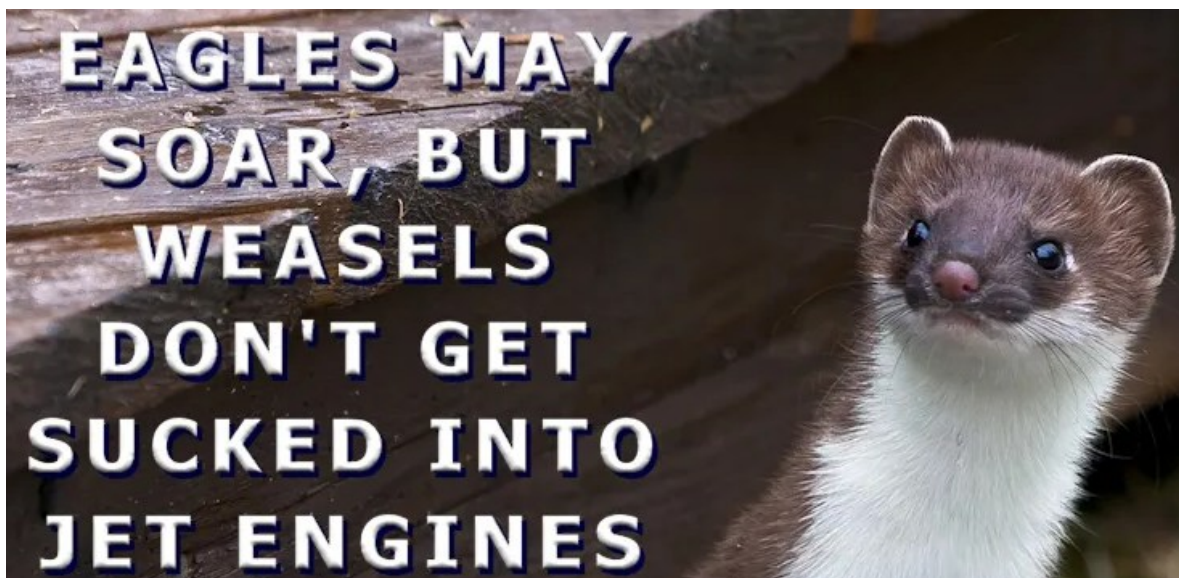




THE UNIVERSITY OF EDINBURGH
COLLEGE OF MEDICINE & VETERINARY MEDICINE
EDINBURGH BIOQUARTER CAMPUS
HEALTH & SAFETY BULLETIN #323
01ST JULY, 2026

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 events will be offered at the following time:

- Monday 06th July, 2026 at 10:00 (for one hour)
- Monday 27th July, 2026 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 events will be offered at the following time:

- Tuesday 07th July, 2026 at 09:30 (for one hour)
- Tuesday 28th July, 2026 at 10:00 (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 \(Health & Safety Training\).](#)

Continuation & Refresher Induction Training: The next on-line health and safety-related continuation and refresher training event will be offered at the following time:

- Thursday 09th July, 2026 at 10:00 (for approximately ninety minutes).

This course, which is **MANDATORY** for everyone for whom it's been three years or more since they last participated in either initial induction or an earlier continuation and refresher training event, is 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 \(Health & Safety Training\).](#)

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

- Thursday 16th July, 2026 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:

- Thursday 23rd July, 2026 at 10:00 (for approximately two and a half hours, to include a short comfort break).

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:

- Monday 13th July, 2026 at 10:00 (for up to 90 minutes, to allow time for questions relating to the 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 10th July, 2026 at 09:30.

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.

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_plxynlnn).

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

CM&VM Headphones and Earbuds Policy: The recently formally adopted policy outlines and clarifies the requirements for wearing and using headphones/earbuds within CM&VM buildings according to specific work locations, the consideration of risks, and reasonable adjustments. The policy does not apply to medical hearing aids or hearing protection to be worn where a noise hazard exists. The policy is applicable to all staff, students, and visitors who work in or visit any building on the CM&VM estate.

Within an office setting, headphones/earbuds may be worn, but volume levels must be kept low enough to clearly hear any emergency evacuation alarms or colleagues seeking attention, and it is

the responsibility of the user to ensure that they can still hear the emergency evacuation alarms or announcements; this can be tested during weekly fire alarm tests.

When moving around the work environment, it is essential to stay alert to the activities of others, any ongoing building work, or the movement/delivery of equipment, *etc.* To maintain situational awareness while moving around, it is advisable to refrain from headphone/earbud use or to use only one side of headphones or a single earbud.

Headphones/earbuds must not be worn in the soundproof pods or booths. As pods and booths are soundproofed, using headphones/earbuds within them may reduce user awareness of emergency evacuation alarms or other critical alerts.

If a user is found to have reduced awareness of their surrounding area, they will be asked to remove their headphones/earbuds or to consider the possibility of wearing one side of the headphones or a single earbud to allow for sufficient awareness of the surrounding environment.

Noise leak from headphones should never be such that it disturbs others.

Laboratories are high-risk environments, where being vigilant and aware of the work taking place in the surrounding area is vitally important.

The use of headphones/earbuds can present additional hazards both in and out of the lab in terms of the following:

- The risk of the headphones/earbuds becoming contaminated with chemical or biological substances, which could then be transferred onto/into the wearer's body, onto other surfaces, or out of the lab.
- Reduced awareness of the surrounding area and potential hazards.
- Distraction to the user, or to others, due to noise leakage, such that a worker may make a safety-critical mistake which may in turn lead to injury, ill-health, or otherwise adversely affect the work activity/equipment/environment.
- In accordance with standards of Good Laboratory Practice, the use of headphones/earbuds within the laboratory is not permitted and must not be worn within the laboratory environment unless required as part of a reasonable adjustment.

These restrictions will help maintain a safe, compliant, and contamination-free environment through further reductions in the potential for cross-contamination, better ensuring that people can hear critical warnings, and mitigate the risk of inadvertently contaminating people or equipment with potentially harmful biological or chemical substances.

Some individuals may require the use of headphones within a laboratory to accommodate reasonable adjustments. Any requests for headphone/earbud use in a laboratory setting should first be risk assessed and then approved by the line manager. The risk assessment will also need to be copied to the relevant School's Laboratory Management Team to prevent future challenges.

The risk assessment must consider the following:

- Users must never touch headphones/earbuds with lab gloves. Lab gloves must be removed and hands washed prior to the removal/placement of headphones/earbuds.

- Headphones/earbuds must be cleaned prior to the user leaving the lab if there is any risk that they may be contaminated.
- Personal headphones/earbuds must not be used in place of hearing protection. Personal headphones/earbuds do not offer a suitable level of noise attenuation. If hearing protection is required for a work activity, it must be identified *via* task-specific risk assessments in addition to the personal risk assessment for headphone use.
- Any headphones/earbuds must be compatible with any PPE required such as eye or face protection.
- The additional risks of lone-working with headphones, including the requirement for supervision and procedural arrangement (evacuations), must be taken into account in order to reduce risk to an acceptable level.
- Personal headphones/earbuds should not be recharged in a laboratory setting.

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>

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