

## **Health and Safety Report to Congress 2016**

The panel has had a particularly busy year and I would like to thank all members for giving freely of their time and expertise. As I always say we are not experts but I am constantly being amazed by the range of topics and the time and effort that all the members put into supporting our panel and the associations members.

We started in June with a training day for Health and Safety representatives from across Scotland in Stirling. Here the panel members gave talks on a variety of subjects. It was as usual, a very informative day for all, Iain Glennie using his vast range of experience to talk about the role of a Health and Safety rep, Barbara Adams talking about the hidden dangers of Asbestos, Fiona Dalziel H&S and the Law, Adrian Marchant and the dangers of online social media and myself Stress and Violence.

We also welcomed Kellie Cunningham who gave a very interesting talk about Mindfulness and how it can help with stress and its effects.

We took this opportunity to appeal for new members for the panel and happily recruited several new representatives, bringing our numbers up to their maximum for the first time in several years.

One of which John Bennett, who has a vast range of experience, produced a really informative bulletin on Asbestos in Schools just before Christmas. The December newsletter also contained several articles from panel members all responding to an appeal for articles.

I must as usual thank everyone concerned for their input to the panel. Meetings are interesting lively and informative and I am always amazed at the range of experience and expertise that the panel show. A big thank you to all the panel members for giving so freely of their time, attending meetings, giving training and writing articles

I must as always give a particular thank you to Fiona Dalziel, for her advice, guidance and support.

Sue Edwards

Panel Convenor