



THE UNIVERSITY OF EDINBURGH
COLLEGE OF MEDICINE & VETERINARY MEDICINE
EDINBURGH BIOQUARTER CAMPUS
HEALTH & SAFETY BULLETIN #316
04TH DECEMBER, 2025

CM&VM (Edinburgh bioQuarter Campus) H&S web site: <https://www.ed.ac.uk/medicine-vet-medicine/staff-and-current-students/cmvm-health-and-safety/edinburgh-bioquarter>

University of Edinburgh H&S web site: <http://www.ed.ac.uk/schools-departments/health-safety>



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Access to Health & Safety Training: Those wishing to participate in any one or more of the H&S training courses listed below (All of which continue to be delivered as on-line training using the medium of *MS Teams*) **MUST** provide **ALL** of the following information in the body of an email to Lindsay.Murray@ed.ac.uk:

- **Your Name** (as you wish it to appear on a hard-copy certificate of attendance, which will be issued sometime after the event);
- **Which Department/Centre/Building** you usually work within (So that your certificate can be posted out to you. So don't just write "IRR" – It's a big building, and I need to know which Research Centre you are based within, otherwise there's precious little chance of a certificate ever reaching you);
- **Which course(s)** you wish to attend (Be specific); and
- **An email address** that can be cut and pasted into a spreadsheet that will be used to generate an invitation containing a link which participants should use to join each event, and to which any supporting paperwork will also be sent.

Please Note: Failure to send ALL of the necessary information, AND IN THE ABOVE FORMAT, is likely to result in delays before final details can be confirmed.

Bookings for each course will close a few days before the event, in order to manage the invitation process, so it is recommended that you make an early bid to participate in training (I hesitate to suggest that this should be done also to avoid disappointment).

Hard-copy certificates of completion may, therefore, take some time to reach you, but they *WILL* be sent out in due course.

All courses are repeated regularly throughout the year; so, if you cannot attend one of those listed below, there will be further opportunities, and these will be advertised through the medium of future Safety Bulletins.

Health & Safety Induction Training: The next on-line health and safety-related induction training event will be offered at the following times:

- Monday 08th December, 2025 at 14:00 (for one hour).
- Monday 22nd December, 2025 at 10:00 (for one hour).

This course, which is **MANDATORY** for all new and recently starting workers, will be suitable for people working in laboratories, offices and support services environments, and includes aspects of fire safety awareness.

Certificates of attendance will be issued for personal and departmental training records.

[To register, see above \(Health & Safety Training\).](#)

Late & Lone Working Training The next on-line late and lone-working safety training event will be offered at the following times:

- Tuesday 09th December, 2025 at 09:30 (for one hour).
- Monday 22nd December, 2025 at 14:00 (for one hour).

Please note that attendance on this training course is **MANDATORY** for all those proposing to work outside hours of expected buildings occupancy (*i.e.* any time after 18:00 or before 07:00 Monday to Friday, or anytime at all during a weekend or University holiday) and anyone who is expected to work apart from others for periods of time.

Certificates of attendance will be issued for personal and departmental training records.

[To register, see above \(Health & Safety Training\).](#)

New Dates for Liquid Nitrogen Safety Training (Part 1): The next round of training will be delivered at the following time:

Liquid Nitrogen Safety (Part 1):

- Monday 15th December, 2025 at 10:00 (for approximately two and a half hours, to include a short comfort break).

New Dates for Compressed and Laboratory Gas Safety Training: The next round of training will be delivered at the following time:

Compressed and Laboratory Gases Safety:

- Thursday 18th December, 2025 at 10:00 (for approximately two and a half hours, to include a short comfort break).

Certificates of attendance will be issued for your personal and departmental training records.

Please note that attendance on these training courses is **MANDATORY** for anyone proposing to (1) work in a liquid nitrogen plant room or handling cryogenic liquids, and/or (2) connect regulators to gas supplies or moving and handling compressed gas cylinders, *etc.*

[To register, see above \(Health & Safety Training\).](#)

Risk Assessment Training and Clinic: In addition to the wide range of task-based risk assessments that we have prepared and maintain for use within our various buildings, the regulatory authority (HSE) look for evidence that training has been provided to those who prepare and maintain these, and also to those work to the arrangements set out in the assessments.

A risk assessment safety training event will be offered at the following time:

- Tuesday 16th December, 2025 at 10:00 (for up to 90 minutes, to allow time for questions relating to the practical application of risk assessment to your own work).

Time has been built into the event to allow for participants to ask questions related to the preparation and application of risk assessments related to their own area of work.

Certificates of attendance will be issued for your personal and departmental training records.

To register, see above (Health & Safety Training).

Waste Management Training: This (approximately) thirty-minute training course will be offered at the following time:

- Friday 12th December, 2025 at 10:00.

Time will be added to allow for participants to ask questions, if they wish, related to the management of waste arisings related to their own area of work.

Certificates of attendance will be issued for your personal and departmental training records.

To register, see above (Health & Safety Training).

H&S Training for Principal Investigators, Team Leaders and Supervisors: It is possible to undertake this training programme on-line by selecting the appropriate link within <https://www.ed.ac.uk/health-safety/training/portfolio/role-specific>. Alternatively, numbers of people in the past have expressed a preference for more personalised training at which time questions can be asked, and answers hopefully provided. This latter option (a one hour-long event) may be requested at a time of your greatest convenience by emailing Lindsay.Murray@ed.ac.uk

Biological Safety Training: All training modules are available as e-learning courses at <https://www.ed.ac.uk/health-safety/biosafety/training> Please note that these courses are NOT to be booked through the arrangements set out at the beginning of this Bulletin.

Radiation Protection Training: All training modules are available as e-learning courses at <https://www.ed.ac.uk/health-safety/radiation-protection/training/course-list> Please note that these courses are NOT to be booked through the arrangements set out at the beginning of this Bulletin.

COSHH and Other On-Line H&S Training Resources: Information regarding other e-learning opportunities related to health and safety (some of which may be mandatory, depending on the nature of work that you expect to be doing) are available to peruse variously at <https://www.ed.ac.uk/health-safety/training/portfolio> and <https://www.ed.ac.uk/medicine-vet-medicine/staff-and-current-students/cmvm-health-and-safety/edinburgh-bioquarter/training-presentations>

Cardinus training is to be booked through *People and Money* (Link to https://scribehov.com/shared/How_to_find_Health_and_Safety_courses_in_PandM_ds2-GQGFT-qL5mgDKvURjw).

Students can self-enrol in Health and Safety courses *via* the *Learn Ultra* course catalogue (Link to https://media.ed.ac.uk/media/Learn+Ultra+walk+through+2022/1_plxylnnn).

Please note that these courses are NOT to be booked through the arrangements set out at the beginning of this Bulletin.

Science of Santa: I'm not sure how often something has to happen before it can be considered traditional, but I'm happy to repeat an event that has been an annual occurrence (and surpassingly

well-attended) for the last six or seven years (most recently rehearsed a few days ago somewhere in the North Atlantic). This entirely non-technical presentation, intended simply to be a fun event at the end of the calendar year (and some measure of compensation for the tedious Elf n Safety training that so many have suffered earlier in the year), relates to the history, geography and science of Santa Claus. How does he manage to deliver a present to everyone in just one night? Montgomery Scott in the class *Star Trek* series (who, incidentally, came/will come from Linlithgow a few miles to the West of Edinburgh) said, “Ye cannae break the law of physics”; however ...

If you're at all interested and wish to participate in this event, which will be held using *MS Teams* on Tuesday 23rd December 2025 (12:00-13:00), please email Lindsay.Murray@ed.ac.uk to book a place. Provide your own mince pies.

Christmas Message: During this festive season, I would like to remind you that anyone planning to dash through the snow in a one horse open sleigh, going over the fields and laughing all the way, are advised that a Risk Assessment will be required addressing the safety of use of an open sleigh.

Dashing through the snow is a very ill-advised practice, so the assessment must also consider whether it is appropriate to use only one horse for such a venture, particularly where there may be multiple passengers. I would also advise against “dashing”, and recommend a maximum speed of 10 mph unless seat-belts are fitted. Please note that permission must also be obtained in writing from landowners before their fields may be entered. To avoid offending those not participating in celebrations, we would request that laughter is moderate only and not loud enough to be considered a noise nuisance.

Benches, stools and orthopaedic chairs are now available for anyone working as shepherds during this festive season and who are planning or required to watch their flocks at night. While provision has also been made for remote monitoring of flocks by CCTV cameras from a centrally-heated shepherd observation hut, users of this facility are reminded that an emergency response plan must be submitted to account for known risks to the flocks.

Following last year's well-publicised case, colleagues are reminded that Equal Opportunities legislation prohibits any comment with regard to the redness of any part of Mr R Reindeer's anatomy. Further to this, exclusion of Mr R Reindeer from reindeer games will be considered discriminatory, and disciplinary action will be taken against those found guilty of this offence.

While it is acknowledged that gift-bearing is a common practice in various parts of the world, colleagues are reminded that the bearing of gifts is subject to our bribery policy and all gifts must be registered. Gifts of gold are however specifically precluded, and caution is advised regarding other common gifts such as aromatic resins that may evoke allergic reactions, such as frankincense, myrrh and some other well-known High Street body and bath oils.

I hope that you take this opportunity to have a thoroughly enjoyable and restful break; but, before you leave, please take time to make your workplace safe by properly securing substances, discarding waste, switching off all non-essential apparatus, and generally tidying-up. Thank you.

Lindsay Murray

Health Elf n Safety Weasel,

Room SU.225, Chancellor's Building

Tel: 0131 242 6390 (Buildings internal extension: 26390)

Email: Lindsay.Murray@ed.ac.uk

Web site: <https://www.ed.ac.uk/medicine-vet-medicine/staff-and-current-students/cmvm-health-and-safety/edinburgh-bioquarter>

Theme Tune: <https://www.youtube.com/watch?v=VvLV3OZAcyg>

