



Health Tipps

“Snacking” is the uncontrolled and unconscious eating referred to while working. Many people move less and eat whatever their hunger desires. Since the basic metabolic rate decreases with age, it makes it easier to gain weight. This can be prevented by changes in diet and energy expenditure, see www.vbg.de/ernaehrung (film "Rund um Gesund" -Around Health- 36:06 min).

Practical Information

As from June 1, 2016, you have to display an emergency plan at every main entrance of a passenger elevator stating the names and telephone numbers of persons responsible, or the number of the maintenance service. It serves as an indication of a functioning peoples' rescue plan. We also recommend explaining the procedure, eg, that the trapped person is to be kept up to date, in order to prevent panic. More www.usb-net.de/resources/home/info/d/Aufzugsanlagen.pdf



In the Info 1/16 "Refugee Aid", the brochure on "refugee children and young refugees in schools, day care centers and recreational facilities" is recommended. Customers of the BGW can order a free copy on www.bgw-online.de or more copies from the publisher, [ZTK Cologne](http://www.ztk-cologne.de).

The 38-page brochure provides background information on grief, trauma and difficulties in life in a foreign culture. Through practical examples, teachers, educators and employees are helped to better understand children or teenagers who have fled to Germany.



Summer is bathing season for many children's groups, thus requiring additional lifeguards and supervising persons. With natural swimming holes like lakes, is additionally to be observed slopes in the water, currents caused by temperature differences, filth, mould and contamination by animals. More under "bathing in child day-care facilities" ("Baden in Kindertageseinrichtungen"). <http://publikationen.dguv.de/dguv/pdf/10002/si-8089.pdf>.

News

The Certo magazine is available for members of the VBG now as a web version. These can be ordered via www.vbg.de VBG Website. Then click „Kundenmagazin Certo“ and „Certo online lesen“. Then specify customer number and email address. For more, contact the customer-service kundendialog@vbg.de.



Further Training

On Saturday 10th September, we offer training in 25335 Elmshorn for responsible leaders, technicians and safety assistants in churches and social institutions. More on the Liveticker via the Website www.usb-net.de.

„The only one that behaves reasonable is my tailor.

He takes measure every time we meet, while all others take old measures with the opinion that they still fit“.
George Bernhard Shaw