



## Health Tips

*Take a break, relax or get a bit of fresh air,  
set aside time for rest and a day off.*

► **Test yourself**

*If I don't do it, nobody will!*

*Only if I do it myself, will it be right!*

*Pauses are a waste of time.*

*I'll take what's left.*

- *No time to relax, I have too much to do!*

- *I am so exhausted, but I can't stop now.*

- *If I start something, I have to finish it.*

- *I have to be faster and better than the others.*

► **Should the above questions apply, check your work-life balance!**

## News

In the [USB-Info 1/14 "Aufzugsanlagen"](#) duties while using **elevators** are addressed. Elevators have to be tested at least every two years to guarantee safe functionality. Additionally, the **electrical safety has to be tested** by an authorized supervisory board. If you have an elevator, make sure that the rescuing of persons starts within 30 minutes. The licensee has to appoint **instructed persons**. Name and phone numbers of these persons have to be visible near the main entry door of the elevator. The instructed persons have to test the function of the elevator regularly and help in case of any malfunction. If the elevator is only allowed to be used while the instructed persons are at hand (i.e. by key) then it might not be necessary to have a contract with a rescue company.



Because of the **Ebola Epidemic** the Department of Foreign Affairs has recommended for all Germans to leave the West African countries of **Guinea, Sierra Leone und Liberia**. This affects personnel of mission companies, which are active in these countries. Medical staff has been asked to stay, in order to fight the infection. The Ebola infection cannot be prevented by inoculation or other treatment, only the symptoms can be treated. It is not likely that travelers can bring the infection to Germany or Europe, but it is not impossible.

## Further Training

At the end of October **new seminars** will be offered by the occupational insurance associations via their websites. The head-company "Deutsche Gesetzliche Unfallversicherung" [www.dguv.de](http://www.dguv.de) offers a Newsletter via Mail regarding new developments and their magazine articles.

The Evangelical department for occupational safety [www.efas-online.de](http://www.efas-online.de) offers free practical information in their newsletter. The **VBG** refers to their publications via Infomail.

**„What is it that makes man mourn, he is forced;  
what is it that forces him? He can do nothing, yes, he cannot even do nothing  
without looking for some benefit.“** - Karl Heinrich Waggerl