

## Poppy seeds

We have a zero tolerance approach to alcohol and drugs.



"There were poppy seeds in my bread" is not an acceptable reason for a positive D&A test result.

- You must declare anything you are taking, including over the counter medication, that may affect your ability to work. Drugs can have an effect on your body however you consumed them.
- While poppy seeds in bread or on bagels may contain tiny amounts of opium depending on the manufacturing process, you would have to eat several bagels a day or a whole loaf of bread to have an effect.

If opium, morphine or codeine are detected, however they got into your body, you are likely to be suspended from work immediately.

## See it, share it

The winner this month is Philip Cronin, who spotted a rodent in an onsite skip. He briefed his team on leptospirosis and reminded them to keep the skip closed.

Text **07876 448 119**

Email

**besafe@vgcgroup.co.uk**



Leptospirosis is rare in the UK, but don't put yourself at risk.

You can catch it from soil or water contaminated with the urine of animals infected with the leptospira bacteria, especially rats.

Please protect yourself by

- wearing appropriate PPE
- washing your hands thoroughly before you eat or drink anything

Infections cause mild symptoms, similar to flu, but it can develop into more severe Weil's disease, with symptoms including chest pain and jaundice.

## Seasonal changes



The clocks go back on Sunday 29 October at 02:00. Be aware that your body will take time to adjust. And be extra careful on the roads: road casualty rates increase with the darker nights and poor weather.

Road traffic crashes increase by 3.9% in the fortnight after the autumn change. 41% of the additional crashes, an average of 117 each year, result in injury to pedestrians.

### Drivers:

When driving in the dark or in poor weather, leave more space between you and the vehicle in front, to give you more reaction time for braking.

Check your vehicle before you drive off. Make sure tyres are in good condition, windows clean and the washer bottle is topped up.



### Remember:

If you are wearing high-vis or driving a VGC vehicle, you are the public face of VGC. So please bear in mind that your actions reflect on VGC as a whole.

If you drive without care for other drivers, complaints come back to us.

## Stoptober and OShtober

Two helpful campaigns are running this month:

**Stoptober** to encourage people to give up smoking

**[www.smokefree.nhs.uk/stoptober](http://www.smokefree.nhs.uk/stoptober)**

**#OShtober** to remind people of the risks of poor manual handling practice

**[www.rosa.com/oshtober](http://www.rosa.com/oshtober)**

If you have any questions regarding health issues please contact your VGC manager or HSQE team on 01895 671 800.