

## SUMMER 2013

### Welcome!

Hello and welcome to the Summer 2013 Edition of the RRC Newsletter- Health and Safety Business.

Here you'll find an overview of the most exciting and important developments at RRC and events we're involved in. As always, you can find more information on our website at [www.rrc.co.uk](http://www.rrc.co.uk).

### RRC at Safety and Health Expo 2013

The excitement is building with the UK safety event of the year only a few days away. Run over 3 days, and starting on Tuesday 14 May, make sure you clear some time in your diary to either visit the show itself or join in through RRC's Virtual Expo site.

For information on the show itself, and to register, see the organisers website at [www.safety-health-expo.co.uk](http://www.safety-health-expo.co.uk).

### Virtual Expo

After the success of RRC's Virtual Expo last year, we'll be repeating this exciting online event for 2013.

You can take part and follow RRC throughout the three days through the RRC website, Facebook and Twitter feeds. We'll be posting news, videos and photographs from the exhibition. PLUS:

- **Prize draws** - win a £1,000 training voucher, one lucky winner each day.
- **Free downloads**, normally retailing at £15 each, including:
  - Introduction to Safety in the Oil and Gas Industry
  - Introduction to Health and Safety
  - Introduction to Environmental Management
- Plus 200, **15% discount codes** to be given away each day- valid for all RRC Courses- first come first served.
- Sample RRC Course materials and e-learning demo.

To join in, visit [www.rrc.co.uk/offers/safety-and-health-expo-2013.aspx](http://www.rrc.co.uk/offers/safety-and-health-expo-2013.aspx) from 14-16 May.

### On the Stand

RRC will be on stand E52 (Hall 1), where you can chat to Gary, Heather, Katie and Amanda and myself, plus some guest appearances from our tutor team.

On the stand you can have a good look at all our e-learning courses and latest course materials, including Arabic and Turkish plus chat to our tutors. You can also interrogate us as to why RRC has such a formidable reputation and discuss how we can help you or your company. PLUS:

- **Recycling scheme** - upcycle your old business cards for a very nice pair of JSP safety glasses!
- **Prize draws** - win a £1,000 training voucher, one lucky winner each day.
- **Free downloads**, normally retailing at £15 each, including:
  - Introduction to Safety in the Oil and Gas Industry
  - Introduction to Health and Safety
  - Introduction to Environmental Management
- Plus 100, **15% discount vouchers** to be given away each day valid for all RRC Courses, first come first served.

and, of course, the famous RRC pens and chocolates!

### Bow Tie Analysis

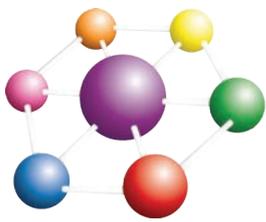
Dr David Wenham (affectionately known as Lord Wenham by his colleagues at RRC) is not only attending the show, but will also be presenting *The Use of Bow Tie Analysis to Assess and Manage Risks* at the exclusive Barbour Director's Club in the ever popular last session of the show on Thursday 16 May 2013 at 2 o'clock. This is bound to be a sell out as people clamour to see one of the greatest minds in Risk Management the world has ever seen.

[Click here](#) for information on how to access this unmissable presentation.

Of course, I will also be attending the event and, if you're very lucky, I might even wear a bow tie!



Dr David Wenham



## RRC Learning Centre

In April RRC launched a brand new online learning environment for hosting our range of short e-learning courses - RRC Online.



LEARNING  
CENTRE

This exciting innovation allows you to enrol yourself or others on any titles from our complete range of short courses to complete online. You can track the progress of your own studies- or anyone you've purchased a licence for- so it's easy to manage learning. Plus, successful completion of each course will result in an RRC certificate.

For more information please visit [www.rrc.co.uk/rrc-online/rapid-elearning.aspx](http://www.rrc.co.uk/rrc-online/rapid-elearning.aspx)

To view our free demo course please visit [learningcentre.rrc.co.uk](http://learningcentre.rrc.co.uk)

## RRC in Kuwait

Myself, Gary Fallaize (MD of RRC) and Hasan Al Aradi (MD of RRC ME) were delighted to attend the Health and Safety Matters 2013 Symposium in Kuwait, hosted by the Australian College of Kuwait (ACK) in April. The event was the official launch of the partnership between ACK and RRC and was attended by corporate and government officials. It was a great success.



From left to right: Mr. Hussain Al Kharafi (Chairman, Kuwait Industries Union), Dr David Towlson (Director of Training and Quality, RRC), Mr. Abdulaziz Dashti (Kuwait Gulf Oil Company) and Hasan Al Aradi (Managing Director, RRC ME)

ACK will be working with RRC to offer face-to-face NEBOSH courses in Kuwait. The first classroom RRC IGC course in Kuwait will begin 5 May.

We wish the best of luck to the first delegates on this course!

## Meet Us At...

The Safety and Health Expo in Birmingham isn't the only exhibition on the horizon. RRC will also be exhibiting at the following events:

- **SHE Show North West**

25 Jun | Hilton, Blackpool, UK | Stand 41

We'll be on-hand to help you with any training and consultancy questions or requirements.

- **IFSEC Istanbul - RRC in Partnership with ARME**

30 Sep-2 Oct | Istanbul, Turkey

We'll be joining ARME at this exhibition in Istanbul to promote our Turkish language NEBOSH courses and other accredited courses available throughout Turkey.

- **Health and Safety North**

9-10 Oct | Bolton, UK

- **SHE Show North East**

26 Nov | Newcastle, UK

For more information about all up-coming RRC exhibitions, and even past events, please refer to our website:

[www.rrc.co.uk/news/events.aspx](http://www.rrc.co.uk/news/events.aspx)

I look forward to seeing you soon!

All the best,

David Towlson  
Director of Training and Quality





## Student Focus

This is the section of the newsletter where we focus on any important updates to your course. Please review the following carefully for anything which may impact your studies.

## RRC Resources

### RRC Health and Safety Law and Case Law Guide

We will be updating the RRC Health and Safety Law and Case Law Guide to reflect recent changes in legislation and will notify you of the amendments in the next edition of Student Focus. In the meantime, if you are studying a national (UK) course, you may find the following brief summary helpful:

#### Health and Safety (Miscellaneous Repeals, Revocations and Amendments) Regulations 2013

These Regulations came into force on 6 April 2013 and revoke the following legislation included in the Health and Safety Law and Case Law Guide:

- The **Construction (Head Protection) Regulations 1989**.
- The **Notification of Conventional Tower Cranes Regulations 2010** as amended.
- The **Notification of Installations Handling Hazardous Substances Regulations 1982** as amended.

They also amend:

The **Dangerous Substances (Notification and Marking of Sites) Regulations 1990** to include a legal requirement to notify the fire and rescue service about any site storing 150 tonnes or more of ammonium nitrate (AN) and mixtures containing AN where the nitrogen content exceeds certain levels.

The **Personal Protective Equipment at Work Regulations 1992** so that they apply to the provision and use of head protection on construction sites as well as to other forms of PPE.

The **Workplace (Health, Safety and Welfare) Regulations 1992**, as a consequence of the revocation of the Shipbuilding and **Ship-Repairing Regulations 1960**, to retain the requirement for adequate lighting and safe access for workers on ships in a shipyard or harbour undergoing construction, repair or maintenance.

Any changes required to your study elements as a result of the legislation referred to above are covered in the section on your course below.

### RRC Environmental Law and Case Law Guide

We will be updating the RRC Environmental Law and Case Law Guide to reflect recent changes in legislation and will notify you of the amendments in the next edition of Student Focus. In the meantime, if you are studying a national (UK) course, you may find the following brief summary helpful:

#### Health and Safety (Miscellaneous Repeals, Revocations and Amendments) Regulations 2013

These Regulations came into force on 6 April 2013 and revoke the **Notification of Installations Handling Hazardous Substances Regulations 1982** as amended.

They also amend the **Dangerous Substances (Notification and Marking of Sites) Regulations 1990** to include a legal requirement to notify the fire and rescue service about any site storing 150 tonnes or more of ammonium nitrate (AN) and mixtures containing AN where the nitrogen content exceeds certain levels.

Any changes required to your study elements as a result of the legislation referred to above are covered in the section on your course below.



## NEBOSH Diploma

### NEBOSH National Diploma in Occupational Health and Safety

#### Unit B

We will be updating the study material for this unit to include recent guidance from the HSE and will notify you of the amendments in the next edition of Student Focus. In the meantime, you may find the following notes helpful:

#### Element B1 - Silica Dust

The HSE has published a new leaflet, INDG463 *Control of exposure to silica dust: A guide for employees*.

The leaflet explains what employers and employees should do to prevent lung disease caused by exposure to silica at work and is available at:

[www.hse.gov.uk/pubns/indg463.pdf](http://www.hse.gov.uk/pubns/indg463.pdf)

#### Element B3 - Respirators

The HSE has published a new pocketcard, INDG460 *Is your mask protecting you?*

This is available at:

[www.hse.gov.uk/pubns/indg460.pdf](http://www.hse.gov.uk/pubns/indg460.pdf)

#### Element B11 - Health Surveillance

The HSE has published new online guidance on health surveillance, available at:

[www.hse.gov.uk/health-surveillance/index.htm](http://www.hse.gov.uk/health-surveillance/index.htm)

The new online guidance replaces HSG61 *Health Surveillance at Work*.

#### Unit C

We will be updating the study material for this unit to include recent changes in legislation and guidance from the HSE and will notify you of the amendments in the next edition of Student Focus. In the meantime, you may find the following notes helpful:

#### Elements C2 and C3 - Building Regulations

Approved Document B (fire safety) now relates to the Building Regulations 2010 and the latest on-line version is available at:

[www.planningportal.gov.uk/buildingregulations/approveddocuments/partb](http://www.planningportal.gov.uk/buildingregulations/approveddocuments/partb)

#### Element C4

The **Notification of Installations Handling Hazardous Substances Regulations 1982** as amended have been revoked. (See the section on the RRC Health and Safety Law and Case Law Guide above.)

#### Element C7 - Lift Trucks

The HSE has published two new leaflets:

- INDG462 *Lift-truck training: Advice for employers*, which includes information on the law and the Approved Code of Practice on lift-truck training. It also explains who should be trained, who to consult, what training should include, authorisation, monitoring and assessment, refresher training, conversion training, keeping records, supervisor training and how to choose an instructor and is available at:

[www.hse.gov.uk/pubns/indg462.pdf](http://www.hse.gov.uk/pubns/indg462.pdf)



- INDG457 *Use lift trucks safely: Advice for operators*, which covers operating, people, loads and slopes and is available at:

[www.hse.gov.uk/pubns/indg457.pdf](http://www.hse.gov.uk/pubns/indg457.pdf)

The HSE has revised L117 *Rider-operated lift trucks: Operator training and safe use: Approved Code of Practice and guidance*.

The revised edition includes:

- An outline of the main legal requirements relating to lift trucks.
- The Approved Code of Practice text (unchanged from the previous edition).
- Guidance on operator training for stacking rider-operated lift trucks.
- Some of the guidance from HSG6 *Safety in working with lift trucks*, e.g. information about lift-truck features; guidance on the safe use of lift trucks and how to protect pedestrians; and guidance on the maintenance and thorough examination of lift trucks.

HSG6 is now replaced by the revised L117, which is available at:

[www.hse.gov.uk/pubns/priced/l117.pdf](http://www.hse.gov.uk/pubns/priced/l117.pdf)

### Element C7 - Tower Cranes

The **Notification of Conventional Tower Cranes Regulations 2010** as amended have been revoked. (See the section on the RRC Health and Safety Law and Case Law Guide above.)

## NEBOSH International Diploma in Occupational Health and Safety

### Unit IC

We will be updating the study material for this unit to reflect a recent change in UK legislation and will notify you of the amendments in the next edition of Student Focus. In the meantime, you may find the following note helpful:

### Element IC7 - Tower Cranes

The UK's **Notification of Conventional Tower Cranes Regulations 2010** have been revoked.

## NEBOSH Diploma in Environmental Management

### Unit ED1

We have updated the study material for this unit to cover:

- A limitation on regulators' powers to impose civil sanctions (Element 5).
- **Directive 2010/75/EU** on industrial emissions (integrated pollution prevention and control) (Elements 6 and 10).

Please refer to the Supplement by clicking on the following link.

[ED1 Supplement](#)

**Note:** these changes have been made to your online material.

### Elements 1 and 13

The **Notification of Installations Handling Hazardous Substances Regulations 1982** as amended have been revoked. (See the section on the RRC Environmental Law and Case Law Guide above.)

We will be updating the study material for these elements to reflect this change and will notify you of the amendments in the next edition of Student Focus.



## NEBOSH Certificate

### NEBOSH National General Certificate

#### Unit NGC2, Element 7

We have updated the study material for this element to cover the HSE's latest guidance on health surveillance.

In your copy of the element, in the main section on **Control Measures**, please delete the existing subsection entitled **Health Surveillance** and substitute the following:

#### “Health Surveillance

Health surveillance is a system of ongoing health checks and often involves carrying out some form of medical examination or test on employees who are exposed to substances\* such as solvents, fumes, biological agents and other hazardous substances.

Health surveillance is important to enable early detection of ill-health effects or diseases, and also helps employers to evaluate their control measures and to educate employees. The risk assessment will indicate where health surveillance may be needed, **but it is required where:**

- there is an adverse health effect or disease linked to a workplace exposure, **and**
- it is likely that the health effect or disease may occur, **and**
- there are valid techniques for detecting early signs of the health effect or disease, **and**
- the techniques don't themselves pose a risk to employees.

There are two types of health surveillance commonly carried out:

- **Health monitoring**- where the individual is examined for symptoms and signs of disease that might be associated with the agent in question. For example, a worker in a bakery might have a lung function test to check for signs of asthma; flour dust is a respiratory sensitiser capable of causing occupational asthma.
- **Biological monitoring**- where a blood, urine or breath sample is taken and analysed for the presence of the agent itself or its breakdown products. For example, a worker in a car battery manufacturing plant might have a blood sample taken to test for the levels of lead in the bloodstream.

When necessary, health surveillance should be conducted on first employment, to establish a 'baseline', and then periodically. It can also be done when a person leaves employment as a final check. The need for health surveillance is usually subject to Regulations, ACoP and guidance.

\*Similar health checks may be required for those exposed to noise, vibration, etc., and are covered in the appropriate section of this course.



More...

There is a range of industry-specific guidance on health surveillance at:

<http://www.hse.gov.uk/health-surveillance/resources.htm>.”

**Note:** this change has been made to your online material.



## NEBOSH International General Certificate

### Unit IGC2, Element 7

We have updated the study material for this element to include the UK HSE's latest guidance on health surveillance.

In your copy of the element, in the main section on **Control Measures** and under the subheading **Health Surveillance**, please delete the first two paragraphs (including the bullet points) and substitute the following:

“Health surveillance is a system of ongoing health checks and often involves carrying out some form of medical examination or test on employees who are exposed to substances such as solvents, fumes, biological agents and other hazardous substances.

Health surveillance is important to enable early detection of ill-health effects or diseases, and also helps employers to evaluate their control measures and to educate employees. The risk assessment will indicate where health surveillance may be needed, but it is required where:

- there is an adverse health effect or disease linked to a workplace exposure, and
- it is likely that the health effect or disease may occur, and
- there are valid techniques for detecting early signs of the health effect or disease, and
- the techniques don't themselves pose a risk to employees.

There are two types of health surveillance commonly carried out:

- **Health monitoring**- where the individual is examined for symptoms and signs of disease that might be associated with the agent in question. For example, a worker in a bakery might have a lung function test to check for signs of asthma; flour dust is a respiratory sensitiser capable of causing occupational asthma.
- **Biological monitoring**- where a blood, urine or breath sample is taken and analysed for the presence of the agent itself or its breakdown products. For example, a worker in a car battery manufacturing plant might have a blood sample taken to test for the levels of lead in the bloodstream.

When necessary, health surveillance should be conducted on first employment, to establish a 'baseline', and then periodically. It can also be done when a person leaves employment as a final check. The need for health surveillance is usually subject to legislation and codes of practice.



More...

There is a range of industry-specific guidance on health surveillance at:

<http://www.hse.gov.uk/health-surveillance/resources.htm>.”

**Note:** this change has been made to your online material.



## NEBOSH Construction Certificate

### Unit NCC1, Element 4

We have updated the study material for this element to remove references to the **Notification of Conventional Tower Cranes Regulations 2010** which have been revoked.

In your copy of the element, in the main section on **Lifting and Moving Equipment** and under the subheading **Tower Cranes**, please delete the last paragraph of the text and substitute the following:

“Because of the risks associated with the use of tower cranes and the potential for incorrect construction or failure to maintain the structures, regular inspection and maintenance is essential, as for all lifting equipment.”

Then delete the **More** box.

### Unit NCC1, Element 8

We have updated the study material for this element to cover the HSE’s latest guidance on health surveillance.

In your copy of the element, in the main section on **Control Measures**, please delete the existing subsection entitled **Health Surveillance** and substitute the following:

#### “Health Surveillance

Health surveillance is a system of ongoing health checks and often involves carrying out some form of medical examination or test on employees who are exposed to substances\* such as solvents, fumes, biological agents and other hazardous substances.

Health surveillance is important to enable early detection of ill-health effects or diseases, and also helps employers to evaluate their control measures and to educate employees. The risk assessment will indicate where health surveillance may be needed, **but it is required where:**

- there is an adverse health effect or disease linked to a workplace exposure, **and**
- it is likely that the health effect or disease may occur, **and**
- there are valid techniques for detecting early signs of the health effect or disease, **and**
- the techniques don’t themselves pose a risk to employees.

There are two types of health surveillance commonly carried out:

- **Health monitoring**- where the individual is examined for symptoms and signs of disease that might be associated with the agent in question. For example, those working in the dustiest areas of a site or in cement production may have lung-function tests (spirometry) to check for respiratory disorders.
- **Biological monitoring**- where a blood, urine or breath sample is taken and analysed for the presence of the agent itself or its breakdown products. For example, those working with lead processes might have blood samples taken to check for cumulative levels of lead in the blood.

When necessary, health surveillance should be conducted on first employment, to establish a ‘baseline’, and then periodically. It can also be done when a person leaves employment as a final check. The need for health surveillance is usually subject to Regulations, ACoP and guidance.

\*Similar health checks may be required for those exposed to noise, vibration, etc., and are covered in the appropriate section of this course.

**More...**

There is a range of industry-specific guidance on health surveillance at:

<http://www.hse.gov.uk/health-surveillance/resources.htm>.”

**Note:** these changes have been made to your online material.

## NEBOSH International Construction Certificate

### Unit ICC1, Element 4

We have updated the study material for this element to remove a reference to the UK HSE's INDG437 which no longer applies.

In your copy of the element, in the main section on **Manually and Mechanically Operated Load Handling Equipment** and under the subheading **Tower Cranes**, please delete the **More** box.

### Unit ICC1, Element 8

We have updated the study material for this element to cover the UK HSE's latest guidance on health surveillance.

In your copy of the element, in the main section on **Control Measures**, please delete the existing subsection entitled **Health Surveillance** and substitute the following:

#### “Health Surveillance

Health surveillance is a system of ongoing health checks and often involves carrying out some form of medical examination or test on employees who are exposed to substances\* such as solvents, fumes, biological agents and other hazardous substances.

Health surveillance is important to enable early detection of ill-health effects or diseases, and also helps employers to evaluate their control measures and to educate employees. The risk assessment will indicate where health surveillance may be needed, but it is required where:

- there is an adverse health effect or disease linked to a workplace exposure, and
- it is likely that the health effect or disease may occur, and
- there are valid techniques for detecting early signs of the health effect or disease, and
- the techniques don't themselves pose a risk to employees.

There are two types of health surveillance commonly carried out:

- **Health monitoring**- where the individual is examined for symptoms and signs of disease that might be associated with the agent in question. For example, those working in the dustiest areas of a site or in cement production may have lung-function tests (spirometry) to check for respiratory disorders.
- **Biological monitoring**- where a blood, urine or breath sample is taken and analysed for the presence of the agent itself or its breakdown products. For example, those working with lead processes might have blood samples taken to check for cumulative levels of lead in the blood.

When necessary, health surveillance should be conducted on first employment, to establish a 'baseline', and then periodically. It can also be done when a person leaves employment as a final check. The need for health surveillance is usually subject to legislation and codes of practice.

\*Similar health checks may be required for those exposed to noise, vibration, etc., and are covered in the appropriate section of this course.



More...

There is a range of industry-specific guidance on health surveillance at:

<http://www.hse.gov.uk/health-surveillance/resources.htm>.”

**Note:** these changes have been made to your online material.

## NEBOSH Fire Certificate

### Unit FC1, Element 6

We have amended the **Exam Skills** section for this element to reflect the specific process for fire risk assessment.

In your copy of the **Exam Skills** section, under the subheading **Suggested Answer**, please delete the existing **Plan** and substitute the following:

#### “Plan

Risk Assessment
<ul style="list-style-type: none"><li>• Identify the fire hazards.</li><li>• Identify the people at risk.</li><li>• Evaluate, remove, reduce, protect from risk.</li><li>• Record, plan,, inform, insttuct, train.</li><li>• Review.”</li></ul>



Then, under the subheading **Possible Answer by Exam Candidate**, delete the existing paragraph and substitute the following:

*“The first step in the fire risk assessment process is to identify the fire hazards present in the workplace. These hazards are represented by elements of the fire triangle that may come together to cause a fire, i.e. ignition or heat sources, sources of combustible or flammable materials (fuel) and sources of oxygen.*

*The second step is to identify the people who are (or may be) at risk. This will include employees, visitors, contractors, cleaning staff and the more vulnerable, such as those with disabilities.*

*Step three in the risk assessment process is to evaluate the risk of a fire starting (how likely it is), and the possible severity of harm (the risk to people in a fire). We should then attempt to introduce control measures that will remove or reduce the fire hazards (and therefore the risk of the fire starting), remove or reduce the risks to people from a fire and protect those people by putting fire precautions in place.*

*In step four we must record the findings of our fire risk assessment, plan the introduction of new controls, and inform, instruct and train those persons who may be at risk in the safe precautions they must follow.*

*The fifth and final step is to review the fire risk assessment at regular intervals (determined by the level of risk) and make any changes that the review shows are needed.”*

**Note:** these changes have been made to your online material.



## NEBOSH International Fire Certificate

### Unit IFC1, Element 6

We have amended the **Exam Skills** section for this element to reflect the specific process for fire risk assessment.

In your copy of the **Exam Skills** section, under the subheading **Suggested Answer**, please delete the existing **Plan** and substitute the following:

#### “Plan

Risk Assessment
<ul style="list-style-type: none"><li>• Identify the fire hazards.</li><li>• Identify the people at risk.</li><li>• Evaluate, remove, reduce, protect from risk.</li><li>• Record, plan,, inform, insttuct, train.</li><li>• Review.”</li></ul>

Then, under the subheading **Possible Answer by Exam Candidate**, delete the existing paragraph and substitute the following:

*“The first step in the fire risk assessment process is to identify the fire hazards present in the workplace. These hazards are represented by elements of the fire triangle that may come together to cause a fire, i.e. ignition or heat sources, sources of combustible or flammable materials (fuel) and sources of oxygen.*

*The second step is to identify the people who are (or may be) at risk. This will include employees, visitors, contractors, cleaning staff and the more vulnerable, such as those with disabilities.*

*Step three in the risk assessment process is to evaluate the risk of a fire starting (how likely it is), and the possible severity of harm (the risk to people in a fire). We should then attempt to introduce control measures that will remove or reduce the fire hazards (and therefore the risk of the fire starting), remove or reduce the risks to people from a fire and protect those people by putting fire precautions in place.*

*In step four we must record the findings of our fire risk assessment, plan the introduction of new controls, and inform, instruct and train those persons who may be at risk in the safe precautions they must follow.*

*The fifth and final step is to review the fire risk assessment at regular intervals (determined by the level of risk) and make any changes that the review shows are needed.”*

**Note:** these changes have been made to your online material.

### Unit IFC1, Suggested Answers to Revision Questions

We have amended the answer to Question 9 in Element 1 to remove a reference to UK legislation.

In your copy of the **Suggested Answers**, please amend the answer to **Element 1, Question 9**, to read:

“**Fire and rescue authority**- to determine the possible cause of the fire and to take enforcement action.

**Police**- if it is believed that the cause might be arson, particularly if injury or death has occurred or if fraud is suspected.

**Enforcing authority**- for enforcement under local legislation.

**Environment agency** - to help with the mitigation of effects of the fire.”

**Note:** these changes have been made to your online material.



## NEBOSH National Certificate in Environmental Management

### Unit EC1

We have updated the study material for this unit to cover:

- The **Industrial Emissions Directive (2010/75/EU)** (Elements 1 and 5).
- The closure of the UK's Envirowise as a source of environmental information (Element 3).
- **Directive 2011/65/EU** on the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment (Element 6).

Please refer to the Supplement by clicking on the following link.

[EC1 Supplement](#)

**Note:** these changes have been made to your online material.

## NEBOSH National Certificate in the Management of Health and Well-being at Work

### Unit NHC1, Element 3

We have updated the study material for this element to cover the HSE's latest guidance on health surveillance.

In your copy of the element, in the main section on **Role and Function of Health Surveillance** and under the subheading **Role and Benefits of Health Surveillance**, please delete the existing text before the **Topic Focus** box and substitute the following:

"Health surveillance is a system of ongoing health checks and often involves carrying out some form of medical examination or test on employees who are exposed to substances\* such as solvents, fumes, biological agents and other hazardous substances.

Health surveillance is important to enable early detection of ill-health effects or diseases, and also helps employers to evaluate their control measures and to educate employees. The risk assessment will indicate where health surveillance may be needed, **but it is required where:**

- there is an adverse health effect or disease linked to a workplace exposure, **and**
- it is likely that the health effect or disease may occur, **and**
- there are valid techniques for detecting early signs of the health effect or disease, **and**
- the techniques don't themselves pose a risk to employees.

There are two types of health surveillance commonly carried out:

- **Health monitoring**- where the individual is examined for symptoms and signs of disease that might be associated with the agent in question. For example, a worker in a bakery might have a lung function test to check for signs of asthma – flour dust is a respiratory sensitiser capable of causing occupational asthma.
- **Biological monitoring**- where a blood, urine or breath sample is taken and analysed for the presence of the agent itself or its breakdown products. For example, a worker in a car battery manufacturing plant might have a blood sample taken to test for the levels of lead in the bloodstream.

\*As we saw earlier, similar health checks may be required for those exposed to noise, vibration, etc.



More...

There is a range of industry-specific guidance on health surveillance at:

<http://www.hse.gov.uk/health-surveillance/resources.htm>."

**Note:** this change has been made to your online material.



## IEMA

### IEMA Associate Certificate in Environmental Management

We have updated the study material for this course to cover:

- A limitation on regulators' powers to impose civil sanctions (Element 2).
- **Directive 2010/75/EU** on industrial emissions (integrated pollution prevention and control) (Elements 2 and 3).

Please refer to the Supplement by clicking on the following link.

[IEMA Associate Supplement](#)

**Note:** these changes have been made to your online material.

#### Element 8

The **Notification of Installations Handling Hazardous Substances Regulations 1982** as amended have been revoked. (See the section on the RRC Environmental Law and Case Law Guide above.)

We will be updating the study material for this element to reflect this change and will notify you of the amendments in the next edition of Student Focus.

### IEMA Foundation Certificate in Environmental Management

#### Element 2

We have updated the study material for this element to cover the **Industrial Emissions Directive (2010/75/EU)**.

In your copy of the element, in the main section entitled **Key Pieces of Environmental Law** and under the subheading **Pollution Prevention and Control Act**, please amend the last sentence in the 1st paragraph to read:

“The **PPC Act** allows regulations to be made implementing **Directive 2010/75/EU** on industrial emissions (integrated pollution prevention and control).”

**Note:** this change has been made to your online material.



## Examination Closing Dates

The registration dates for the next available sittings for the NEBOSH exams are listed below. Please make sure you are aware of any mandatory entry requirements, such as submission of coursework, attendance at workshops, etc.

Please note that the following information is based on the National dates set by NEBOSH. Some centres arrange 'local' examination dates, which will fall on different days.

Course	RRC Exam Registration Closing Dates	Examination Date
<b>NEBOSH Award in Health and Safety at Work/Process Industries</b>		
Units: HSW1, HSEP1	13/05/2013	12/06/2013
	03/06/2013	03/07/2013
	08/07/2013	07/08/2013
<b>NEBOSH National Certificate</b>		
Units: NGC1, NGC2, FC1, NCC1, EC1, NHC1	01/07/2013	06/09/2013
<b>NEBOSH International Certificate</b>		
Units: IGC1, IGC2, IFC1, ICC1, IOG	01/07/2013	04/09/2013
<b>NEBOSH Diploma in Environmental Management</b>		
	01/10/2013	05/12/2013
<b>NEBOSH Diploma Unit A/Unit IA</b>		
	01/11/2013	21/01/2014
<b>NEBOSH Diploma Unit B/Unit IB</b>		
	01/11/2013	22/01/2014
<b>NEBOSH Diploma Unit C/Unit IC</b>		
	01/11/2013	23/01/2014

If you wish to be entered for the NEBOSH Diploma January 2014 exams you must be registered with NEBOSH by 01/10/2013.

NEBOSH Diploma Unit D/Unit ID	2013 Project Submission Dates	2014 Project Submission Dates
From 2014 there will be four submission dates each year.	13/03/2013	26/02/2014
	28/08/2013	28/05/2014
	27/11/2013	27/08/2014
		26/11/2014

### RRC Middle East

Please click the following link to access RRC Middle East to check course dates and fees for 2013.

[www.rrc.com.bh](http://www.rrc.com.bh)