



Health Information

Fear is part of life. It is an expression of human development and occurs regularly when you get involved with new things. It stimulates the nervous system to enable it to perform at its' best (e.g. through increased vigilance, concentration and willingness to act). Only when fear gets out of control ("overreaction") does it become stress for the nervous system and cause further symptoms. Deal with fear and scaring circumstances. In this way, you can determine whether the worst-case scenario (greatest accident to be expected) has actually occurred or whether it is possibly a false alarm. As with a fire alarm, it is not just a question of switching off the siren, but of practicing appropriate handling of the possible danger. If necessary, get in contact with competent partners and talk about the fear. Even if it was only a "false alarm", deal with the causes and possible solution strategies. This can reduce the feeling of helplessness and you are better prepared in an emergency.

Practical Information

Due to the high number of accidents in connection with the use of **rung ladders**, the technical rules for operational safety (TRBS 2121-2) have been fundamentally reformed. Work on ladders may only take place up to a height of 5m if these ladders have steps or, alternatively, an additional platform (e.g. hanging step, see picture). Various manufacturers already offer such an additional component. The working time on steps or platforms is unlimited up to a height of 2m. From a height of 2m to 5m, working hours are limited to 2 hours. Rung ladders can still be used as a connection; heights over 5 m are permissible if used only occasionally.



Foto: www.wuerth.com

News

Emergency situations, like the current corona crisis, are very challenging. We have to adapt, learn new behaviours and solutions. Even if it is not foreseeable when and how exactly the next crisis will take place, strategies practiced now can help you to act effectively and calmly. A firefighting and/or an evacuation exercise, which is mandatory in schools and kindergartens, helps to prepare on cases of emergency. The mission agencies in particular, are aware of their special responsibility towards employees, who often also work in crisis areas. They are constantly working on emergency plans to carry out evacuation in the event of unrest or natural disasters. There are also helpful behaviour strategies for emergencies such as theft, robbery, kidnapping and assassinations. See the USB-Info protection against infection (respiratory tract) and templates for emergency management and the at www.usb-net.de/materialien.

Further Training



Foto: Martin Breite

The **occupational safety seminar** for house technicians and responsible persons in churches will take place on October 17, 2020 at EFG Minden, Marienglacis 29-31, 32427 Minden. In this practice-oriented seminar we talk about fire protection, instruction and also about the handling and testing of equipment such as conductors or electrical devices. Registration takes place via the website www.usb-net.de.

*„We don't have to live the way we lived yesterday.
Let us get rid of this view
and a thousand possibilities invite us to new life“
(Christian Morgenstern)*