealth.co.uk