



CHRONICLES

PEACE OF MIND ... IN AN UNCERTAIN WORLD An Important New Reference

Welcome to the first of many newsletters that will bring you information about our services to industry; Occupational Hygiene, Occupational Health and Safety. The intention is to open this to clients and individuals who feel that they want to contribute to the success of these publications.



Spot the Worst

The photo on the left is a very graphic example of what can happen if safety systems fail, in this case a slip on a vertical ladder whilst wearing jewellery. Does your company have a jewellery policy? However, the “little bit of dust” shown on the right is



potentially even more serious than losing a finger. Just consider for a moment what happens if you were to ingest some of the dust or even inhale small amounts over a period of time. The dust could cause something as minor as mild irritation but it *could* result in asthma, sensitisation or even cancer. How good is the housekeeping in your workplace? Is dust generated? What is the level of control? If you cannot honestly answer any of these questions you need specialist advice, so drop us an e-mail.

A Change For The Better

Asbestos is an emotive word for many people. The duties of an employer are normally relatively well understood. However, with changes occurring to ensure that any doubt is removed, industrial sites should have detailed asbestos registers for all areas where it may be present. It should identify the asbestos type and it's condition, and prioritise remedial action.

Modern technology can enhance this information exchange by better identifying where asbestos is and what it looks like. Contact us for more details on cost effective compliance management.



Fife Chamber of Safety

One of Scotland's most active Occupational Health & Safety Groups is now able to set up, audit and assist in the maintenance of management systems in line with ISO 18001. Being non-profit making allows the Chamber to show how compliance with the standard can be achieved while still maintaining a realistic budget.

So, What Do We Really Do?

C-CHEC is an organisation of independent professionals, all are corporate members of their respective professional bodies. The support services even include fully equipped UKAS accredited analytical laboratories strategically located throughout the UK. Furthermore, we have experience of supporting many industries including shop fitting, coopering, electronics and shipbuilding and repair (in dock and at sea) as well as the oil industry, offshore in the North Sea and on land in the UK and Africa.

Many of you think we are simply a local provider, think again! We cover clients all over the world and have serviced client's needs in Holland, Italy, Australia, Africa and the Philippines.

Our initial consultations are free and without obligation so if you require advice or support, contact the focal point numbers below. We cover all of the following areas:

- **OCCUPATIONAL HYGIENE - DUST, GASES, VAPOUR, VENTILATION, NOISE, AIR QUALITY, etc.**
- **FULL PROVISION OF OCCUPATIONAL HEALTH INCLUDING ALL ASPECTS OF HEALTH SURVEILLANCE THROUGH A STRATEGIC ALLIANCE**
- **ENVIRONMENTAL MONITORING - TRADE EFFLUENT, STACKS, VEHICLE POLLUTION, NOISE, CONTAMINATED LAND, etc.**
- **RADIOLOGICAL PROTECTION**
- **ASBESTOS BULK SURVEYS, REASSURANCE AIR SAMPLING AND FINAL CLEARANCE TESTING SUPPORTED BY A STRATEGIC ALLIANCE**
- **OCC. HEALTH & ENV. MANAGEMENT SYSTEMS FROM SCRATCH OR VERIFICATION BY AUDIT**
- **TRAINING / PRACTICAL GUIDANCE - COSHH, Confined Spaces, etc., including Assessment by Exam**

Websites, Who Needs Them?

Like many of you, I am not a technophobe. Even I recognise the value of the internet, e-mail and websites! However, be focused when you search because the original intent of free information for all is diminishing. It's for this reason that we offer clients free e-mail enquiry and advice services, so that we can keep them on the right track without running up unnecessary charges that could otherwise be dealt with in this way. Do you need DSE advice relating to prolonged web surfing? Drop us an e-mail!

Contacting Us

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Subjects for future news

1. HAVS
2. Life in the Desert
3. Charity Appeal
4. Coping With SEPA

Anything to Add?

E-mail us with anything you would like to see included in the next news sheet. If you would like to, you can write something yourself, either serious or light-hearted!