

Newsletter



June 2015

Special points of interest:-

- Health and Work - The European study says health of workers in Europe is at risk click [here](#) for more information.
- Silica dust exposure can lead to lung cancer. It is estimated more than 500 construction workers dying of it each year. Good respiratory protection and regular lung function test help to prevent the most serious outcome. For lung function tests [contact us](#)
- On the 6th April 2015 the new Construction (Design and Management) Regulations 2015 came into effect Currently published at www.citb.co.uk/cdmregs
- In 2013/14 the number of new cases with work related ill health and occupational diseases has increased to 535,000. In 2011/12 it was only 452,000 according to HSE figures.



On the 8th June 2015 the paper counterpart to the photocard driving licence was abolished.

Are you aware of the following?

The change will affect people with English, Welsh and Scottish driving licences. People with driving licences issued by the Driver and Vehicle Agency (DVA) in Northern Ireland are **unaffected** and still require both the plastic photocard and paper counterpart.

How will the Changes affect me?

People who passed their driving test after 1998 have a photocard driving licence and a paper counterpart. The paper part of the licence shows any points you may have received. Drivers can check their record on Gov.uk, however, now all points will be stored online and not added to the paper licence, making the paper licence redundant.

If you passed your driving test **before** 1998, you will only have a paper driving licence, unless you renewed your licence after this date and now have a photocard licence plus a paper counterpart.

However, if you're one of the over 8 million drivers who have a traditional paper driving licence only, do not throw the paper licence away, as it is different from the photocard paper counterpart and is still valid as your driving licence.

Information to consider when Hiring a car or if you need to provide evidence to your employer of your driving Record.

When hiring a car or if you need to provide your employer with evidence of your driving record, you may be asked for a code, which provides car hire companies or employers up to 72 hours to check your driving record history. You can either obtain further information online at Gov.uk, or by calling the DVLA on 0300 083 0013.

Problems with Allergies

Many people of the western world suffer from one or more allergy.

Histamine is a chemical found in some of your cells within the body. It causes many symptoms experienced from allergies, for example, sneezing, itching and swelling.

Click on the link below to find out how you can lower the level of histamine in your body.

[Histamine](#)

