

We know how you think



*A light-hearted look at
Health & Safety*



RRC Health and Safety Training

We understand the way you learn

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Welcome to the world of the Health and Safety professional! This collection of off-hand remarks, advice and jokes has been supplied by the cream of the profession from around the world. It seems essential these days to have a keen and slightly macabre sense of humour to get through the business day effectively. It's always a good thing not to take ourselves too seriously, but if we have caused any offence we wholeheartedly apologize.



Gary Fallaize MD
RRC Health & Safety Training

Executioner, the axe and the safety officer

Once upon a time there lived three men: a doctor, a chemist, and a Safety Officer. For some reason all three offended the king and were sentenced to die on the same day.

The day of the execution arrived, and the doctor was led up to the guillotine. As he strapped the doctor to the guillotine, the executioner asked, "Head up or head down?" "Head up," said the doctor.

"Blindfold or no blindfold?"

"No blindfold."

So the executioner raised the axe, and z-z-z-ing! Down came the blade--and stopped barely an inch above the doctor's neck. Well, the law stated that if an execution didn't succeed the first time the prisoner had to be released, so the doctor was set free.

Then the chemist was led up to the guillotine. "Head up or head down?" said the executioner. "Head up," said the chemist.

"Blindfold or no blindfold?"

"No blindfold."

So the executioner raised his axe, and z-z-z-ing! Down came the blade--and stopped an inch above the chemist's neck. Well, the law stated that if the execution didn't succeed the first time the prisoner had to be released, so the chemist was set free.

Finally the Safety Officer was led up to the guillotine. "Head up or head down?" asked the executioner. "Head up."

"Blindfold or no blindfold?"

"No blindfold."

So the executioner raised his axe, but before he could cut the rope, the Safety Officer yelled out, "WAIT! I see what the problem is!"

Monkey

A man walks into an Essex pet shop looking to buy a monkey. The shop owner points towards three identical looking monkeys in politically-correct, animal-friendly and safe natural mini-habitats.

"The one on the left costs £500," says the shop owner.

"Why so much?" asks the customer.

"Because it has a NEBOSH certificate," answers the shop owner.

The customer inquires about the next monkey and the shop owner replies "That one costs £1500 because it has Diplomas 1&2."



The startled man then asks about the third monkey.

"That one costs £3000" says the shop owner.

"£3000!!" exclaims the man. "What can that one do?"

The shop owner replies, "To be honest, I've never seen it do a single thing, but it calls itself a Consultant"

Light Bulb

How many NEBOSH tutors does it take to change a light bulb?

None. Anything not completed during the lesson is added to the homework.

How many architects does it take to change a light bulb?

Just one, but he has to co-ordinate ten other professionals who are doing this very complicated task.

How many safety engineers does it take to change a light bulb?

None. Safety engineers do not change light bulbs; they search for the root cause as to why the last one went out.

How many NEBOSH students does it take to change a light bulb?

None. That's a diploma subject.

How many diploma 1 students does it take to change a light bulb?

One, but the rest of the class copies the report.

How many diploma 2 students does it take to change a light bulb?

"Will this question be in the final examination?"

How many environment students does it take to change a light bulb?

Seven. One to install the new bulb and six to figure out what to do with the old one for the next 10,000 years.

Under normal public purchasing conditions, how many civil servants does it take to change a light bulb?

Two. One to change the light bulb and one to hold the ladder (for health and safety!)

Under PFI:

One Privatised off shoot employee to change the bulb. Another to hold the ladder and a third to replace the temp who was holding the ladder but who has now got a permanent job elsewhere. Five light bulb changing consultants to develop a business case for changing said bulb and four more (from a different consultancy) to independently evaluate the first lot's bid. Plus two separate teams of lawyers to make sure everything's OK for both public and private perspectives.



OSHA Guidelines for Handling of Humorous Materials

1. All posts containing humorous, sarcastic, parodical, and/or satirical passages, or any other post not intended to be taken seriously must be labelled prominently in the header as follows:

- a. The Subject header must contain at some point, the string "HA!"
- b. The Keywords line shall contain a summary of the hazard levels present in the post, ranked on a scale of 0-4 in the following categories, in the order: humour, sarcasm, satire:

- 0 -- No hazard
- 1 -- Slight hazard
- 2 -- Moderate hazard
- 3 -- Extreme hazard
- 4 -- Critical hazard

- c. The Summary line shall contain any specific notices of hazard as required under local and state laws.
- d. In a satirical or parodical post, a disclaimer should be present in the header to avoid confusion.

2. All humorous, sarcastic, parodical, or satirical remarks within the body of a post must be clearly labelled as follows:

- a. Preceded by a clearly-worded warning ten (10) lines in advance.
- b. Preceded by a clearly-worded warning one (1) line in advance.

- c. Preceded immediately by not less than three (3) Smileys of a commonly acceptable variety compliant with Smiley Code paragraph 4, subparagraph b.
- d. Followed immediately by not less than three (3) Smileys of a commonly acceptable variety compliant with Smiley Code paragraph 4, subparagraph b.

3. Hazards shall be defined as follows:

- a. No hazard: Found to contain no more than 1.5 times background contamination levels in no less than two (2) independent tests.
- b. Slight hazard: Contamination exists in amounts greater than 1.5 times background levels, yet has been deemed insufficient in no less than two (2) independent tests to be capable of bodily harm during casual exposure.
- c. Moderate hazard: Significant risk of bodily harm due to prolonged and/or excessive exposure and/or slight risk of bodily harm due to casual exposure, as determined in no less than two (2) independent tests.
- d. Extreme hazard: Significant risk of bodily harm due to casual exposure, as determined in no less than two (2) independent tests.
- e. Critical hazard: Significant risk of bodily harm due to ANY exposure not compliant with any and all codes pertaining to the handling of hazardous materials.

4. Those posts containing materials deemed critical hazards must not be handled except by trained personnel in compliance with any and all codes pertaining to the handling of hazardous materials.

Here are a few warning texts from actual packaging Risk Managers have placed on their products around the world.

On Sears hairdryer:

Do not use while sleeping

On a hotel-provided shower cap in a box:

Fits one head.

On a bag of Fritos:

*You could be a winner!
No purchase necessary.
Details inside.*

On Tesco's Tiramisu dessert (printed on bottom of the box):

Do not turn upside down.

On a bar of Dial Soap:

Directions - Use like regular soap.

On Marks & Spencer Bread Pudding:

Product will be hot after heating.

On some Swann Frozen dinners:

Serving suggestion - Defrost.

On packaging for Rowenta iron:

Do not iron clothes on body.

On Boot's children's cough medicine:

Do not drive car or operate machinery.

On a Japanese food processor:

Not to be used for the other use.

On Nytol sleep aid:

Warning - may cause drowsiness

On Sainsbury's peanuts:

Warning - contains nuts.

On a Korean kitchen knife:

Warning - Keep out of children.

On an American Airlines packet of nuts:

Instructions - open packet, eat nuts.

On a string of Chinese-made Christmas lights:

For indoor or outdoor use only.

On a child's Superman costume:

Wearing of this garment does not enable you to fly.

A obvious need for a Health & Safety Officer

A timeless lesson on how consultants can make a difference for an organisation.

Last week, we took some friends out to a new restaurant, and noticed that the waiter who took our order carried a spoon in his shirt pocket.

It seemed a little strange. When another waiter brought our water and utensils, I noticed he also had a spoon in his shirt pocket. Then I looked around and saw that all the staff had spoons in their pockets.

When the waiter came back to serve our soup I asked, "Why the spoon?"

"Well," he explained, "the restaurant's owners hired consultants to revamp all our processes. After several months of analysis, they concluded that the spoon was the most frequently dropped utensil. It represents a drop frequency of approximately 3 spoons per table per hour.

If our personnel are better prepared, we can reduce the number of trips back to the kitchen and save 15 man-hours per shift."



As luck would have it, I dropped my spoon and he was able to replace it with his spare. "I'll get another spoon next time I go to the kitchen instead of making an extra trip to get it right now."

I was impressed. I also noticed that there was a string hanging out of the waiter's fly. Looking around, I noticed that all the waiters had the same string hanging from their flies. So before he walked off, I asked the waiter, "Excuse me, but can you tell me why you have that string right there?"

"Oh certainly!" Then he lowered his voice. "Not everyone is so observant. That consulting firm I mentioned also found out

that we can save time in the restroom. By tying this string to the tip of you know what, we can pull it out without touching it and eliminate the need to wash our hands, shortening the time spent in the restroom by 76.39 percent.

I asked "After you get it out, how do you put it back?"

"Well," he whispered, "I don't know about the others, but I use the spoon."

Balloon

A man in a hot air balloon realised he was lost. He reduced altitude and spotted a woman below. He descended a bit more and shouted, "excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The woman below replied, "You are in a hot air balloon hovering approximately 30 feet above the ground. You are between 40 and 41degrees north latitude and between 59 and 60 degrees west longitude.

"You must be a safety officer," said the balloonist.

"I am," replied the woman, "how did you know?"

"Well," answered the balloonist, "everything you told me is technically correct, but I have no idea what to make of your information, and the fact is I am still lost. Frankly, you've not been much help so far."

The woman below responded, "You must be a manager for southern rail."

"I am," replied the balloonist, "but how did you know?"

"Well," said the woman, "you don't know where you are or where you are going. You have risen to where you are due to a large quantity of hot air. You made a promise which you have no idea how to keep, and you expect me to solve your problem. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my fault."

Electric Shock

Two workmen were digging foundations when one of them started shouting and jumping about.

The other one thought his partner had hit an underground power cable and was being electrocuted so following good H&S practice used a shovel to separate him from the electricity.

Luckily for the first worker he wasn't getting an electric shock but was panicking after a wasp had flown up his trousers (well wouldn't you panic).

Luckily he didn't get stung but the second worker hit him so hard with the shovel that his shoulder was dislocated.

Fire Drill

A voice on the office loudspeaker announced:

"We will be testing the speaker system to make sure it will work properly in case of emergency."

My confidence in this safety precaution faded when the voice added:

"If you are unable to hear this announcement, please contact us."

How Tall

Once, an engineer, a physicist and a safety officer all applied for the same job. The person interviewed all three, and thought all were excellent. He had to think of some way to find the best person. So he told them all to come back the next day and tell him the exact height of the building. The one who was closest would get the job.

The physicist went to the top of the building, and dropped iron balls to the ground, and had his friend time the balls. He did this several times.

The engineer got out a sextant, and computed ratios of a yardstick to the building, etc.

The next day, the manager asks all three of them to tell how tall the building is.

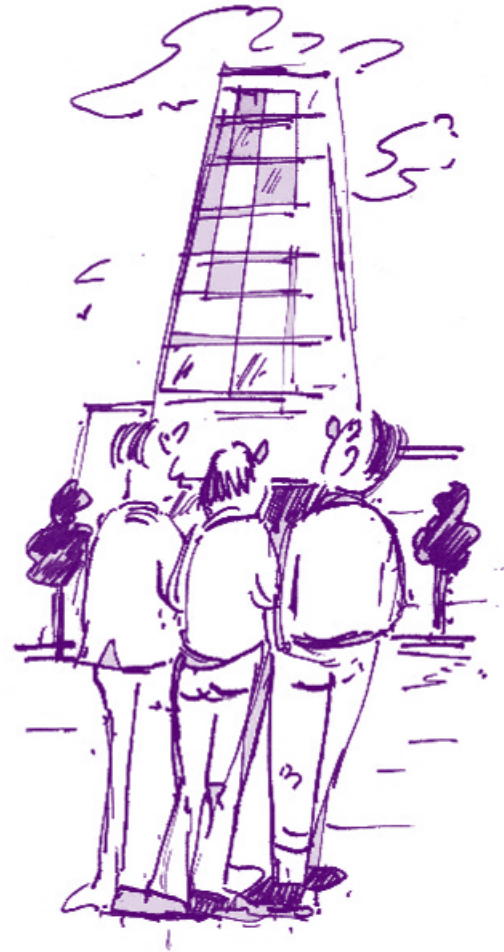
"75 feet, 2.8 inches" says the physicist.

"76 feet, 4.1 inches" says the engineer.

"75 feet, 8.4 inches" says the safety officer.

"My God!" said the manager, "the safety officer got it exactly correct! How did you manage that?"

"Well", said the safety officer, "I went down to the planning department and looked up the height in the building records."



Health and Safety in *The good old days*

Do you ever feel overworked, over-regulated, under-leisured, and under-benefited? Take heart; things have improved greatly. This notice was found in the ruins of a London office building. It was dated 1852:

This firm has reduced the hours of work, and the clerical staff will now only have to be present between the hours of 6 a.m. and 7 p.m. weekdays.

Clothing must be of sober nature. The clerical staff will not disport themselves in raiment of bright colours, nor will they wear hose unless in good repair.

Overshoes and topcoats may not be worn in the office, but neck scarves and headwear may be worn in inclement weather.

A stove is provided for the benefit of the clerical staff. Coal and wood must be kept in the locker. It is recommended that each member of the clerical staff bring four pounds of coal each day during the cold weather.

No member of the clerical staff may leave the room without permission from the supervisor.

No talking is allowed during business hours.

The craving for tobacco, wine, or spirits is a human weakness, and as such is forbidden to all members of the clerical staff.

Now that the hours of business have been drastically reduced, the partaking of food is allowed between 11:30 and noon, but work will not on any account cease!!!

Members of the clerical staff will provide their own pens. A new sharpener is available on application to the supervisor.

The supervisor will nominate a senior clerk to be responsible for the cleanliness of the main office and the supervisor's private office. All boys and juniors will report to him 40 minutes before prayers and will remain after closing hours for similar work. Brushes, brooms, scrubbers, and soap are provided by the owners.

The owners recognise the generosity of the new labour laws, but will expect a great rise in output of work to compensate for these near Utopian conditions.



Golf

A clergyman, a doctor and a safety officer were playing golf together one day and were waiting for a particularly slow group ahead.

The safety officer exclaimed, "What's with these people? We've been waiting over half an hour! It's a complete disgrace."

The doctor agreed, "They're hopeless, I've never seen such a rabble on a golf course."

The clergyman spotted the approaching green keeper and asked him what was going on, "What's happening with that group ahead of us? They're surely too slow and useless to be playing, aren't they?"

The green keeper replied, "Oh, yes, that's a group of blind fire-fighters. They lost their sight saving our clubhouse from a fire last year, so we always let them play for free anytime."

The three golfers fell silent for a moment.

The clergyman said, "Oh dear, that's so sad. I shall say some special prayers for them tonight."

The doctor added, rather meekly, "That's a good thought. I'll get in touch with an ophthalmic surgeon friend of mine to see if there's anything that can be done for them."

After pondering the situation for a few seconds, the safety officer turned to the green keeper and asked, "Wouldn't it be a lot safer if they played at night?"

Top Ten List of how you can tell if your OSHA inspection is going poorly:

- OSHA sets up temporary housing in your parking lot.
- The Compliance Officer mutters, "This is unbelievable" each time he or she enters a different department.
- OSHA calls in a professional film crew to document conditions in the plant. A reporter from "60 Minutes" tags along.
- The Compliance Officer insists on wearing a moon suit supplied with a SCBA, while your employees work in jeans and tennis shoes.
- The Congressman you called for help won't return your call, but he does return your campaign contribution.
- The Compliance Officer begins the first meeting with the following: "You have the right to remain silent..."
- The Compliance Officer asks you a specific question about a report in your files, but you haven't turned over any files.
- The Compliance Officer knows each of your employees by their first name.
- The Compliance Officer is a former employee that you fired.
- The current OSHA secretary conducts the closing conference.

Learning Programmes and Courses

NEBOSH Programmes

- International General Certificate
- National General Certificate
- Construction Certificate
- National Diploma (Part 2)
- Level 4 Diploma
- Level 4 Diploma Conversion
- Specialist Diploma in Environmental Management

IOSH Programmes

- Managing Safely
- Working Safely
- Managing with Environmental Responsibilities

RRC Programmes

Key2Safety Three-Tier Programme
(Accredited by the International Institute of Risk and Safety Management - IIRSM)

Short Courses

- Basic Safety and Loss Prevention
- Behavioural Based Safety
- The Confined Space Regulations 1997
- The Construction (Design and Management) Regulations 1994

- The Control of Substances Hazardous to Health Regulations 2002
- Developing the Right Safety Culture
- Display Screen Equipment Training for Assessors
- Emergency Planning for Crisis
- Environmental Impact Assessment
- Environmental Management and Law Update
- Hazard and Operability Studies
- Hazardous Waste Management
- Health and Safety at Work for Employers
- Health and Safety Law Update
- Hydrogen Sulphide (H2S)
- Incident and Accident Investigation
- Industrial Safety and Practices
- Manual Handling Operations
- Risk Management
- Risk Assessment
- Risk Assessment within Production Operations
- Safety in the Office Environment
- Safety Management
- Safety Management Techniques
- Safety Training Methods
- Stress Management in the Workplace