



On the Road Again!



Brain Steer (Burnley) made Crossland Tankers presence felt at the Agricon Show held on Friday 25th & Saturday 26th March at the Old Swan Hotel, Harrogate. Agricon is organised by the RHA (Road Haulage Association) Agricultural Group.

The show took the format of specialist group meetings on the Friday followed by a conference on Saturday morning which included guest speakers. The show was a resounding success as always with the delegates and attendees already looking forward to next year.



Crossland Tankers are exhibiting at the Plant and Waste Recycling Show (PAWRS) 2011. This is our 2nd consecutive year exhibiting at the PAWRS which has been going for 25 years. This show attracts some of the biggest names in the Plant and Waste, Recycling Industry from across Europe and USA, all of them offering solutions to reduce waste, managing its disposal or recycling it. We are exhibiting 2 tanks at this show. A 44tonne aluminium vacuum tanker trailer and a 32tonne tipping rigid ADR vacuum tanker.

2010 Charity Committee Bids Farewell

The 2010 charity committee rounded off their duties with a luncheon to hand over the final money raised for the MS Society in 2010. Tom Mallon of the MS Society NI was in attendance to accept a total of £454 generated from the Staff Barbecue, Sponsored Diet and a cash donation from a supplier. Tom expressed his extreme thanks for all of the support that Crossland Tankers has shown over the past few years to the MS Society NI and wished Crossland Tankers the best of luck in their fundraising activities for 2011.



Back row (L-R) Stephen McFerran, Patrick McGrath, Eugene O'Kane. Front row (L-R) Cathy McKeefry, Dymphna Kearney, Tom Mallon (MS), Rosemary Maunsell.



HEALTH *and* WELLBEING

Hay fever is a condition that affects many of us in some form or other and we can contract this at any stage in our lives. Hay fever, is also known as seasonal allergic rhinitis and it affects around 20% of people in the UK and is mainly caused by grass pollen.

What causes hay fever?

Hay fever is mainly caused by grass pollen, increasingly, tree and shrub pollen, mould spores and weeds cause it too.

The pollens that cause hay fever vary from person to person and region to region. The amount of pollen in the air will affect how bad your hay fever is.

There's more likely to be more pollen in the air on hot, dry windy days than on cool, damp, rainy days. Research shows that pollution, such as cigarette smoke or car exhaust fumes, also make some allergies worse.

The time of year at which you begin to experience hay fever symptoms varies depending on the types of pollen you're allergic to. Trees start to release their pollen in April, grasses mid-June and weeds and certain shrubs in late summer.



Symptoms of Hay fever

Hay fever symptoms vary in severity and your symptoms may be worse some years than others, depending on the weather conditions and the pollen count. Your symptoms may also start at different times of the year depending on which types of pollen you are allergic to.

The symptoms of hay fever include:

- Frequent sneezing
 - Runny or blocked nose
 - Itchy, red or watery eyes (also known as allergic conjunctivitis)
 - An itchy throat, mouth, nose and ears
- Less Commonly you may experience:
- The loss of your sense of smell
 - Facial pain (caused by blocked sinuses)
 - Sweats
 - Headaches

Whilst symptoms of hay fever may be mild, they can interfere with your sleep and daily activities.

Hay fever symptoms are likely to be worse if the pollen count is high. The pollen count is the number of grains of pollen in one cubic metre of air.



Tips to reduce Hay Fever

Calm Down—try to reduce your stress levels. A survey showed a clear link between stress and the severity of hay fever symptoms. Almost seven out of ten stressed-out hay fever sufferers rate their symptoms as unbearable or debilitating. As stress levels drop, symptoms become milder. For information on how to reduce stress levels go to: <http://www.nhs.uk/livewell/stressmanagement/Pages/Stressmanagementhome.aspx>

Exercise More—regular exercise can improve your hay fever. The survey found that people with hay fever who exercise most have the mildest symptoms. Exercise will help reduce your stress levels, too. You should aim to do 30 minutes of exercise, at least five times a week. But avoid exercising outdoors when the pollen count is high.

For more information and practical advice on exercise, go to: <http://www.nhs.uk/Livewell/Fitness/Pages/Fitnesshome.aspx>



Eat Well—A survey suggests that people with hay fever who eat healthily are less likely to get severe symptoms. Eat a varied, balanced diet with plenty of fruit and vegetables, but be aware that some healthy foods can make hay fever symptoms worse.

Foods that can worsen hay fever symptoms include apples, tomatoes, stoned fruits, melons, bananas and celery. For more tips and information, you can find out more at: <http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx>

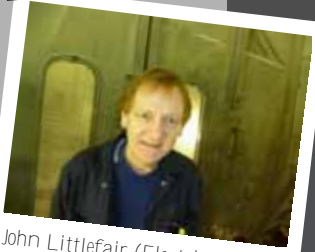
Alcohol—try to reduce your alcohol intake during the hay fever season. It was found that alcohol makes you more sensitive to pollen and dehydration which causes the symptoms seem worse.

Sleep well—try to avoid too many late nights during the hay fever season. A survey found that people with hay fever who get a good nights sleep tend to have the mildest symptoms.

Source: <http://www.nhs.uk/Conditions/Hay-fever/>



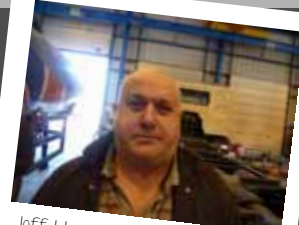
NEW STARTS



John Littlefair (Electrician/
Mechanic, Burnley)



Darren Feeny (Yardman/ Van
Driver, Burnley)



Jeff Housley (Repair shop,
Burnley)



Geoff Bispham (Tankshop,
Burnley)



Emma Hogarth
(Accounts,
Burnley)



Balzej Czarski
(Welder, Swatragh)



Niall Mullan (Apprentice
Welder, Swatragh)



Pearse Brolly
(Apprentice Welder,
Swatragh)



Zach Adlard
(Apprentice Welder,
Swatragh)

Safety Matters

In this edition we are going to look at Personal Protective Equipment (PPE) and ask the question what is PPE, talk about the different types of PPE and the duties of the employee regarding PPE.

What is Personal Protective Equipment (PPE)?

PPE is defined in the Personal Protective Equipment at Work Regulations as:

'All equipment (including clothing affording protection against the weather) which is intended to be worn or held by a person at work which protects them against one or more risks to their health and safety'.

The hazards and types of PPE

Eyes

Hazards: chemical or metal splash, dust, projectiles, gas and vapour, radiation. Options: safety spectacles, goggles, face shields, visors.

Head

Hazards: impact from falling or flying objects, risk of head bumping, hair entanglement. Options: a range of helmets and bump caps.

Breathing

Hazards: dust, vapour, gas, oxygen deficient atmospheres. Options: disposable filtering face piece or respirator, half or full face respirators, air fed helmets, breathing apparatus.

Protecting the body

Hazards: temperature extremes, adverse weather, chemical or metal splash, spray from pressure leaks or spray guns, impact or penetration, contaminated dust, excessive wear or entanglement of own clothing. Options: conventional or disposable overalls, boiler suits, specialist protective clothing, gloves e.g. chainmail aprons, Kevlar gloves or high visibility clothing.

Duties of Employees regarding PPE

The Personal Protective Equipment at Work Regulations place duties on employees to take reasonable steps to ensure that PPE provided is properly used and must be worn and used in accordance with the instructions provided to them.

PPE must be examined before use, any loss or obvious defect must be immediately reported to their supervisor.

Employees must take reasonable care of any PPE provided to them and not carry out any maintenance unless trained or authorized to do so.



CHARITY UPDATE



The Swatragh Charity Committee for 2011 has been chosen, the lucky candidates are; Cathy McKeefry, Emma Corbett (BP McKeefry), Karl McTague (BP McKeefry), David Keys (BP McKeefry), Peadar Sheridan (Crossland Tankers), Conor Quinn (Crossland Tankers), Dympna Kearney (Crossland Tankers).

The new committee wasted no time in meeting with various local charities to try to decide which one to sponsor for 2011. The decision is not an easy one and after much deliberation the committee unanimously voted to support Huntington's Disease Association.

The Committee met with the representatives from the charity to plan the fund raising events to be held throughout the year and agree a target amount of £10,000 to be raised in 2011 (no pressure there then!).

We will keep you posted through out the year on the progress of this and how much is raised against the target.



Back row (L-R) Dympna, Paula McIlhinney (HDANI), Karl, Cathy, David and Conor.
Front row (L-R) Peadar, Emma and Errol (HDANI)

What is Huntington's Disease?

Huntington's Disease, which is often call HD, is an hereditary disorder of the central nervous system. It used to be known as Huntingdon's Chorea or HC. Huntington's Disease usually develops in adulthood and can cause a very wide range of symptoms. It affects both men and women.

What Causes Huntington's disease?

Huntington's disease is caused by a faulty gene, the gene produces a protein called Huntingtin. In some way it is not yet understood the faulty gene leads to damage of the nerve cells in areas of the brain. This leads to gradual physical, mental and emotional changes. Each person whose parent has Huntington's disease is born with a 50:50 chance of inheriting the faulty gene. Anyone who inherits the faulty gene will, at some stage develop the disease. A genetic test is available and this will usually be able to show whether someone has inherited the faulty gene, but it will not show the age at which they will develop the disease.

Symptoms

The Symptoms of Huntington's Disease usually develop when people are between 30-50 years old, although they can start much earlier or much later and can differ from person to person, even in the same family. People experience many different symptoms but these may include involuntary movements, difficulty in speech and swallowing, weight loss, emotional changes resulting in stubbornness, frustration, mood swings and depression.

Currently there is no cure for the illness but there are many ways to manage symptoms effectively.

More information on the disease and the help offered to families and their sufferers can be found at HDANI.org.uk



Schools Out!

Crossland Tankers exhibited at the NEELB careers fair in Ballymoney town hall on the 23rd march 2011. This is the second time that we have provided a company presence at this fair. Year 12 pupils from the local schools; Ballymoney High, Dalriada and Our Lady of Lourdes were in attendance.

All were very keen to find out exactly what Crossland Tankers did, as a lot of them had never heard of Crossland Tankers or even Swatragh for that matter; their geographical knowledge ended after Kilrea and Garvagh!

But not to worry Julie and Dymna were on hand to educate them in the scope of activities and careers within Crossland Tankers and the geographical location of our head office!

Let's hope they haven't been put off in becoming our employees of tomorrow!



Calendar of Events for 2011

The new charity committee have wasted no time in planning events for 2011.

There are the usual suspects taking part in the Belfast Marathon on 2nd May, we have a total of 3 marathon runners and 3 relay teams only too willing to pound the pavements of Belfast to raise funds for HDANI.

We will keep you posted on the relay team and marathon runner with the fastest time. We hear that Dermot is odds on favourite to clinch the best time for the full marathon!!

Other events planned for the coming year are;

Car Wash
Truck Pull
Barbecues
Table Quiz
Santa Dash

The dates of the events are to be finalised so watch this space to ensure you don't miss a fun day.



**Our Target for 2011
£10,000... So Come on
get involved, together
we can reach it!**



MATCHES & HATCHES

Congratulations to Stephen McFerran (Design Manager) and his wife Ellen on the birth of their baby daughter Aimée on the 23rd March 2011 weighing in at 6lb 4ozs.



Baby Aimée, only a few hours old

Length of Service

Congrats to the following employees who have stood the test of time at Crossland Tankers (so Far!)

5Years

Marek Lilla

10 Years

Rebecca Parrington
Gary Chew
Paul Whitehead

Silver Wedding Celebrations!

Congratulations to Paul Raidy (Welder, Burnley) and his wife Andrea who are married 25years on 26th April 2011.

Paul and Andrea have been featured in previous editions of the newsletter for taking part in the Belfast marathon and for Paul being a member of the Burnley charity committee..

We would like to wish both of you many more happy years together.



Andrea and Paul Raidy

Comments/Feedback

Your comments on the newsletter and the articles featured in each edition are most welcome or if you wish for something to be included in the next edition please feel free to contact Dympna Kearney;

e: Dympna@crosslandtankers.com
t: 02879 401555



A total of £3,785.22 was raised for the NI Hospice in 2010.

Crossland Employees just keep giving and giving.

Through the Payroll Giving scheme, Crossland Tankers employees have generated a fantastic sum of £2,824 for various worthy UK charities.

Total raised in 2010 by Crossland Tankers for various charities was £7,063.22

The Charity Committee would like to say a BIG THANK YOU! to everyone who contributed and gave their time freely to assist in the activities throughout 2010, without you we would not have achieved this fantastic sum.

