

DOUNREAY NEWS

THE SITE NEWSPAPER



full story on page 3

TANK BUSTERS

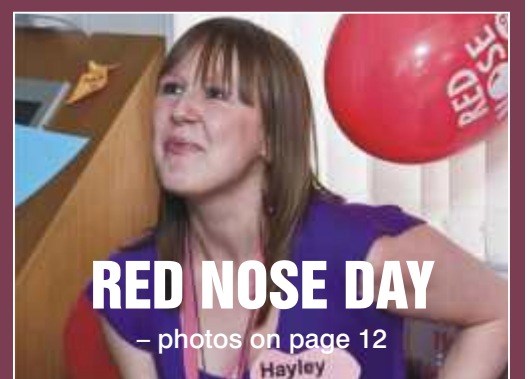


NEW STACKS GO UP

- page 5

CAITHNESS SWEEPS THE BOARDS AT AWARDS CEREMONY

- centre pages



RED NOSE DAY

- photos on page 12

Hayley

ON THE RECORD

by Simon Middlemas
Dounreay Director

It's exactly 12 months since we became a company in our right.

"Now, more than ever, we stand or fall by our own results," I wrote here a year ago.

Companies live or die by their results. We share the rewards when the company is successful and we feel the pain when it is not, none more so than when it comes to the profits.

A lot of progress has been made in 12 months to deliver the Lifetime Plan that is the basis of our contract with the NDA.

We destroyed the first of the big liquid metal hazards at PFR, we started to destroy the other big liquid metal hazard in DFR, we got the cementation plant up and running again and kept the new D3900 plant on track for building work to begin.

We successfully piloted the low-level waste disposal project through the planning application process, we isolated the shaft from the groundwater and got rid of the PUMA cell after a remarkable clean-out.

We can be very proud of these and many other achievements, especially a safety incident rate that has reduced steadily and sat below the NDA average, but recently, it's jumped upwards. We had a few incidents last month - you will have noticed this because the LTA monitor at the main gate was reset to zero again, and that was only one of three issues. Even one instance of harm is too many. We must strive always for zero.

What we didn't do so well was to take full commercial advantage of these achievements. Our profit for the year - and therefore the bonus that each and every one of us can earn - wasn't as good as it could have been. This year, we must continue to deliver on the ground and get smarter at how we reap the rewards.

We must keep up the pressure to eliminate silly mistakes, to find even more efficient ways to deliver the same results for less cost and to root out the non-compliances that harm our credibility. But, **nothing** takes precedence over our safety and our environment.

Twelve months from now, I want us to reflect on a job well done, a profit well earned and a bonus richly deserved. But most of all I want us to get there without harm to anyone. ○

Send your stories to the editor at:



sue.thompson@dounreay.com

Dounreay's new challenge

Following our successful achievement of the security challenge in February, health & safety assurance manager **Bill Stocko** outlines the new challenge for Dounreay.

The objective of this safety challenge is to improve our awareness and compliance with site fire safety policies and standards, and hence to minimise the potential for fires to occur at Dounreay.

Every year people die or are injured by fires in the workplace. The financial cost of a fire can be equally devastating. Annually, the cost to business through fire runs to many millions of pounds, and companies are all too often unable to recover from its catastrophic effects.

We had a reminder of this at Dounreay last year when a fire occurred in the FCA. Combustible material left next to and above an electric wall-mounted panel heater spontaneously ignited. No one was injured as a result of this fire but, without the quick response of the Dounreay Fire Ambulance & Rescue Services, things might have been much worse.

Everyone has a part to play in preventing fire in the workplace. Good housekeeping, minimising the accumulation of combustible materials, and controlling ignition sources are just a few ways to reduce the risk of fire.

Keep escape routes clear and fire doors closed to protect personnel and



reduce the fire's ability to spread. Finally, perform end-of-day checks to ensure that ignition sources are turned off, flammable liquids are locked in a proper store and doors and windows are secured.

Our challenge

Our new challenge begins on Wednesday April 1.

The challenge is to go 60 days without a reported fire safety violation.

The following will result in the safety challenge countdown being reset to 60 days:

- Fire doors jammed open
- Obstructed or locked escape routes
- Obstructed fire points
- Combustible materials, including wooden desks, located close (<0.5 metres) to energised electric heaters or other sources of ignition
- Materials being placed in a protected stair enclosure

- Flammable materials, excluding aerosols, outside of Flam storage cabinets and unattended
- Any violation of controls specified on a hot work permit
- Any other fire safety violation that could lead to or has caused a serious fire (as determined by Assurance)

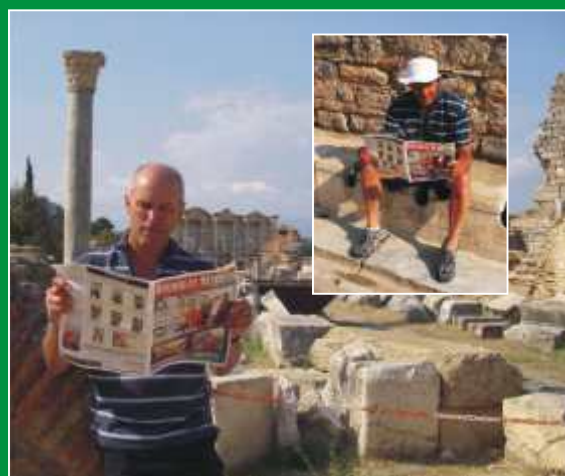
Monitoring and reporting

All UNORs related to fire safety will be evaluated for their potential to affect the safety challenge. In case of doubt, the site health & safety assurance manager will make the final determination. The site health & safety team will review the fire brigade's monthly fire inspection reports for violations that will reset the countdown clock. Safety challenge reset notices will be published on the site intranet.

Our reward

When we successfully complete the challenge, everyone on site will receive a domestic extinguisher for car or kitchen. ○

WHERE IN THE WORLD



DSRL chairman **Stephen White** visited Ephesus in Turkey in the summer of 2008, and sent some photos in to Dounreay News.

The ancient city of Ephesus is the best preserved classical city of the eastern Mediterranean.

Stephen is pictured standing outside Ephesus Library, built as a mausoleum for the Roman consul Tiberias Julius Celsus Polemaeanus in 117AD.

He also tried out the Ephesian public toilets, which date from the first century AD. ○

The tank busters

Four monster tanks are being prepared for removal from the prototype fast reactor's steam generation building.

The tanks were an important part of the reactor's secondary sodium circuit, which transferred heat from the reactor to the steam turbine.

Three of the 9m high tanks formed part of the reactor's protection system, where sodium from the secondary circuits could be dumped in case of emergency. Each tank could hold 67.5 tonnes, and could be filled in a matter of a few minutes.

The fourth and largest tank, capable of holding 110 tonnes, was part of the system that cleaned and filtered the sodium before it was pumped back into the secondary sodium circuit.

A team of workers from Sureclean, the site's specialist asbestos removal contractor, is removing the 20cm thick lagging from around the tanks, supported by JCL's scaffold service and JGC Engineering & Technical Services.

Once the lagging is removed and the pipework disconnected, the support structures around each tank will be dismantled, including the cell roofs. The tanks will then be craned out of their cells, before they are cut up and the solidified sodium dug out by the AMRR Alliance team – DSRL, JGC Engineering, BNS Nuclear Services and Jacobs Ltd. ○



News in brief

The new leak detection system for the ILW silo is a combined effort by DSRL and Mowats, with health physics support provided by Nuvia.

The water level in the silo is lowered by processing the contaminated water through the adjacent ultrafilter pilot plant (UPP), which removes a significant amount of activity. A new containment and pipework system has been designed to replace the existing pipework, part of the original discharge system.

The new silo system uses the existing pump but all the new pipework is located inside a containment vessel similar to a big fish tank. The containment tank contains a sump with leak detection fitted. In the unlikely event of a leak occurring in the pipework, water would drain to the sump and then back to the silo, while the detector would automatically switch off the pump.

The new system will be fully tested during the next UPP run. ○

Lab77/78, one of the earliest of Dounreay's 'hot' metal laboratories is being cleared away.

The laboratory began work in 1958 to examine metal samples to analyse how they responded to radioactivity.

Some of the irradiated metal samples were still in one of the cells, and workers using remotely operated tongs loaded them into shielded flasks before beginning the decommissioning work.

"This laboratory was built using Cold War technology," commented DSRL project manager Gordon Tait.

"Because of the high activity of the samples which were analysed here, the cells all have double-thickness walls constructed of lead bricks, so it's heavy work to take them down."

With the lead walls gone, the team will build a containment and dismantle the cells. ○

News in brief

Sphere plant gets green light

At the beginning of March DFR was granted the regulators' seal of approval and given the go ahead to restart the destruction of the site's hazardous liquid metal from the coolant system of the UK's first fast reactor.

The sodium-potassium alloy, known as NaK, is heavily contaminated with radioactive caesium, and the major challenge for the active commissioning of the plants has been to reconfigure the ion exchange clean-up process to improve its performance.

The clean-up plants have so far processed fourteen batches of primary NaK and during routine work last September the project team observed a couple of small leaks in the ion exchange drip trays. Following our rigorous safety procedures work was suspended, a thorough investigation was carried out and a recovery plan was put in place.

The DFR team worked together, with support from other areas of site who shared their experiences and valuable lessons learned to fully understand the cause of the leaks, which was mainly attributed to incompatibility between sealing threads and materials with ageing pipework.

After a five-month pause the improved and more robust plant has resumed operation. ○

Dounreay removed one lorry at a time

Lorries laden with spoil are leaving Dounreay every 20 minutes as the site gears up for the next big phase of its decommissioning. The clean spoil is being generated by the latest stage of groundworks for the construction of the site's major new ILW treatment plant and store.

An estimated 3000 tonnes is being transported a few miles to local farmland where it is being recycled in a drainage improvement scheme.

Hundreds of tonnes of clean rubble from the demolition of the plutonium criticality cell will begin leaving the site in lorries in the next few days.

It will be used to create new hard-standing at a local farm. ○

Pipe crawler survey success

The team involved in the survey of the old effluent discharge pipeline received recognition from **Phil Cartwright** and **JR Biggs** following the success of the survey.

The hi-tech "worm", a £100,000 pipe crawler, spent five days travelling through the subterranean pipeline used to discharge radioactive effluent from Dounreay between 1957 and 1992.

A bundle of four cast iron pipes, each 23cm in diameter, was laid in the 1950s to discharge effluent from the fast reactor experiment.

It was connected on the surface at one end to two disused tanks where effluent drained from the reactors, chemical plants and waste facilities.

The pipeline bundle descends towards the sea along a sloping adit to

a tunnel excavated 25 metres beneath the seabed.

At the end of the tunnel, some 600 metres offshore, the pipeline terminated in a diffuser attached to vertical risers that exited on the seabed 20 metres beneath the waves.

The survey looked for signs of structural degradation, trapped debris and radioactive contamination. The data gathered by the worm will now be analysed by the project team.

"This work showed that when you have a team committed to success, almost anything can be done," JR Biggs commented. ○



Work starts on new facility infrastructure

There was a burst of activity on the ground during February as the site continued to make preparations for one of the biggest construction projects in the site clean-up.

Workers started digging up the site where the large D3900 intermediate-level waste treatment plant is to be built.

One group, working for MM Miller, were laying the foundations for the electrical sub-station that will serve the new facility.

This involved deep excavations that will allow the new plant to hook into the 11kv site mains.

Another group, working for John Gunn, diverted an underground drain that was found to be in the way of the box storage section of the new plant.

The work was tangible evidence of how close the site is getting to a start on the main construction work next year.

The £215 million project involves building a plant to treat hazardous liquid and solid wastes and set them in cement in drums and boxes. Once the cement has set, the waste can be kept safely in a large, shielded store.

Construction of the new plant is expected to last three years. ○



Team delighted as stacks go up

Dounreay's skyline changed once again on Friday March 13 when the twin stacks of the new FCA ventilation system rose into the sky.

Luckily for the project team, Friday the thirteenth was a calm, sunny day and they were able to crane both stacks into place before the weather took a turn for the worse. ○



“Quotable Quotes”

“It is an unfortunate by-product of our times that there is a very clear intent by Al Qa’ida to detonate a nuclear weapon. We need to make sure we do everything we possibly can to prevent them from obtaining certain fissile material from Sellafield to further that end.”

- CNC commander Richard Thompson, Whitehaven News

“The key right now is securing value from our existing assets and new nuclear build gives us great opportunity.”

- Richard Mrowicki, NDA, New Civil Engineer

“It is hard, merely by looking at these images, to know exactly what services these women perform to benefit the nuclear cause.”

- Chris Matyszczuk on the Miss Nuclear Reactor 2009 beauty contest in Russia, CNET

“This is a significant nuclear operation that we are about to start now and we will remove the vast majority of the hazard from the Chapelcross site.”

- Tim Dunham, ops and defuelling manager, on the start of defuelling, BBC

“Did you work at Sellafield in the 1960s, 1970s or 1980s? Were you by chance in the job of disposing of radioactive material? If so, the owners of Britain's nuclear waste dump would very much like to hear from you: they want you to tell them what you dumped - and where you put it.”

- Advertisement by LLW Repository Ltd, Whitehaven News

“We used the techniques that were used at Dounreay and adapted them for Dalgety Bay.”

- Paul Dale of SEPA on radioactive contamination of the Fife coastline, Dunfermline Press ○

Read these and other stories every day on the DSRL Intranet at <http://dnotes6.ukaea.org.uk/DSRL/ExternalHeadlines.nsf>

Caithness nuclear skills recognised at award ceremony

Dounreay and Vulcan swept the boards at a world-class nuclear skills awards ceremony on March 18 in Manchester.

The evening was a unique opportunity for key figures in the nuclear industry to join together to celebrate success in workforce development through a number of key awards.

The National Skills Academy for Nuclear and Cogent Sector Skills Council held their first collaborative skills award ceremony for the industry.

A significant event for both nuclear employers and stakeholders, representatives from a wide-range of high profile organisations celebrated success in workforce development through a number of key awards.

Having fought off fierce competition from many commendable candidates from a range of nuclear organisations, a trio of well-deserved winners from Caithness were presented with their awards.

The keynote speaker at the ceremony last night was Lord Young, the Parliamentary Under Secretary of State for Skills and Apprenticeships. The evening culminated with an after-dinner speech by Steve Williams MBE, British rower and double Olympic

champion.

Local MP John Thurso praised the achievement. "These awards not only recognise the achievements of three talented and skilled individuals but also showcase the natural abilities and quality of skills training available in Caithness," he said. "They are an outstanding advertisement for inward investment."

Commenting on the achievements of the winners from Caithness, Ken Nicol, the National Skills Academy's regional manager for Scotland, said: "This is the first time this awards ceremony has been held for the nuclear industry and this is a fantastic achievement for Jillian, Mathew and Michael, their families and for Caithness. This clearly demonstrates the quality of the individuals Caithness has working in the nuclear industry."

Michael Dunnett takes over steering group

DSRL's HR manager, **Michael Dunnett**, has taken over from **Jerry Abbott** as chairman for the Scottish regional steering group of the National Skills Academy for Nuclear.

Jerry Abbott's close involvement with NSAN ended when he retired in 2008.

"I would like to thank Jerry for all the hard work that he put in to the National Skills Academy when it was formed," said Michael. "I'm looking forward to the challenge of stepping into his shoes, and working with employers on the skills agenda for the nuclear industry in Scotland."

This is an exciting time for the UK nuclear industry and NSAN has an important part to play in giving our young people the skills they need to go forward." ○



Jillian Bundy

DSRL training manager Jillian Bundy received the Outstanding Leadership in Skills award.

The training and development department recently moved into Thurso to become DSRL's first potential spin-off business, requiring leadership and motivation. This award recognises an individual who has demonstrated outstanding commitment to ensuring that the nuclear sector has the skills it needs to continue to be a world-class industry.

The judges were looking for someone who had led a skills project beyond their job description; who had driven forward innovation; who had contributed to the wider community and who had led a nationally driven initiative.



Jillian Bundy: "I see this award as a reflection of the whole team's skills and dedication, especially during and after our move offsite, and our subsequent branding as Training at Naver. Since our move offsite, we have been successful in attracting new business from companies in the local community, and a number of our staff have recently received awards for working with young people in our schools delivering a personal development programme for teenagers."

Caithness nuclear skills recognised at award ceremony

Michael Miller

Another Dounreay winner was 20-year-old Michael Miller, a fourth year DSRL apprentice who was awarded the National Skills Academy's Foundation Degree HND/HNC Student of the Year.

Keen on graphics and drawing right through his studies in Wick High School, Michael came to Dounreay in 2005 as a mechanical design apprentice. Whilst gaining his HNC and HND in Thurso College, Michael decided to follow in the footsteps of his father, who served his time as a fitter during Dounreay's operational era.

Starting off his apprenticeship Michael's first posting was the workshops within the FCA where he worked on the tools.

Michael has been working in the DSRL design office for the last couple of years, where he hopes to remain after passing his final board which is looming in a couple of week's time.

Working alongside colleagues with diverse engineering backgrounds, he has gained a wealth of experience and has had the opportunity to help design a new environmental monitoring system for the cementation plant.

A keen footballer and Glasgow Rangers season ticket holder, Michael lives in Wick with his family.



Michael Miller: "I'm delighted to be given this award and feel very proud that my hard work and commitment to the industry has been recognised in this way. Dounreay has given me the opportunity to pursue my goals and obtain invaluable experience along the way. I'm now aiming at finishing my degree and working towards an honours degree and feel very privileged to be in a position to do this and enjoy the work I'm doing at the same time."

Mathew Mackay

Twenty-year-old Mathew Mackay from Watten picked up the Scottish Apprentice of the Year. Mathew joined the Vulcan Rolls-Royce modern apprenticeship as an instrumentation apprentice in 2004 from Wick High School.

Although he achieved excellent grades at school which would have allowed him to progress to an engineering course at university, he decided he wanted to gain a sound practical foundation to begin his engineering career. Vulcan's modern apprenticeship programme provided the opportunity he sought and Mathew set about gaining experience and knowledge at a very fast pace.

Mathew completed his modern apprenticeship in just over three years, and then completed the engineer's Nuclear Technical Personnel Course at HMS Sultan in Gosport. At the age of 19, in 2007 he returned as the youngest ever Rolls-Royce employee and took up the position of instrument technician. He went on to pass his instrument technician board which provides evidence of his competence and he is now undertaking degree studies at North Highland College.

Mathew's performance is such that Rolls-Royce frequently uses him as an ambassador at events to show apprentices of the future what they can achieve. ○



Mathew Mackay: "The modern apprenticeship programme provided the framework for me to develop my practical and interpersonal skills in a structured manner to achieve a set goal and my motivation and the flexibility of the programme allowed me to progress at my chosen accelerated pace."

Young Engineers display their work

Four teams of enthusiastic young engineers showed off the makings of their electric cars at an open evening at Thurso High School in March. *Dounreay News* went along to see their progress.

One year ago, Thurso High School's young engineers were preparing to enter the national Formula 24 Greenpower competition with just one car.

Twelve months on and, thanks to local sponsorship and skilled help from volunteers, the number of cars has grown to four.

Teacher **Andy Ford** runs the young engineers club at the high school, and Dounreay Science and Engineering Ambassador **Steve Foster** assists with making the projects happen.

At the open evening, Andy and Steve thanked the sponsors – the NDA, DSRL, Nuvia, Thurso High School and an anonymous donor – who have contributed financial assistance. Many other companies and individuals have provided valuable advice, components or materials, such as Kongsberg, Shell, Thurso Tyre Centre, JCL, Rembrand, E&M Engineering, D2001 Workshops and the Thurso Bike Centre.

The cars are in various stages of development, but thanks to the help of adult volunteers, the cars are expected to be ready for the race on 21 June. Some of the volunteers are Dounreay workers, including **Matthew Hitchin**, **Chris Shaw** and **Kevin MacLeod** from Dounreay's design office and

Roger Broughton from design assurance. Many of them are trained and registered through the Science and Engineering Ambassadors Scheme, administered locally by **Pat Kieran** from design assurance.

During the project pupils have experienced many engineering processes required to design and build a vehicle they can actually sit in and race. The 8-strong adult team represents a wide range of technical skills and have been able to explain and supervise the pupils in sketching to CAD, measuring to marking out, filing to lathe turning, glass-fibre laminating to MIG welding.

Earlier this year, the pupils carried out evaluation trials on the Club's 2008 F24 prototype at Dounreay, to compare with their design expectations for this year's cars. Their eyes were opened as to how much wind, transmission and wheel friction and weight affects performance.

As the first two build cars are now about to roll out of the workshop for powered trials, the pupils are pretty excited as to how they will do. With just under 3 months to the Scottish Championships there will be plenty of opportunity to wrap round their wind cheating shell, sort snags and optimise performance before then. ○



The young engineers and their four cars, together with some of the engineers who regularly help out.



A pupil welding the Wacky Racer's steering column.



Side Tow Test: The young engineers used the prototype to measure all the factors which could influence the car's performance, such as slope and wind speed.

Fourteen of the young engineers and five volunteers photographed testing their F24 prototype car at Dounreay in early February.



Steve Foster's view from the front line:

"For me, being a Science & Engineering ambassador is all about inspiring youngsters about the fun and future that can be had by being involved in engineering.

"I want them to enjoy making things, fixing them and modifying them to work better. I want them to understand how things work and get a natural feel for the strength and weakness of materials. To be able to understand the reality of risks and balance them with cost.

"All this drives and shapes my involvement with young folk – whether it is helping them make a tool to remove a stuck bike sprocket or restore their old racing sailboat to championship standard or designing, building and racing a new land yacht or electric car."

Memories of Dounreay

Michael Riley's earliest memories of Dounreay were as a young boy delivering office equipment with his parents who ran Pentland Printers. Dounreay was one of their biggest customers and Michael was always intrigued by the place. He chronicles his involvement with Dounreay over the years.

In 1982 I started an electrical apprenticeship with James Scott & Co. Whilst most of my apprenticeship was at the STF building at Vulcan, the latter part was spent on PFR and many other projects across the site.

Following a brief spell offshore, my career took a big change of direction when I joined the Highland Council as a trainee community education worker.

After graduating in 1991, I developed an interest in drug education and prevention. Before long I was back in Dounreay delivering drug awareness sessions to apprentices and trainees.

I then embarked on some exciting joint projects with Northern Constabulary, most involving their crime prevention officer Robert Sutherland, now retired.

One memorable initiative we were involved in was the personal safety courses, aimed mainly at women. Those who attended will remember Robert looking for volunteers to "lurk furtively" during the "stolen handbag" role play

sessions.

We loved working on the Dounreay safety initiatives because we met many people who were so committed to what we were doing on site and in the community.

Everything we did was serious but with a large dose of fun and humour along the way - like the time I tried to get the Director to try his hand at juggling.

In 2001 I took the plunge and moved to Aberdeen to work with NHS Grampian in the drug and alcohol field for six years before moving to my current role as an offshore facilities manager with BOC Gases.

BOC supply most of the gases Dounreay use, and when some project work was planned for the site my manager was quick to spot the obvious person who might be keen to travel to the far north of Scotland for two weeks to help out. Part of this project involved auditing all the gases on site and this was easily my most comprehensive site



OFF THE RECORD

by Paul Cariss
chairman, Caithness Horizons

Caithness Horizons opened its doors on December 1, 2008 and has so far proved to be very popular, welcoming in excess of 20,000 through its doors. How did we get here, well...

If we turn the clock back seven years there were three organisations: Thurso Heritage Society, Highland Council and UKAEA, who had a common problem – they all had a building that was providing community or museum based facilities that were in need of extensive refurbishment and modification to meet the requirements of the Disability Discrimination Act. So to cut a (very) long story short, these three organisations got together and formed Caithness Horizons Ltd. The purpose of this company was to raise the capital to be able to refurbish a building to cover the needs of all three organisations, and following an options & feasibility study in 2002 this building became the former Thurso Town Hall and adjoining Carnegie Library.

After years of dedicated planning and hard work Caithness Horizons raised sufficient funding for the construction phase to begin. The Property and Architectural Services Department of the Highland Council were responsible for the construction design and building works and O'Brien Construction was awarded the main construction contract.

The Caithness Horizons Collections Trust assumed responsibility for "owning" the museum collection which is now an amalgamation of the Thurso Heritage Society collection, the Dounreay Visitor Centre collection and the Highland Council collection that was previously stored in the Bruce Building in Wick.

What did I learn? I learnt how to turn off builders radio's, twenty going at once, all on different stations, all different makes, all different controls – next time I will make sure that there is an allowance in the budget to be able to buy all the builders an i-pod with earphones. More importantly on a larger scale, following a very tight opening deadline, we discovered perpetual motion: the builders work – we move in the cleaners, the builders come back to do something they have forgotten – we move in the cleaners, the builders come back to do something that the design team have forgotten – we move in the cleaners, the builders come back to do something we have forgotten – we move in the cleaners – and so it goes on.

Caithness Horizons has now moved into the exciting operational phase and is preparing for its first tourist season. The centre is managed by Beki Pope and her team of 12 staff, who are doing a wonderful job. We hope the local community is proud of and embraces its new facility. I personally look forward to seeing Caithness and the North Highlands begin to benefit from the orientation aspect, which promotes and provides tasters of the area we are lucky enough to live in and the unique and fascinating delights it has to offer.

Katie and Isobel encourage smokers to kick the habit

NHS smoking specialist Katie Wilson was on site on Wednesday March 10 for National No Smoking Day.

DSRL's occupational health department and Katie set up a stand in the Welcome Break, offering advice and help on giving up smoking.

Katie brought along a Smokerlyzer® which measures the amount of carbon monoxide in the lungs and the blood.

The knock on effects of smoking are huge, she explained. "Not only does smoking affect the amount of money you have in your pocket, but it can have a serious impact on your life expectancy.

"However, the good news is that within a few hours of giving up cigarettes, your health will start to improve. The level of carbon monoxide in your blood falls almost immediately, and as a result within a couple of days you should have more energy, better circulation and improved concentration." ○



Isobel Powell (OHD) and Katie Wilson (NHS smoking specialist) demonstrating the Smokerlyzer® to Colin Sturrock, while Linda Calder and Jackie Newman look on.

- In the UK, around 106,000 people die every year from tobacco use, accounting for one fifth of all UK deaths.
- Over 1,000 people die from second-hand smoke exposure each year in the UK.
- After ten years of not-smoking, an ex smoker's risk of heart attack is the same as the risk for someone who has never smoked.

If you would like more information on how to give up smoking, contact Isobel Powell on 802187.

Editor Linda enjoying the challenge of newsletter

Linda Gunn works hard to spread news about the Red Cross locally – and now she is working just as hard to keep her colleagues in waste services informed.

She's been appointed to a new role as editor of a fortnightly in-house newsletter for the 100 or so employees of the waste services unit.

The first edition rolled off the presses in January and Linda says she is enjoying the feedback from readers.

"I like it even when the feedback is from someone being picky – it shows the newsletter is being read, which is the most important thing," she said.

The site overhauled its internal communications last year and encouraged managers to reach out more to keep their teams in touch with what is happening.

Waste services unit decided an electronic newsletter would help to improve communications within the team, and Linda was given the job of making it all go smoothly.

The two-page news-sheet is a mix of important news relevant to staff and light-hearted items of personal interest.

Linda, an administrator in the unit, added: "I round up all the contributions on a Wednesday, the management team checks the content on a Thursday and it is issued on a Friday.

"I'm enjoying the experience. But I don't think any editors in Fleet Street should worry about their jobs just yet!" ○



Dounreay Communities Fund has donated a 'Little Junior' training manikin to Thurso's First Aid Group of British Red Cross. **June Love**, representing Dounreay Communities Fund is pictured here on the left presenting the manikin to **Linda Gunn**, British Red Cross.

Linda has been an active member of the British Red Cross for 17 years providing first aid services at various events in Caithness including the Northern Nashville Country Music Festival and the O'Neill Highland Open surfing championships. The new "Little Junior" training manikin, purchased with a generous donation from Dounreay, will enable the Thurso Red Cross Volunteers and members of the public, to be trained and maintain their skills in effective resuscitation techniques for children. If you would like any further information on the British Red Cross or to become a member and learn new life skills please contact **Angus Macadam**, Services Manager on 01408 621285 or at:

Training at Naver

April 09	Course Title	Venue
1	Operational Monitoring	Naver
1	Radioactive Material Co-ordinator (RMC)	Dounreay
2	Asbestos & Other Fibres	Naver
3	Pressurised Suits 2-Piece (includes BA Panel Watcher)	Dounreay
6	Confined Space Operator	Dounreay
6	Counterbalance Forklift Truck	DERC
7	Asbestos Awareness	Naver
9	Manual Handling Assessor	Naver
13-16	Mobile Elevated Work Platforms Boom/Scissor	DERC
15	Permit to Work (PTW) & Low-Risk Permit (LRP) Issuer	Naver
17	Manual Handling Assessor	Naver
20	Agricultural Tractor/Trailer Training	DERC
23	Pressurised Suits 2-Piece (includes BA Panel Watcher)	Dounreay
24	Manual Handling Assessor	Naver
27	Rough Terrain Telescopic Handler	DERC
28	Radiation Protection Supervisor (RPS)	Dounreay
29	Stress Management – A Positive Approach	Naver
30	Windmills Follow-Up Session	Naver

Sudoku Puzzle

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

Puzzle Instructions

The rules of sudoku are simple: fill the grid with the numbers from 1 – 9 in such a way that every row, column and 3x3 box contains each number exactly once.

SAFETY NEWS



Be safe - wear it properly

DSRL has robust arrangements in place for protecting personnel in radiological designated areas, writes **Pete Thompson**, DSRL's radiological protection assurance manager.

These controls include containment, ventilation, monitoring, and area designation.

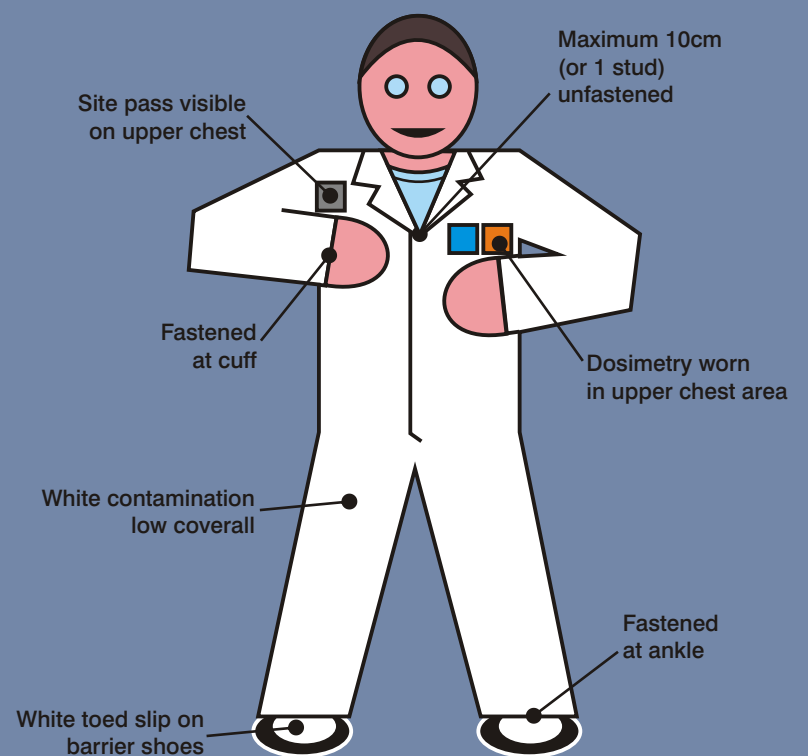
They are supplemented by the use of personal protective equipment (PPE) to reduce the residual risk and these arrangements are detailed in PRC 2001 - Designated Area Clothing.

The requirements for entering Contamination Low Controlled areas are as shown in the picture, that is:

- Contamination Low area white coverall over personal clothing or non-radiological industrial clothing.
- No other clothing should be worn over or outside of the coverall, such as hoods, fleeces or non-PPE hats. The coverall must be fastened except for a maximum of 10 cm at the top. Trousers bottoms must not protrude below the coverall leg.
- Contamination Low area white toed safety shoes (slip on, i.e no laces). That is, not training shoes, although certain other shoes might be permitted if there is a genuine medical reason.
- Overshoes, when permitted, are not to be worn over narrow toed or pointed heeled shoes, but over safety shoes.
- Dosimetry should be worn on the upper chest region, preferably attached to the fixtures on the upper left hand side of the coverall.
- Long hair should be tied-up, or tucked into the coverall to inhibit cross-contamination.

Contamination Low coveralls should be regularly laundered and changed if damaged. ○

Contamination low area dressing standard



Dounreay Site Restoration Ltd

Contribution to Health & Safety



Susan Henderson is presented with a voucher by **William Stevens** (chargehand in D1204) for her positive contribution to health and safety at Dounreay. ○

DSRL IT Services – Tip of the Month

Disc-closure



Most PCs and Laptops now come with DVD and/or CD writing drives. This can be a convenient method of transferring data, as long as consideration is given to protective markings. These discs should also never be used to store the only copy of your important data.

The process for writing to these discs can vary depending on which software you use to do it (Roxio, Nero etc.).

However, if you plan to share data, it's important that you "close" the disc, or else others may not be able to read it. If you're unsure of how to do this, please contact the ISaT Helpdesk. ○



During March, DSRL welcomed the following new starts:

- **James Thomson** (process engineer, site projects unit)
- **Vikki Lorimer** (administrator, site projects unit)
- **Neil Smith** (electrical distribution manager, site services unit)

The site also said goodbye to :

- **Colin McColm**, who left on March 6 after 30 years on site;
- **Tom Ross**, who retired on March 20 after 34 years on site;
- **Peter Poulton**, who retired on March 13.
- **Donna Stewart**, who left to work south of the border.



Photo courtesy of James Gunn Photography

Congratulations to apprentice **Kris Hamilton**, who played in the Scotland under-19s rugby team in their match against Italy on March 1, and scored a try.

Red Nose Day was marked by the usual fund-raising fun at Dounreay.



Vikki Lorimer

D1226 raised £685 from their e-mail bingo, raffle (with prizes generously donated by local businesses) and sale of home baking. They also held a cherry tomato eating competition, won by **Vikki Lorimer**, who downed 21 tomatoes in one minute. The Admin team, who organised the events, wore t-shirts designed and donated by Carbon-Co.



DSRL HR manager **Michael Dunnett** presented the Citizen of the Year award to **Tommy Bean** at the Caithness Community Awards, held in February. Retired Dounreay worker **Alistair Fraser** was the master of ceremonies.



Bryan Dods stayed silent for a whole day, and raised a total of **£508**, split fairly evenly between his sponsored silence, which he described as "really difficult", and his poetry writing. During the past few months, he has been commissioned to write a total of 241 verses.

DFR held a 'Mr & Mrs' competition over lunch on Friday. Quizmaster **Peter Sinclair**, DFR's Harry Hill look-alike, asked a set of probing questions of the three couples. The competition was jointly won by **Hayley Polson/Jack McCracken** and **Karen Wyatt/David Wyatt**. Along with their raffle, sale of home baking and other competitions, they raised a total of **£653.26**.

HAVE YOUR SAY

The Design Office team are specialist design engineers who are responsible for producing the detailed design specifications of tools designed to dismantle Dounreay. In many cases they are involved in groundbreaking work, coming up with brand new ideas designed to cope with the high hazards of the reactor interiors.



Daniel Budge (design draftsman)

I've been in the department for a year and a half. I have a tools background, and I find it helpful to have had experience from both ends of the job. I have been involved in designing lifting equipment for the boiler house. I also worked on the design for the silo leak detection system. You often work on a design but never see the finished product.



Kevin Macleod (design draftsman)

I'm designing a NaK level system for DFR, which checks how much NaK is left as the NDP operates. I also do a lot of surveys of old security systems such as CIDAS, and SCRAM, which I enjoy.



Chris Shaw (design engineer)

I came up from Harwell to work at Dounreay last October. I'm designing a system to inspect the DFR dump tanks for superoxides. The tanks are in an underground vault, so it's a challenging design. I've been working with NaK experts and RPAs.



Alison Sutherland (mechanical draftsman)

I have been working on an animation for PFR to use, showing two giant manipulators that will go into the reactor and cut up the components that make up the reactor core. The model will be built and tested at Janetstown.



Jared Fraser (engineering manager)

Everyone in the team has been involved with the reactor dismantling projects at some stage. The past four or five years have been the most interesting for the drawing office team, who have created some innovative and technically challenging designs.



Jim Banks (CAD operator)

I've been working on DFR projects associated with the NaK removal, and updating the DFR demin water plant drawings.

