



**Explorer**  
ASSOCIATES LIMITED

F1, 12 Radnor Cliff, Folkestone, Kent CT20 2JJ

Tel: +44(0)1303 211341

Email: [info@explorer-associates.co.uk](mailto:info@explorer-associates.co.uk)

[www.explorer-associates.com](http://www.explorer-associates.com)

## THE BUMPER SUMMER SAFETY NEWSLETTER

As is now becoming traditional – a welcome to the Summer ‘Special’ on safety and anything else vaguely related to the subject of Health, Welfare, Safety, Stupidity and Company Management!

My very grateful thanks to all that feed me with so much in the way of cartoons, photos, items and humour – some printable, most NOT – but a great read anyway!!

Starting with my pet hate....Ladders and how to misuse the damn things....Oh! They are still out there!



You couldn't invent such craziness – death wish in order to cut some corners and ‘do the job’ on the cheap.... a cheap coffin more likely!!

### HEALTH & SAFETY CONSULTANTS, ENGINEERS AND PROJECT SPECIALISTS

Registered in England No 3650082 - Reg Office: F1, 12 Radnor Cliff, Folkestone, Kent CT20 2JJ UK VAT Reg 725 2570 43

Directors: C. Rodgers (Chairman) J.E. Ridgway (Managing Director) M.J. Gardiner (Company Secretary)

In from Whitters – That's my Boys!!



So there is a time and place to get yourself injured – not that anyone there saw him fall over of course!

Yet again – during our June workshop inspections we twice inspected step ladders that were so dangerous we insisted they were immediately scrapped – the workshop manager in BOTH cases mumbled and moaned away at us and were obviously thinking we were 'over the top'!

OVER THE TOP? They had no rubber feet – both had sprung the hinges making them so rickety as to be a death trap to anyone standing on them – what price a new set? Certainly less than weeks off work through injury.....or worse!

## **WOMEN**

A real woman is a man's best friend.

She will never stand him up and never let him down.

She will reassure him when he feels insecure and comfort him after a bad day.

She will inspire him to do things he never thought he could do, to live without fear and forget regret.

She will enable him to express his deepest emotions and give in to his most intimate desires.

She will make sure he always feels as though he's the most handsome man in the room and will enable him to be the most confident, sexy, seductive and invincible ...

No wait ... Sorry ...

I'm thinking of whisky. It's whisky that does all that.

Never mind.

On to 'Working At Height Regulations' – There for a Reason?

Maybe...Just Maybe



How dangerous is that? No kick board so if he kicks the paint pot – over it will go.

Very messy all round





Again – very dangerous – far too near the flag which will get very dirty with all cleaning going on....

(Don't miss a trick me!!!)

I hear there are vacancies for paramedics, nurses and undertakers – a growing set of trades!!

#### Welfare now – a 'Did you Know?' Item

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back.

It was a white substance with no food appeal so they added the yellow colouring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavourings.

DO YOU KNOW the difference between margarine and butter?

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine.

Eating margarine can increase heart disease in women by 53%.

**Eating butter** increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few and then only because they are added!

Butter tastes much better than margarine and it can enhance the flavours of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

**And now, for Margarine..**

Very high in trans fatty acids.

Triples risk of coronary heart disease.

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol).

Increases the risk of cancers up to five times.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

**And here's the most disturbing fact.... HERE IS THE PART THAT IS VERY INTERESTING!**

Margarine is but **ONE MOLECULE** away from being **PLASTIC...** and shares 27 ingredients with **PAINT.**

You can try this yourself:

Purchase a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

\* no flies, not even those pesky fruit flies will go near it (that should tell you something).

\* it does not rot or smell differently because it has no nutritional value ; nothing will grow on it. Even those teeny weeny micro-organisms will not find a home to grow. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

**Now I'm always being picked up and forced to apologise because I speak from the gut at times – the above makes me realise that my gut is going over to butter – even if it is a PR marketing ploy by 'Countrylife' – who knows?**

We're cracking on – having covered ladders and their misuse, working at height, welfare, accidents.....and now:



A doctor on his morning walk, noticed the old lady pictured above:

She was sitting on her front step smoking a cigar, so he walked up to her and said, "I couldn't help but notice how content you look! What is your secret?"

"I smoke ten cigars a day," she said. "Before I go to bed, I smoke a nice big joint. Apart from that, I drink a whole bottle of Jack Daniels every week, and eat only junk food. On weekends, I pop pills, have sex, and I don't exercise at all."

"That is absolutely amazing! How old are you?"

"Forty," she replied.

Two Glaswegians, Archie and Jimmy, are sitting in the pub discussing Jimmy's forthcoming wedding.

"Och, it's all goin' pure brilliant," says Jimmy. "A've got everythin' organised awready, the fluers, the church, the caurs, the reception, the rings, the minister, even ma stag night".

Archie nods approvingly.

"I've even bought a kilt to be married in!" continues Jimmy.

"A kilt?" exclaims Archie, "That's magic, you'll look pure smart in that. Whit's the tartan?"

"Och," says Jimmy, "A'd imagine she'll be in white."

S'pose I'm now branded politically incorrect...but then I always have been!

I have a question....



Nagasaki 1945, after the atomic bomb



Nagasaki 2011, following earthquake and tsunami

**What the \*\*\*\* is that arch made of!?**

***The following were (allegedly!) collated from last years UK GCSE exam results (16 year olds).***

## GEOGRAPHY

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: What is a planet?

A: A body of earth surrounded by sky.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins in this fight.

## SOCIOLOGY

Q: What guarantees may a mortgage company insist on?

A: If you are buying a house, they will insist you are well-endowed.

Q: In a democratic society, how important are elections?

A: Very important. Sex can only happen when a male gets an election.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

## BIOLOGY

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Q: What happens to a boy when he reaches puberty?

A: He says goodbye to his boyhood and looks forward to his adultery.

Q; Name a major disease associated with cigarettes.

A: Premature death.

Q: What is artificial insemination?

A: When the farmer does it to the cow instead of the bull.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: How are the main parts of the body categorized? (E.g. abdomen.)

A: The body is consisted into three parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A,E, I, O and U.

Q: What is the Fibula?

A: A small lie.

Q: What does "varicose" mean?

A: Nearby.

Q: What is the most common form of birth control?

A: Most people prevent contraception by wearing a condominium.

Q: Give the meaning of the term "Caesarean Section."

A: The caesarean section is a district in Rome.

Q: What is a seizure?

A: A Roman emperor.

Q: What is a terminal illness?

A: When you are sick at the airport.

Q: Give an example of a fungus. What is a characteristic feature?

A: Mushrooms. They always grow in damp places and so they look like umbrellas.

#### ENGLISH

Q: Use the word "judicious" in a sentence to show you understand its meaning.

A: Hands that judicious can be soft as your face.

Q: What does the word "benign" mean?

A: Benign is what you will be after you be eight.

#### TECHNOLOGY

Q: What is a turbine?

A: Something an Arab wears on his head.

**Have a Superb Summer and Holidays to those that can escape – try not to look at the safety levels employed by our overseas cousins and also try and stay safe enough to return to work with a little thought to your surroundings and the way you can work safer – for you, your customers and your crew**

**Jerry**