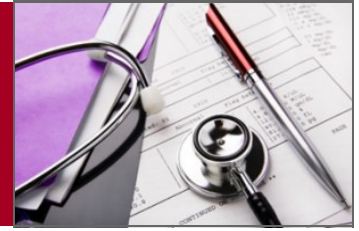


# Newsletter



September 2016

## Special points of interest:-

### Travel for Work

If your employees travel for work it might be worth while checking for possible infection hazards at the destination. The Centres of Disease Control and Prevention offer on their website free advice on travel notices currently in place, vaccination centres and background information on infectious diseases. Please follow this link <http://wwwnc.cdc.gov/travel/notices/> for more information

### Smoking and Cancer in Men

Recent publications from China show smoking accounting for over 20% of cancers in men 40 years and older. The risk to develop cancer was in smokers 44% higher compared to non-smokers (BMJ 2015;351:h4798).

### Traffic noise and obesity

A Swedish study suggests that exposure to road traffic noise can contribute to obesity (Pyko et al. Occup Environ Med 2015; 72: 594-601).

## Are you prepared for the Flu Season?

We can arrange for a nurse to visit the workplace to carry out flu vaccinations for your employees. Reducing the time spent away from the office. For further information please click [here](#) to contact us.

Fight The Flu



## Changes to First Aid Training

The Resuscitation Council UK has updated the guidelines on Cardiopulmonary Resuscitation (CPR). Consequently the Health and Safety Executive (HSE) needs to revise the syllabuses for First Aid at Work. Following the revision First Aiders will be trained in using an automated external defibrillator. These changes will come into effect **31<sup>st</sup> December 2016**. Purchases of defibrillators for workplaces would ideally keep in mind purchasing defibrillators for which First Aiders will be trained for. It is currently not a requirement for all workplaces to have a defibrillator on site.

## Multi Tasking

Multiple demands on individuals often relate to tight deadlines, constant availability and multitasking. As there is no true multitasking it means frequent switching between tasks. The memory can commonly hold up to 7 different memories. The rest is forgotten. This sets a limit to the number of tasks a person can perform at the 'same' time. Overburdening with additional tasks is likely to result in things not being done as it is forgotten. A few people have incredible memories and can handle a bit more but this is exceptional. There are also people who handle less than 7 tasks simultaneously. There are a few tricks like using notes to expand the number slightly but the human memory is not likely to change. Attempts to cram in subdivisions with 7 headline tasks and 3 under each heading are not expected to work as the total number exceeds 7 by far. Review on work organisation and work being manageable within normal human capabilities can have a positive influence on productivity.

## High Injury Rate of Young Workers

Younger workers aged 14 to 24 years of age have significantly higher injury rate than older workers finds a study (OccMed 2016;66:164-167). Each year of age showed about a 50% increase of accident rate. This has been associated with

- Less experience of younger workers and different risk perception.
- A relationship to physical and cognitive development has been considered.
- A linear relationship with the number of hours worked each week and injuries.
- Alcohol abuse was found to be associated with increased risk of injury.
- The risk of injury was in women 3 times those of men.



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