

Get Protected

THE FREE NEWSLETTER OF TAMESIDE MBC ENVIRONMENTAL HEALTH & CONSUMER SERVICES

ISSUE 14 DECEMBER 2002

Food Safety: Don't be a Turkey this Christmas

Leave your turkey in the oven until its thoroughly cooked to help cut out food poisoning this Christmas. Making sure your turkey and other joints of meat are cooked right through will help combat harmful food bacteria such as Salmonella and Campylobacter.

Safe food and preparation is not rocket science but when you're under pressure to do a great deal at once on Christmas day and over the holiday period the hygiene risks can be increased. Forgetting the basic hygiene rules could leave people suffering from unpleasant symptoms such as vomiting, diarrhoea and stomach cramps in addition to having a miserable Christmas and New Year.

The following table is a rough guide for turkey cooking times.

WEIGHT unstuffed	COOKING TIME* after thorough defrosting (190°C/ 375°F/ GAS MARK 5)
1.4 – 2.5kg (3 – 5lbs)	1½ – 2¼ hours
2.5 – 3.5kg (5 – 8lbs)	2¼ – 3¼ hours
3.5 – 5.5kg (8 – 12lbs)	3¼ – 4½ hours
5.5 – 8kg (12 – 17lbs)	4½ – 5¼ hours
8.0 – 9.5kg (17 – 20lbs)	5¼ – 7¼ hours
9.5 – 11.5kg (20 – 25lbs)	7¼ – 8¾ hours

*Not including time to preheat oven



- Finally, it's better to cook stuffing in a roasting tin. Nearly a third of Britons prepare their stuffing by placing it inside their turkey but this can mean the centre of the bird or the stuffing itself is not properly cooked.
- So help to avoid any upset this Christmas and remember to wipe out dirt and germs with a food safe sanitizer.

Have a Safe and Happy Christmas!

10 TIPS FOR FOOD SAFETY

- 1) Take chilled and frozen food home quickly - then put it in your fridge or freezer at once.
- 2) Prepare and store raw & cooked food separately - keep raw meat and fish at the bottom of your fridge.
- 3) Keep the coldest part of your fridge at 0 to 5°C - get a fridge thermometer.
- 4) Check 'use by' dates - use food within the recommended period.
- 5) Keep pets away from food - and dishes and worktops.
- 6) Wash hands thoroughly - before preparing or eating food, after handling raw food, after going to the toilet, or after handling pets.
- 7) Keep your kitchen clean - wash worktops and utensils between handling food, which is to be cooked, and food, which is not to be cooked.
- 8) Do not eat food containing uncooked eggs - keep eggs in the fridge.
- 9) Cook food well - follow the instructions on the pack. If you re-heat make sure it is piping hot. Always observe the standing time when microwaving food. When cooking beefburgers ensure there is no pink meat left inside and the juices run clear.
- 10) Keep hot foods hot and cold foods cold - don't just leave them standing around.

Doing your bit at home

Top energy and money saving ideas for the home

Central heating – Just turning your thermostat down by 1°C could cut your heating bill by 10%, saving you £15 - £30 a year.

Kettles – Boil just the water you need and, in one week, you'd save enough energy to light your house for a day.

Lights – switching off an unnecessary light for just one night saves enough energy to run a stereo for 24 hours.

Lights – installing one energy saving light bulb could save you £10 a year.

TV's, computers and hi-fis – don't leave these on standby.

Washing machines – save water and energy by using a lower economy programme and by washing a full load rather than half a load.

Fridge's – let food cool down before you put it in the fridge or freezer and avoid leaving the fridge door open for longer than you need.

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[www. !\[\]\(241407ae374027aec4b030ca93d07b05_img.jpg\) Tameside.gov.uk](http://www.Tameside.gov.uk)

Tips on Greener Driving

Drive smartly

Driving aggressively causes more pollution, will increase your risk of having an accident and will cost you more in fuel. Avoid rapid acceleration and heavy braking – accelerate smoothly, even in a traffic jam. Smoother driving can use 30% less fuel.

Check and maintain your car

Get your car checked regularly at the garage. Keep an eye on your fuel consumption and make sure your tyres are properly inflated. A well maintained car could use less fuel than one that is badly maintained and for every 6psi a tyre is under inflated, fuel consumption can rise by 1%.

Make sure your garage throws in an emissions test with the service. This can save you money as well as helping to prevent breakdowns by identifying problems with the engine.

Don't idle

Sitting in your car with the engine running damages the environment unnecessarily and wastes fuel. Idling also stops the catalytic converter, which is a device that removes pollution in the exhaust, working properly. In some European countries motorists switch off

their engine when waiting at traffic lights.

Don't use or carry things when you don't need them

Wide open windows, roof racks, heavy clutter in the boot and air conditioning can all add to your fuel bill. Roof racks and open windows both increase the wind resistance of your car and the amount of fuel you use. Keeping unnecessary items in the boot adds to the weight of the car, which also increases the amount of fuel you use – so check the boot regularly and take out what you don't need. Finally, using your air conditioning when you don't need to can cost you one mile for every two litres of fuel. Turn up your air vents instead.



Enjoy a green Christmas

Over the Christmas period there is a rapid increase in the amount of waste produced by households. This can lead to overflowing bins SO STOP AND THINK! A large amount of this waste can be recycled!

● Glass recycling

Tameside residents throw away an average of 14 glass bottles per household over the Christmas period. This amounts to over 1.3 million glass bottles that could be diverted from landfill if residents used recycling banks.

● Can recycling

The number of cans consumed during the festive season increases as parties get under way. Tameside council now recycle both steel and aluminium cans, including food containers such as baked bean tins. You can recycle them at any can-recycling bank in the borough. Please rinse cans to remove any trace of food.

● Christmas tree recycling

When the festive season comes to an end and it is time to take down the Christmas tree, don't forget that it can be recycled at:

Civic amenity, Ash Road, Droylsden
Civic amenity, Bayley Street, Stalybridge

- Reducing the amount of rubbish is also about sliming your bin, buying products with less packaging and reusing items like bottles, carrier bags and refillable containers. This all helps to reduce landfill.

There are now 53 glass, 32 can, 22 paper and 4 plastic recycling sites spread throughout Tameside. We are constantly expanding the number of recycling sites in the borough. A full directory of current sites can be viewed on the council web site. Any suggestions of suitable locations are welcomed by contacting the environmental call centre.



Shoppers Factsheet!

When you buy goods you have certain rights, which are laid down in law:

1. The goods must be of satisfactory quality and safe to use.
2. They must not be damaged in any way, or have anything wrong with them, unless the person selling them has pointed this out to you.
3. They must be suitable for the purpose for which you bought them.
4. Goods must be as they are described by the seller, or on the package or display sign.

When you don't have any rights

If you examined the goods when you bought them and should have seen the fault.

If you were told about the fault before you bought it.

If you simply changed your mind.

If you made a mistake when you bought the goods.

If you did the damage yourself.

Many shops may help you out in circumstances like these – but you have no legal right to expect them to do so.

Other things to think about

If you phone to complain, you should always try to follow up your complaint with a letter – especially if your complaint is serious.

When you write to complain, think about using special delivery (or a similar service). That way, you can easily check that your letter has been delivered.

Keep copies of anything you send.

Don't send original documents such as receipts and guarantees – send copies.

You do not need a receipt to complain about faulty goods, but it is useful evidence. Find something else which proves where and when you bought the goods.

If someone was with you when you made the purchase, use him or her as a witness.

If you have any questions for consumer services, then please feel free to ring the Environmental Call Centre.

STRESS

Stress is a natural reaction to excessive pressure – it isn't a disease, but if stress is immoderate and goes on for some time, it can lead to mental and physical ill health (e.g. depression, nervous breakdown, and heart disease).



TELL TALE SIGNS!

- Do you feel guilty when relaxing – uneasy if not 'on the go'?
- Do you lie awake worrying about tomorrow?
- Are you tense...does your neck feel 'knotted – up'?
- Are you impatient or irritable – do you interrupt when others are talking?
- Do you feel that you have a lot on your mind – have difficulty concentrating?
- Are you smoking or drinking more – do you eat in a hurry?
- Does life seem full of crises – are you always having rows?
- Do you find it difficult to make simple decisions?
- Do you feel frustrated when people don't do what you want?
- Do you frequently experience a butterfly stomach, a dry mouth, sweaty palms or a thumping heart?

Recognising Stress

Physical Signs	Emotional Signs	Behavioural Signs
High Blood Pressure	Anxiety Attacks	Chain Smoking
Insomnia	Depression	Over Eating
Fatigue	Loss of Libido	Loss of Appetite
Headaches	Loss of Sense of Humour	Excessive Drinking
Digestive Disorders	Aggressiveness	Drug Abuse
Dishevelled Clothing	Apathy	Poor Time Keeping
Slouched Posture	Poor Concentration	Indecisiveness
Bloodshot Eyes	Being Tearful	Forgetfulness
Sweating	Loss of Confidence	Obsessive Behaviour
Chest Pain	Withdrawn	Erratic Behaviour

RELAXATION

❖ **Learn to recognise when your muscles are tensed – this is a sign of stress.**

❖ **This simple breathing exercise may help you to combat stressful moments in your life.**

1. **Sit with your feet flat on the floor, or lie in a comfortable and supported position. Rest your hands lightly on your thighs.**
 2. **Breathe slowly and deeply in through your nose and out through your mouth. If you are breathing correctly your stomach, not your chest, should rise at the start of each breath.**
 3. **As you breathe, gradually drop your shoulders and relax your hands. Make sure your teeth are not tightly clenched.**
- ❖ **Calm, controlled breathing helps to release muscular tension and relieve stress.**

Noisy Neighbours

The Environmental Protection Section deals with approximately 700 complaints about noisy neighbours each year. The majority are dealt with successfully by letter and advice, however there are occasions when legal action is necessary. A recent case of a resident playing excessively loud music at any time of the day and night resulted in a prosecution and fine of £1000 with costs for breaching the legal notice.

TOP TEN TIPS TO BE A GOOD NEIGHBOUR

- 1) Make sure a keyholder can be contacted if your burglar alarm goes off while you are on holiday. Keyholder registration forms can be picked up from the Environmental Protection Department in the Council Offices, they're also available from Customer Service Centres and on the Tameside MBC Public Website. They are easy to fill in and don't require a stamp.
- 2) The volume of hi-fi's, radios and televisions as low as possible especially at night.
- 3) Position fridge's, freezers and loud speakers well away from party walls.
- 4) Use washing machines, vacuum cleaners and other noisy equipment during the day.
- 5) Try to ensure that your dog does not bark or whine for long periods of time
- 6) Do noisier DIY jobs during the day.
- 7) Inform your neighbours if you're having a party and try to keep noise to a minimum.
- 8) Try to buy/hire domestic appliances or DIY equipment which is the quietest available.
- 9) If you play a musical instrument, do not practise early in the morning or late at night.
- 10) Try to carry out unavoidable noisy activities during the hours of:-
8:00am – 7:00pm Weekdays/Saturdays
10:00am – 5:00pm Sundays.

Any other advice or information can be obtained from Environmental Protection at the Council Offices, or by phoning the Environmental Call Centre.

PASSIVE SMOKING AT WORK!

As winter is here more smokers decide that going outside for a quick cigarette is too cold and they therefore take up their habit inside, some around other co-workers or in corridors that others need to pass through.

The Risks!

Smoking is the single most important cause of disease and premature death. Independent scientific bodies throughout the world have also concluded that passive smoking can cause lung cancer in non-smokers. Passive smoking can have an acute irritant effect on the eyes, throat and respiratory tract, and can aggravate asthma.

The Facts!

The smoke is mainly 'sidestream' smoke from the burning tip of cigarettes, cigars or pipe tobacco but there is also some 'mainstream' smoke exhaled by smokers. Both sidestream and mainstream smoke contain small droplets of tar together with nicotine and a wide range of vapours and gases such as carbon monoxide, ammonia, hydrogen cyanide and acrolein.

What should an employer do?

An employer should have a specific policy on smoking in the workplace, it should be written down and made available at all time. It should give priority to the needs of non-smokers who do not wish to breathe tobacco smoke. In some situations, a

complete ban may be justified for safety reasons; for example where there is a risk of fire or explosion.

There is no single ideal policy on smoking as each workplace is different. The only effective ways to achieve a smoke-free environment for non-smokers are:

To introduce a total ban on indoor smoking; or

To ban smoking in all parts of the premises except in enclosed areas designated as smoking areas.

A less effective way, but one which employers may have to consider in the light of the constraints of the workplace or the wishes of the staff is:

To segregate smokers and non-smokers in separate rooms and ban smoking in common areas.

Good ventilation will reduce the effects of tobacco smoke, but will not completely prevent exposure. With mechanical ventilation, employers should consider discharging air from smoking areas separately rather than allowing it to enter the recirculation system, or a suitable decontamination system is introduced. The build up of tobacco smoke in a building is a sure sign that the ventilation system isn't working.

Shopping on the Internet – Better safe than sorry!

- As with any other type of purchase, take the time to shop around for the best deals and prices. Don't act on impulse!
- Find out as much as possible about the company you are dealing with, its address and telephone number if possible.
- Check that the product will work; electrical systems and safety standards do vary between countries.
- Delivery – can you choose the time and place that suits you? If you want the goods for a special occasion. Will there be a delivery charge and who is going to pay for goods returned?
- If you change your mind about goods, you are entitled to a full refund within 7 working days from the date the goods are delivered, or for services, within 7 working days after you have agreed to the work. This only applies to EU traders.
- Limit your risk if you select a company outside of the UK and EU countries by not purchasing anything too expensive. If the goods fail to turn up or they are faulty you may have difficulty in getting your money back.
- Print off a copy of your order with the order number, date of order and details of the things purchased. It would be a good idea to print off a copy of the advert as well.
- Pay by credit card, especially if the cost is over £100. The Credit Card Company will then be jointly liable if things go wrong.
- To protect yourself, do not give out too much information about yourself and select a secure site.
- If you buy from private individuals or from online auctions you have fewer rights. Before you indulge, make sure you know your rights by going to the Council website or by contacting the environmental call centre.