



Health Tipps

To be **"sick on vacation"**, is a no-go. People who work permanently under stress and find it hard to switch off during their leisure time, find out that when they go on vacation, their immune system shuts down to a minimum level. The number of lymphocytes, which are responsible for the immunisation in the blood, falls significantly and viruses or bacteria have an easy time. Even the autonomic nervous system collapses. That often results in infections of the upper respiratory tract and urinary tract, and diarrhea. This **leisure sickness is also** called **"open-window"** phenomenon. Moderate exercise as well as fun and enjoyment have proved to be stress killers, while going through daily antistress-routines without joy can even upgrade stress.

News

A fire in the attic of a **guest house** on May 23, 2015, in Upper Bavaria **caused 6 people to die of smoke inhalation** and burns, while eight others were injured. Smoke detectors would have helped to save more lives. The host had declared not to use the attic for accomodation, since he was unable to meet the fire protection regulations. Now he has to appear in court, to take responsibility, since he was aware of the dangers.



For the „**Kirchentag**“ in June 2015, the building authorities of Stuttgart had demanded that 3,300 school rooms used for accomodation were to be equiped with **smoke detectors**, which were taken down again afterwards. According to the building regulation LBO Baden-Württemberg § 15 (7), "lounges where people are intended to sleep, as well as escape routes from such lounges in the same working unit shall be provided with at least one smoke detector ...". For buildings with occasional overnight stays, we recommend to keep at hand additional smoke detectors, which are subsequently removed, see **Info 2/15 "Smoke Detector"**.

In **13 German states** there is an **obligation** to be equiped with smoke alarm devices. The transitional period for **persisting buildings** ends in Bremen, Niedersachsen and Saxony-Anhalt on Dec.31st 2015.

To protect against food **allergies and intolerances**, in accordance to EU Regulation no. 1169/2011 dated 13th December 2014, groceries have to be labeled. This also applies to unpackaged goods, although there is an exception here. Procedural Notes can be found in the **Info 1/15 and the poster 1/15 „food labeling“** (Lebensmittelkennzeichnung).



Further Training

The biennial USB meeting will take place again in the FFS Dorfweil / Hessen. It starts Friday the 30th Oct. and ends Sunday the 1st November 2015. One issue is the assessment of mental strain and stress prevention. In the workshops it comes to playground controls, lifts, ladders, hygiene and elevators. There will be opportunities for exchange with colleagues e.g. during a buffet. Registration for safety officers and technicians via www.usb-net.de. The costs are covered by the Verwaltungs-Berufsgenossenschaft (VBG).

Those who are balanced by the daily work, can disconnect themselves from time to time with friends, at all workload retain a positive mood and move regularly in the fresh air have the best chance to enjoy their free time healthy.