

## Health Safety & Environment Department LTBs Issued January – December 2022

- 22LTB001 Health, Safety & Environment Department LTB Digest for 2021
- 22LTB002 The New Covid 19 Rules for the UK
- 22LTB017 Highway Code Changes and Updates From 29 January 2022
- 22LTB020 COVID-19 Infection – Self-Isolation Time Can Reduce To Five Full Days in England
- 22LTB021 Royal Mail Group – Coronavirus Unit Risk Assessments Update Version 9
- 22LTB022 Greener Jobs Alliance (GJA) Newsletter No. 36 – January February 2022 and GJA AGM
- 22LTB025 Royal Mail Group – Latest Updated Coronavirus Covid-19 – Frequently Asked Questions and Answers Guidance Document (Version 15)
- 22LTB026 Next National Hazard Campaign Meeting - 28th January 2022 - A Zoom On-Line Meeting
- 22LTB031 Royal Mail Group Coronavirus Update Easing of Restrictions Message From Dr Shaun Davis Director Safety
- 22LTB033 The New Covid-19 Rules for the UK – Update
- 22LTB035 Royal Mail Group – Provision of Personal Attack Alarms To Postal Workers
- 22LTB036 Royal Mail Group – Latest Updated Coronavirus Covid-19 – Frequently Asked Questions and Answers Guidance Document (Version 16)
- 22LTB037 Royal Mail Group (SHE) Safety Flash FY22 01 – Machine Isolation Safety – Engineer Serious Part Finger Amputation
- 22LTB039 Royal Mail Group (SHE) Safety Flash FY22 002 – Asbestos Incidents
- 22LTB040 CWU ‘Low Level Letterbox’ Campaign
- 22LTB043 RMG Coronavirus Update – Further Easing of Covid-19 Restrictions in Wales
- 22LTB047 Royal Mail Group – Coronavirus Unit Risk Assessment Update Version 10
- 22LTB048 RMG Driver Road Safety Briefing Communication WC 07.02.22 - 'Drink and Drugs'
- 22LTB049 Highway Code Changes – “THINK!” Campaign
- 22LTB050 Road Safety Warning! - Highway Code Changes - Staggering Number of Drivers Unaware of New Driving Rules – CWU Poster
- 22LTB056 Royal Mail Group (SHE) Safety Flash FY22 03 – Overheating Laptop Computers Lithium Ion Batteries – Fire Risk
- 22LTB057 Highway Code and Road Safety Law Changes – Post Office Ltd Action
- 22LTB067 Royal Mail Group (RMG) CWU Agreement – Mental Health First Aid Training for Physical Medical First Aiders and CWU Area Health and Safety Representatives (February-March 2022 Course Dates – Applications Now Invited)
- 22LTB068 Post Office Ltd Supply Chain (CVIT) – POL CWU Joint Driver Road Safety ‘Seat Belts’ Campaign WC 14 February 2022
- 22LTB069 RMG - Message From Dr Shaun Davis SRSC Regulations 1977 National Health and Safety Representation and Consultation National Agreements and RMG SHE Standard 2.3
- 22LTB071 RMG Coronavirus Update – Further Easing of Covid-19 Restrictions in Northern Ireland
- 22LTB072 RMG Menopause Guide – Supporting Women Through The Menopause – Updated Guide For Managers
- 22LTB073 Royal Mail Group – Let’s Talk Menopause Campaign – Launch of Enhanced Menopause Support Package For Women - Today 17 February 2022
- 22LTB078 British Heart Foundation (BHF) Heart Month – How To Help Your Heart
- 22LTB079 British Heart Month - Become A BHF lifesaver – Learn CPR In Just 15 Minutes And On-Line Training And New Digital App (RevivR)
- 22LTB082 Coronavirus Update – Further Easing of Covid-19 Restrictions in Scotland

- 22LTB090 Royal Mail Group (SHE) Safety Flash FY22 04 – Special Instructions To Delivery Staff Regarding Addresses With USO Exceptions Delivery Suspensions In Place
- 22LTB099 Royal Mail Group (SHE) Safety Flash FY22 05 – Safe Disposal of Lithium Ion Batteries – Battery Explosion and Fire in ‘Biffa’ Waste Disposal Box
- 22LTB100 Dr Shaun Davis Royal Mail Group Global Director Health & Safety – Resignation – Replacement Phil Graham Interim Royal Mail Group Global Director Health & Safety
- 22LTB102 Lifting of Covid-19 Restrictions – Delivery And Collection Of Test Kits
- 22LTB105 RMG Driver Road Safety Briefing Communication SHE Huddle WC 07.03.22 - 'Driver Eyesight'
- 22LTB106 Coronavirus Update – Further Easing of Covid-19 Restrictions in Wales
- 22LTB107 Royal Mail Group (SHE) Safety Flash FY22 06 – Serious Road Traffic Accident
- 22LTB109 Royal Mail Group (SHE) Safety Flash FY22 07 – Dangerous, Illegal Tyres
- 22LTB116 RMG - Contractors Health, Safety & Environmental Guide
- 22LTB117 RMP&FS Property Week - RMG SHE Huddle FY22 010
- 22LTB118 RMG – Environment Week - RMG SHE Huddle FY22 015 & Posters
- 22LTB121 ‘Specsavers’ Radio Advert – Portraying a Dog Attack on a Postal Worker
- 22LTB124 Mobile Phone Law Change on 25 March - Drivers Can Face Six Penalty Points and a £200 Fixed Penalty Fine
- 22LTB125 Greener Jobs Alliance (GJA) Newsletter No. 37 – March 2022
- 22LTB126 TUCAN (Trade Union Clean Air Network) Newsletter, Spring 2022
- 22LTB127 RMG Driver Road Safety Briefing Communication SHE Huddle FY22 016 - WC 21.03.22 - 'More Than a Cyclist'
- 22LTB131 Coronavirus Update – Planned Easing of Covid-19 Restrictions in Scotland
- 22LTB133 Correspondence With Simon Thompson CEO RMG – Health, Safety and Wellbeing in RMG Going Forward in 2022 and onwards – Post Pandemic
- 22LTB134 Reinstatement of Doorstep Signature Capture on Signed-For Deliveries
- 22LTB135 RMG New Updated Stay Calm On-Line Digital Replacement – Suspect Packages Parcels Dangerous Goods
- 22LTB142 CWU Wins Two Major Mental Health Work Awards
- 22LTB143 Scottish Government Appoints CWU’s Health and Safety Officer Dave Joyce to their Dog Control and Dangerous Dogs Law Review Group
- 22LTB147 Serious Dog Attack on Sheffield Postwoman
- 22LTB148 Workers Memorial Day – 28th April 2022 – Theme Make Safe And Healthy Work A Fundamental Right
- 22LTB149 Coronavirus Update – Covid-19 Face Covering Rules Ended in Wales - Scotland Announcement Imminent
- 22LTB150 Reinstatement of Doorstep Signature Capture on Signed-For Deliveries – Dog Awareness Briefing & FAQ’s Briefing
- 22LTB152 RMG – Latest Updated Coronavirus Covid-19 – Frequently Asked Questions and Answers Guidance Document Version 18
- 22LTB165 Stress Awareness Month – April 2022
- 22LTB168 Coronavirus Update – Covid-19 Face Covering Rules Will Be Ended in Scotland on Easter Monday 18 April 2022
- 22LTB169 National Hazards Conference 2022 – Theme “It’s a Deadly Business! But Decent work is Safe and Healthy”
- 22LTB172 Royal Mail Group (SHE) Safety Flash FY22 08 – Serious Dog Attack
- 22LTB183 Royal Mail Group Tyre Safety Campaign Tyre Safety - Why Risk It Dont Chance It Check It and ACT - Air Pressure Condition Tread

- 22LTB184 NHS issues urgent warning to all current and former cigarette smokers as the new Targeted Lung Health Check Programme is launched
- 22LTB190 House Of Commons DWP Select Committee Inquiry Final Report Published On The Health And Safety Executives Approach To Asbestos Management
- 22LTB193 Royal Mail Fiat Doblo Vans – Bonnet Detachment Incident – Bonnet Safety Catch Security Check - Urgent Royal Mail Fleet Technical Service Bulletin (TSB)
- 22LTB197 Royal Mail Group (SHE) Safety Flash FY22 011 – Serious Dog Attack in Garden
- 22LTB198 Royal Mail Group – Post Covid-19 Pandemic - Surplus Hand Sanitiser & Wipes
- 22LTB208 Royal Mail Group (SHE) Safety Flash FY22 012 – Serious Slip, Trip & Fall Accident in a Garden
- 22LTB209 Greener Jobs Alliance (GJA) Newsletter – ‘Energy Special Edition’ – April 2022
- 22LTB210 Trade Union Clean Air Network (TUCAN) On-Line Meeting Friday 6 May 11am – 1pm
- 22LTB212 Royal Mail Group – Latest Updated Coronavirus Covid-19 – Frequently Asked Questions and Answers Guidance Document (Version 19)
- 22LTB213 RMG Sun Safety Week RMG SHE Huddle FY22 022 & Posters Briefing Z-Card Pocket Leaflets Water Bottles Plasma Screen Message
- 22LTB215 RMG - Closure of Safety Audits Actions
- 22LTB219 Mental Health Awareness Week – 9-15 May 2022
- 22LTB220 Dog Bites Through The Letterbox - Royal Mail CWU Wins Appeal Court Case Over Ipswich Postman’s Dog Bite
- 22LTB221 Dog Law for Professionals Seminars 2022 – Focusing on Hot Topics for 2022
- 22LTB222 Royal Mail Group – Coronavirus Unit Risk Assessment Update Version 11
- 22LTB223 Royal Mail Fleet – Installation of 50 AEDs (Automated External Defibrillators)
- 22LTB226 Royal Mail – Provision of New Supply Branded Refillable 750 ml Water Bottles For Outdoor Workers “Staying Hydrated”
- 22LTB227 Royal Mail Group – Provision of Personal Attack Alarms To Postal Workers
- 22LTB228 BSC Safety Health and Wellbeing Event, Inc. Seminars and Exhibition ‘SHW Live’ – Manchester 23 24 May
- 22LTB231 Greener Jobs Alliance (GJA) Newsletter No. 38 – May 2022
- 22LTB233 Royal Mail Group Wide (Royal Mail, Parcelforce, RMSS, RMP&FS, RM Fleet etc) – Driver Road Safety ‘Seatbelts’ Campaign - WC 23 May 2022 (RMG SHE Huddle Briefing FY22 025 – Seatbelt Safety)
- 22LTB242 Royal Mail Group (SHE) Safety Flash FY22 013 – Serious Dog Attack in Garden
- 22LTB252 UK National Blood Donation Week 13-19 June 2022 & World Blood Donor Day 14 June 2022
- 22LTB256 Men's Health Week 13 – 19 June 2022 - ‘Time For Your MOT’
- 22LTB257 RMG SHE Huddle FY22 031 – Process For ‘Closing Out’ Property Remedial Actions on The RMP&FS ‘Compliance Records Database’
- 22LTB258 Royal Mail Group (SHE) Safety Flash FY22 014 – Loading Dock Safety & Loading Bay Traffic Lights
- 22LTB260 National Hazards Conference 2022 – Theme “It’s a Deadly Business! But Decent work is Safe and Healthy”
- 22LTB262 TUCAN (Trade Union Clean Air Network) Newsletter, Issue 4, May 2022 - Get Active on Clean Air Day 2022
- 22LTB263 LRD New Booklet Published - Stress and Mental Health at Work - A Guide for Trade Unions and Working People
- 22LTB267 National Clean Air Day – Thursday 16 June 2022 Theme “Air Pollution Dirties Every Organ In Your Body”

- 22LTB270 It's National Clean Air Day 2022 Today
- 22LTB271 Royal Mail Vauxhall Combo Van Serious Fire – Battery Power Lead Earthing Risk (RED TSB ISSUED)
- 22LTB272 Cervical Screening Awareness Week 2022 - June 20 – 26
- 22LTB273 Royal Mail Group Global Director Health & Safety – New Permanent Appointment
- 22LTB275 Royal Mail Group Estate - Recommissioning of Water Fountains
- 22LTB278 RMG Driver Road Safety Preventing Vehicle Rollaways & H.I.T. Campaign RMG SHE Huddle Briefing FY22 034 Avoiding Rollaways
- 22LTB284 Royal Mail Group Head of Health and Wellbeing – New Appointment
- 22LTB287 Warning to All Drivers as New Cycle Lane Law Comes Into Force This Week With £160 Fixed Penalty Charge Notice (PCN) Fines
- 22LTB288 Bowel Cancer Be Aware of the Common Symptoms
- 22LTB289 POL CWU – Driving Safely in Bright Sunlight and Sun Glare Conditions – Driver and Road Safety Campaign
- 22LTB292 RM CWU National Dog Awareness Week 2022 - Monday 4 July – Sunday 10 July 2022
- 22LTB295 RM CWU National Dog Awareness Week 4 – 10 July 2022 – Ordering Campaign Resources
- 22LTB296 RM CWU National Dog Awareness Week 4 – 10 July 2022 – Royal Mail Group Press Release and CWU Letter To Government Minister
- 22LTB297 RM CWU National Dog Awareness Week 4 – 10 July 2022 – RMG Dog Attack Statistics by Postcode and by Delivery Office
- 22LTB298 Health and Safety Executive (HSE) Publish New 10-Year Strategy 2022-2032 'Protecting People and Places'
- 22LTB302 New Report Published Finds Personal Safety is a Major Concern for Nearly 7 Million Workers
- 22LTB303 RMG Driver Road Safety – 'Vulnerable Road Users' Campaign (RMG SHE Huddle Briefing FY22 041)
- 22LTB306 Royal Mail Group – Sun Safety and Severe Weather Risk Assessment Process
- 22LTB308 Royal Mail Group Safety Director Message To All Managers -"Amber Heatwave Warning" and "Level 3 Heat Health Alert Warning" issued by Government Agencies"
- 22LTB310 Severe Heat Red Weather Warning 18-19 July 2022 – Royal Mail Group Message To All Managers/PiCs from Ricky McAulay RM Operations Development Director and Phil Graham RMG Interim Safety Director
- 22LTB311 Severe Heat Red Weather Warning - Royal Mail Distribution and Collections Drivers
- 22LTB312 Severe Heat Red Weather Warning – RMP&FS Workforce
- 22LTB314 Royal Mail Group Fleet - Air Conditioning
- 22LTB315 Greener Jobs Alliance (GJA) Newsletter No. 39 – July/August 2022
- 22LTB322 Safety, Health & Wellbeing Live Event (South) - 28-29 September 2022 – Farnborough International Exhibition and Conference Centre
- 22LTB324 RMG Driver Road Safety Driving At A Safe Distance Campaign (RMG SHE Huddle Briefing FY22 043) Only A Fool Breaks The Two-Second Rule
- 22LTB325 CWU's Jamie McGovern Wins TUC Safety Representative Award 2022
- 22LTB327 Sunlight UV Ray Protective Properties Test Results on the New Royal Mail Parcel Force Uniform Range Fabrics
- 22LTB329 Royal Mail Group Fire Safety Week 8 - 14 August 2022
- 22LTB330 Royal Mail Group - Night Workers Health Assessment 2022

- 22LTB340 Royal Mail Group Updated 'Severe Weather (HOT WEATHER) Safety Controls Guidance'
- 22LTB351 RMG Driver Road Safety – Distracted Driving Kills Campaign (RMG SHE Huddle Briefing FY22 050)
- 22LTB359 World Suicide Prevention Day 10 September 2022 – Year Two of the Three Year 2021-2023 Triennial Theme 'Creating Hope Through Action'
- 22LTB361 Promoting Good Mental Health In The Workplace on Tuesday 18 October at 10.30am - Virtual Event From The HSE
- 22LTB362 Postmenopausal HRT Medication Now Available For Over The Counter Purchase At High Street Pharmacies From This Month Following Landmark MHRA Reclassification
- 22LTB364 Solystic PSM Accident – Operators Loose Clothing Trapped in Conveyor - 'Precautionary Safety Measure Briefing Instruction' Issued By Royal Mail
- 22LTB365 National Eye Health Week 19 to 25 September 2022 (NEHW) – Vision Really Matters
- 22LTB366 Greener Jobs Alliance (GJA) Newsletter No. 40 – September 2022
- 22LTB368 Royal Mail Group – 2022 Free Flu Voucher Scheme Offer and On-Site Clinics
- 22LTB371 Post Office Ltd – 2022 Free Flu Vaccination Voucher Scheme Offer and On-Site Clinics
- 22LTB373 NHSBT National Organ Donation Week – 26th September - 2nd October 2022
- 22LTB374 Back Care Awareness Week – 3 – 7 October 2022
- 22LTB377 Royal Mail Group (SHE) Safety Flash FY22 018 – Parcel Sorting Machines (PSMs) - Unauthorised Access To Engineering Restricted Machinery Areas
- 22LTB382 SHE Flash FY22 019 Vehicle Loading Injury
- 22LTB402 World Mental Health Day 2022 – Theme 'Make Mental Health and Wellbeing For All A Global Priority'
- 22LTB405 RMG (SHE) Safety Flash FY22 020 – Vehicle Rollaway Accidents – Vehicles Left Running and in Gear Whilst Drivers Exited to Make Deliveries
- 22LTB406 RMG (SHE) Safety Flash FY22 021 – Delivery Slip Accident on 'Pressed Stamped Imprinted' Concrete Driveway Surface
- 22LTB407 RMG (SHE) Safety Flash FY22 022 – RM Fleet Workshop Fire Involving The Misuse of 'Flammable' Brake Cleaner Spray Fluid
- 22LTB420 Royal Mail Group (SHE) Alert GP SA 2022 001 – DVSA Spot Check Visits To Examine Transport & Distribution Managers & Drivers HGV Fleet Vehicles Pre-Use Safety Checks Compliance and Management of the PMT1 Fault/Defect Reporting Procedure
- 22LTB422 Government Response to the House of Commons DWP Select Committee's Asbestos Report and Recommendations
- 22LTB423 CWU Low Level Letter Box Campaign
- 22LTB424 Greener Jobs Alliance (GJA) Newsletter No. 41 – October 2022
- 22LTB429 Royal Mail and Parcelforce (Including Fleet and Engineering) Personal Protective Equipment (PPE) – Protective Clothing and Footwear Provision and Supply Issues
- 22LTB430 World Ventil8 Day – Theme 'Improving Ventilation for a Healthier World' - Free Webinar For H&S Reps 8 November 2022
- 22LTB432 Royal Mail Parcelforce and RM International Christmas Operations 2022 – Temporary Outhouses and Marquees
- 22LTB433 HSE - Workplace Health Expert Committee (WHEC) On-Line 'Free' Seminar – 'Work Related Suicide, An Evidence Review'
- 22LTB438 HSE Health and Work Conference 2022 - 15 November 2022 9.00am - 3.15pm
- 22LTB439 UK National Work Stress Network Conference 11 to 13th November 2022 Nottingham

- 22LTB440 Greener Jobs Alliance (GJA) Newsletter No. 42 – November 2022
- 22LTB441 The Climate Justice Coalition - COP27 Global Day of Action 12 November 2022 (30 Demos Across UK and Ireland)
- 22LTB442 TUC Events Bold Solutions – COP27 (UN Climate Change Conference)
- 22LTB443 National Stress Awareness Month 2022
- 22LTB444 Royal Mail Materials Handling Containerisation Update Christmas Arrangements 2022
- 22LTB447 'Brake' National Road Safety Week – 'Safe Roads For All' Campaign 14-20 November 2022 – 'Everyone's Life Matters On The Roads'
- 22LTB449 'Brake' National Road Safety Week – 'Safe Roads For All' Campaign 14-20 November 2022 – (Materials Further To LTB 447-2022)
- 22LTB453 Solystic PSM Accident – Operator's Loose Clothing Trapped in Conveyor – (Removal of Induct Workstation Chairs) PSM Safety Modification Update
- 22LTB481 RMG Driver Road Safety Briefing Communication WC 05.12.22 – 'SHE Huddle FY22 069 Drink and Drug Driving'
- 22LTB492 Driving (Royal Mail Group) Safe System of Work (SSOW), Updated Version 1.7 (Associated Risk Assessment TRA-03)
- 22LTB504 TUC Health & Safety Reps Survey 2022
- 22LTB505 Greener Jobs Alliance (GJA) Newsletter No. 43 – December 2022
- 22LTB511 Royal Mail Group (SHE) Safety Flash FY22 024 – RM Articulated Tractor Unit and Trailer 'Drive Off' From Loading Dock
- 22LTB513 Royal Mail Group – Workforce Health and Wellbeing Support