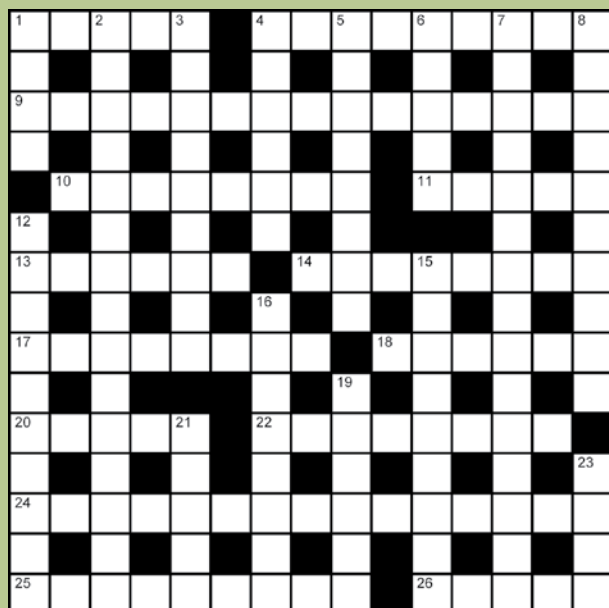




in the shed

Our monthly puzzle page to keep you entertained when you're forced indoors..

CROSSWORD



Across

- 1 4th letter of the Greek alphabet (5)
- 4 Mountain range of Afghanistan, extending into Pakistan and India (5,4)
- 9 1990 film starring Arnold Schwarzenegger as detective John Kimble (12,3)
- 10 Marine creature also known as horsehead and opah (4-4)
- 11 Overshadow, make to look small (5)
- 13 Severe shortage (6)
- 14 More blasphemous (8)
- 17 In a coarse, contemptible manner (8)
- 18 Hindu/Muslim practice of secluding women from the sight of strangers (6)
- 20 Relating to birth (5)
- 22 Chrysanthemum relative used in traditional medicine (8)
- 24 British Prime Minister 1963-4 (4,7-4)
- 25 Comedian, 1931-93, famed for mother-in-law jokes (3,6)
- 26 North African country bordering Libya (5)

Down

- 1/12 Title currently held by HRH the Prince of Wales (4,2,8)
- 2 Welsh anthem - properly, Hen Wlad Fy Nhadau (4,2,2,7)
- 3 Mountain range forming the backbone of Italy (9)
- 4 Traditional Scottish delicacy (6)
- 5 --- soul, music genre made popular at venues such as Wigan Casino (8)
- 6 Overturn, tip over (5)
- 7 Hy Zaret / Alex North song, one of the most recorded of the 20th century (9,6)
- 8/23 Keep one's fingers crossed (4,3,3,4)
- 12 See 1
- 15 Glow, emit light (9)
- 16 Hands and knees (3,5)
- 19 Mythical island where the sword Excalibur was forged (6)
- 21 Iron Age kingdom of Asia Minor (5)
- 23 See 8

QUICK 'NINE HOLE' QUIZ

1. David Beckham is clocking up the caps but whose record of most England caps does he have in his sights?
2. What is the name of the player at the centre of Rugby Union's Bloodgate scandal?
3. Talking of scandals. Which motor company owns the team that Flavio Briatore was in charge of before he resigned?
4. More scandal. What is the name of the South African 18 year old 800 metre runner caught up in the gendergate scandal.
5. Over which course was this year's Walker Cup played?
6. Name the 17 year-old tennis player from Guernsey who won the Girls' Open at the US Open at Flushing Meadows.
7. Which football team plays at Pittodrie Stadium?
8. Name the English athlete who won the Heptathlon at the recent World Athletics Championships.
9. Name all five managers of the UK and Ireland national football teams

9	5			6		8		
6		1		8	2	B		A
8		2	4	9				
	9		C	5			4	2
3	A		2				5	6
	4		5		7	A	C	3
	2		6		B	4		3
	C	8				1		6
1	5			A	C		4	
				6	7	1		3
A			B	5	9		6	7
		6		4			2	A

MONSTER SUDOKU

Fill in the grid so that every row, every column and every 4x4 box contains the numbers 0 to 9 and the letters A to E.

				4	8	3			9
			4	9		5			
3								5	
		5					3	9	1
	4				2			8	
9	8	1					7		
	3								2
				3		1	5		
5				2	9	7			

SUDOKU

Fill in the grid so that every row, every column and every 9 box shape contains the numbers 1 to 9.

Puzzle Answers on page 73

Daily SuDoku: Fri 25-Sep-2009

hard

First Aid at Work

October 1st 2009 sees the introduction of changes in the First Aid at Work Regulations.

The HSE has concluded that whilst many workplaces had people trained to provide first aid there were deficiencies in how skills were kept up to date and also that the right number of people with the right skills were present in the workplace.

The new Regulations seek to address these issues. In essence the new Regulations are

1. The four day First Aid at Work (FAW) course will be shortened to three days.
2. There will be a new qualification of Emergency First Aider (EFAW) which will be a one day course.
3. The FAW requalification course will remain unchanged at two days
4. The FAW qualification is still valid for three years
5. It is strongly recommended that annual three hour refresher training

is carried out to retain skills for both First aiders and Emergency First Aiders

6. Trainers for both qualifications must be from HSE approved providers
7. The Appointed Person for low risk environments still exists.

Existing First Aid qualifications will remain valid until the certificate expires at which time the new Regulations will apply. If you are an existing or newly qualified first aider you can continue to give the relevant degree of first aid under the new regulations. You should, however, consider annual refresher training.

The numbers and type of First Aiders required in the workplace is decided by a risk assessment which should consider,

1. The hazards and risks within the workplace and the activities carried out
2. The number of people employed
3. The travel time from emergency service help

4. The needs of those who work alone or remote from the main workplace
5. The need to cover holidays and absences of existing first aiders and Appointed Persons.

Fully trained First Aiders are appropriate for places with high perceived levels of risk or larger numbers of employees or where the site is remote from emergency help. Emergency First Aiders are for lower risk sites with few employees and where the Emergency Services can be summoned quickly. The lowest category of Appointed Person is for very low risk environments and where emergency help is easily obtained

The HSE is to issue renewed guidelines for the number of first aiders in low and high risk workplaces in October. Following the issue of these guidelines a review of your existing risk assessment should be carried out to ensure you have the right number and type of First Aiders



intheshed answers

QUICK 'NINE HOLE' QUIZ ANSWERS:

1. Peter Shilton; 2. Tom Williams
3. Renault; 4. Caster Semenya
5. Merion GC; 6. Heather Watson
7. Aberdeen FC
8. Jessica Ennis
9. Fabio Capello (England); George Burley (Scotland); John Toshack (Wales); Nigel Worthington (Northern Ireland) and Giovanni Trapattoni (Republic of Ireland).

CROSSWORD

D	E	L	T	A		H	I	N	D	U	K	U	S	H
U	A	P		A	O	P	N	O						
K	I	N	D	E	R	G	A	R	T	E	N	C	O	P
E		D	N		G	T		N	H		E			
	M	O	O	N	F	I	S	H		D	W	A	R	F
O	F	I	S		E									
F	A	M	I	N	E		P	R	O	F	A	N	E	R
C	Y		E		A	N		L	E		T			
O	A	F	I	S	H	L		P	U	R	D	A	H	
R		A		L		A		O	M		E			
N	A	T	A	L		F	E	V	E	R	F	E	W	
W		H	Y		O	A		E	L		B			
A	L	E	C	D	O	U	G	L	A	S	H	O	M	E
L		R	I		R	O		C	D		S			
L	E	S	D	A	W	S	O	N		E	G	Y	P	T

MONSTER SUDOKO

B	9	5	7	3	1	6	A	4	8	2	C
C	6	4	1	7	5	8	2	B	3	9	A
8	A	3	2	4	C	9	B	5	7	1	6
7	1	9	8	C	3	5	6	A	B	4	2
3	B	A	C	2	8	1	4	9	5	6	7
6	4	2	5	B	7	A	9	C	1	3	8
9	2	7	6	8	B	4	5	3	A	C	1
4	C	8	A	9	2	3	1	7	6	B	5
1	5	B	3	6	A	7	C	2	4	8	9
2	8	C	4	A	6	B	7	1	9	5	3
A	3	1	B	5	9	2	8	6	C	7	4
5	7	6	9	1	4	C	3	8	2	A	B

SQUIGGLY SUDOKO

6	5	2	4	8	3	1	7	9
1	7	4	9	6	5	2	3	8
3	9	8	7	1	2	4	5	6
2	6	5	8	7	4	3	9	1
7	4	3	1	2	9	6	8	5
9	8	1	5	3	6	7	2	4
4	3	7	6	5	8	9	1	2
8	2	9	3	4	1	5	6	7
5	1	6	2	9	7	8	4	3