



STACS of News

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Wishing you a merry and safe festive season and a Happy New Year

Get a Grip on Ladder Safety

Ladders are an appropriate solution for low-risk and short duration work at height. When it is right to use a ladder, use the right ladder and get trained to use it safely.

The Ladder Association has put together a Ladder Safety Pack – containing all the essential information you need on the safe use of ladders, the new EN131 ladder standards and the importance of approved ladder safety training.

Download your FREE Ladder Safety Pack here:

www.ladderassociation.org.uk/get-a-grip

Centre for Disease Control (CDC) offers advice on how to stay healthy

Sung to the tune of The Twelve Days of Christmas.

1. The **first** way to health, said the CDC to me
[Wash hands](#) to be safe and healthy.
2. The **second** way to health, said the CDC to me
[Bundle up for warmth](#), and wash hands to be safe and healthy.
3. The **third** way to health, said the CDC to me
[Manage stress](#), bundle up for warmth, and wash hands to be safe and healthy.
4. The **fourth** way to health, said the CDC to me
[Don't drink and drive](#), manage stress, bundle up for warmth, and wash hands to be safe and healthy.
5. The **fifth** way to health, said the CDC to me
[BE SMOKE-FREE](#), don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
6. The **sixth** way to health, said the CDC to me
[Fasten belts while driving](#), BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
7. The **seventh** way to health, said the CDC to me
[Get exams and screenings](#), fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
8. The **eighth** way to health, said the CDC to me
[Get your vaccinations](#), get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
9. The **ninth** way to health, said the CDC to me
[Monitor the children](#), get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
10. The **tenth** way to health, said the CDC to me
[Practice fire safety](#), monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
11. The **eleventh** way to health, said the CDC to me
[Prepare dinner safely](#), practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
12. The **twelfth** way to health, said the CDC to me
[Eat well and get moving](#), prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

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