



LIST OF PUBLICATIONS AND RESOURCES

CONTENTS

- A. Information Sheets
- B. Health Promotion Resources
- C. Industry Reports
- D. Health and Safety Resources
- E. Careers and Training Resources
- F. Order Form

A. INFORMATION SHEETS

A range of information sheets on bread and the baking industry, bread making technology and nutrition for students and journalists. Information sheets can be ordered individually or as a complete set and are available free of charge. They can also be downloaded via our website: www.bakersfederation.org.uk

Please note some of these items are currently under review.

- Fs1 - Federation Website
- Fs2 - The Federation of Bakers
- Fs3 - The British Bread Market – *under review*
- Fs4 - Distribution
- Fs5 - Better Sliced and Wrapped!
- Fs6 - Did You Know?
- Fs7 - How Bread is Made
- Fs8 - Types of Bread
- Fs9 - The History of Bread
- Fs10 - Calcium
- Fs11 - Folic Acid
- Fs12 - Fibre
- Fs13 - Gluten
- Fs14 - Additives in Bread
- Fs15 - Labelling
- Fs16 - Bread and the Environment
- Fs17 - Energy Use in Plant Production
- Fs18 - Keeping Bread Fresh – *under review*
- Fs19 - Food Allergies
- Fs20 - European Bread Market
- Fs21 – Careers in the Baking Industry

B. HEALTH PROMOTION RESOURCES

These publications are available free of charge.

1. ***Bread – A Slice of Life:*** A guide to healthy eating and the importance of bread in the diet written for The Federation of Bakers by a well-known nutritionist, Angie Jefferson.
2. ***Bread – Myths and Facts:*** A leaflet produced in conjunction with the Flour Advisory Bureau providing answers to some of the questions many people have about bread and dispelling some of the myths.

3. ***The Vitality Eating System 2008:*** The Vitality Eating System consists of a seven day weight loss plan, which has been developed by a nutritionist, with the aim of enabling realistic and sustainable weight loss. Research has shown that with a slow and steady weight loss, you are more likely to keep the weight off. This leaflet produced in conjunction with the Flour Advisory Bureau and Grain Information Service provides effective and practical advice for consumers about health eating for life.
4. ***Our Daily Bread: the role of bread in the British diet:*** In June 2007, Federation of Bakers (FoB) and Flour Advisory Bureau (FAB) commissioned nationwide research involving 2000 adults, to investigate bread consumption in Britain. The aim of this report is to highlight the positive contribution bread makes to the UK diet. The results show that bread consumption is dominated by white bread and as a consequence it makes a greater contribution to nutrients such as fibre and calcium than other types of bread.

C. INDUSTRY REPORTS

All Federation reports are available in electronic format. Please remember to include your email address when ordering.

1. Perception and Understanding of Health Components of Bread (May 2003)

Report prepared for the Federation of Bakers by industry think tank IGD. The report investigates consumer health perceptions of bread and highlights the need for a coordinated baking industry campaign to address a widespread lack of nutritional understanding which threatens to undermine the bread industry.

Price: please see Order Form for pricing.

2. The Future of the Bread Retailing Market (January 2003)

Heralded as the most comprehensive analysis of the British bread market in recent years, this report prepared for the Federation of Bakers by Professor Leigh Sparks and Pamela Bremner of the Institute of Retail Studies at Stirling University, tackles the issues that will face the British bread market and examines the socio-economic trends that will impact producers, retailers and consumers alike.

Price: please see Order Form for pricing.

3. Economic Effects of Constant Below Cost Selling Practices by Grocery Retailers (July 2002)

Report produced for the Federation of Bakers by independent academic, Paul Dobson, Professor of Retail Strategy and Industrial Organisation at Loughborough University, assessing the impact of below cost selling generally and specifically on the bread market. The report identifies the damage the practice can cause through distortion of competition between large and small retailers as well as the distortion caused in competition between suppliers and examines possible policy options that could help to end the practice.

Price: please see Order Form for pricing.

4. **Bread Values II (June 2001)**

Report undertaken by retail specialists Management Horizons Europe on behalf of the Federation of Bakers and the National Association of British and Irish Millers providing an in-depth analysis of the UK bread fixture. It identifies five key areas for discussion contained in a 'manifesto for dialogue'; segmentation, price, instore bakeries, product innovation and availability.

Price: please see Order Form for pricing.

5. **Federation of Bakers' Annual Report and List of Members 2009**

Copies available free of charge.

D. HEALTH AND SAFETY RESOURCES

1. **'Guidance on Dust Control and Health Surveillance In Bakeries'**

The 'Blue Book' as known in the industry, prepared by the Federation of Bakers in conjunction with other industry stakeholders, outlines a range of practical measures to reduce dust exposures in the bakery workplace and useful advice on health surveillance.

2. **'Breathe Easy' DVD Training Package** (playing time approx. 20 minutes).

A health and safety training DVD programme on controlling dust in bakeries produced by The Federation of Bakers in conjunction with the National and Scottish Associations of Master Bakers and the Health and Safety Executive. The training package contains a DVD; introduction, trainer's notes and topic cards; multiple choice follow-up questions and a copy of the revised booklet, *Guidance on Dust Control and Health Surveillance in Bakeries* containing advice for employers.

3. **Drive Safe – A Guide to Dealing with Driver Tiredness**

Driver tiredness is to blame for one in five crashes on UK motorways – costing the lives of around 350 people every year. In conjunction with Awake, the renowned sleep research agency, the Federation of Bakers has developed a CD-Rom training package which helps companies identify and combat the problem of driver tiredness.

Consisting of three PowerPoint presentations containing detailed trainers' notes and publicity posters the package will enable you to promote the issue using material developed by the UK's leading research agency on this issue. The presentations can also be edited to incorporate your company branding.

The package covers:

- the particular dangers faced by the baking industry regarding driver hours and routes
- short-term ways of avoiding tiredness and dispelling myths surrounding driver fatigue
- long-term solutions to driver tiredness including suggestions on suitable shift patterns and ways in which home life can help ease the problem.

Package Price: please see Order Form for pricing.

4. Federation Safety Memoranda

These are available as a complete set **ONLY** which includes the first year's updating service. There is an annual subscription thereafter – **Please see Order Form for pricing.**
The following memoranda are included:

<u>Number</u>	<u>Title</u>
1	Working Safely (Issued December 1998)
19	Tweedy 280 Automatic Dough Mixer - 1975 (Reissued September 1995)
25	Isolation - Personal Danger Boards and Padlocks (Revised November 1999)
30	Safe Systems of Work Entry into Provers and Coolers (Revised September 2005)
34	Resting Stages on Silo Ladders (Revised August 2002)
37	Guarding of Provers & Coolers (Main Bread Plants) (Revised September 1995)
40	French Stick Moulding Machines – 1983 (Reissued September 1995) – Rescinded
41	Guidance Notes for the Safeguarding of Bread Slicer/Bagger/Wrapper Combinations – 1983 (Reissued September 1995)
44	Operations at Unguarded Machinery (Revised September 2005)
46	Microwave Ovens – 1984 (Reissued September 1995)
47	Tail Lifts (Revised July 2006)
49	Work on Poly-Cord Type Multi-Strand Conveyor Belts - 1985 (Reissued September 1995)
50	Safety Precautions at Gas Fired Appliances to reduce Explosion Risk in the Baking Industry (Revised March 2007)
51	Bulk Flour Systems - Safe Systems of Working (Revised July 2006)
54	Use of Compressed Air for Cleaning in Bakeries – 1992 (Reissued September 1995)
55	Contractor Management – Selection and Control of Contractors (Revised April 2007)
56	Entry into Tunnel Ovens for Inspection of Internal Surfaces and Repair and Removal of Oven Tins/Lids in Oven Jams (Revised May 2001)
57	Oven Fires (Revised March 2007)
58	Control of Transport on Site 2000
59	Safe Operation and Maintenance of Dough Hoist/Tip Machines (Reviewed July 2006)
60	Safe Operation of Hoist/Tip Machines in Conjunction with Dough Mixers & Automatic Dividers (Revised June 2004)
61	DSEAR – Dangerous Substances & Explosive Atmospheres Hazardous Area Classification for Dust Handling Plant

5. Safety Information Notes

These are available free of charge to Federation Members and to Safety Memoranda subscribers:

- **No. 2. *Assessment of the Manual Handling of Baskets (November 1992)***: An assessment undertaken by The Federation's manual handling working party based on the Manual Handling of Loads Regulations 1992 and related Guidance Notes.
- **No. 3. *Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR)***: A note of the key changes from 1985 Regs affecting Federation members.
- **No. 4. *European Machinery Safety Standards published as British Standards***: A list of European Machinery Standards which have been published as British Standards in support of the Machinery Directive.
- **No. 5. *Tanker Incident***: A note highlighting issues to be considered to ensure the health and safety of employees working on tankers following an accident at a company associated to a Federation Member.
- **No. 6. *Fire Precautions (Workplace) Regulations 1997***.
- **No. 7. *Mixer/Hi-Lift Enclosures***: Notification of a dangerous occurrence concerning the enclosure between the twin hi-speed mixers and the common hi-lift unit at a Federation Member's site.
- **No. 8. *Entry into Tunnel Ovens***: A note highlighting safe working practices pending the outcome of the formal investigation of an accident at a Federation Members' site.
- **No. 9. *Risk Assessment – Tanker Deliveries***: A note highlighting issues relating to the proper management of risk during flour tanker delivery and unloading following an incident involving the overturning of a single compartment flour delivery tanker at a Federation Members' bakery.

6. Health and Safety in Bakeries Guidance Documents

The Health and Safety in Bakeries Liaison Committee *was* a tri-partite group with representatives from the bread, biscuit, cake and confectionery sectors of the baking industry, trades unions, the Health and Safety Executive and ingredients and machinery suppliers. The following guidance documents were developed by the HSBL Committee:

- ***Guidance to Bakeries on the Implementation of the Control of Substances Hazardous to Health (COSHH) Regulations 1988***
- ***The Manual Handling Operations Regulations 1992 - Guidelines for Employers in the Baking Industry (Including Retail Outlets)***
- ***Risk Assessment in Bakeries (1994)***.

Copies of the above guidance documents can be purchased from the National Association

of Master Bakers, 21 Baldock Street, Ware, Herts. SG12 4DA Tel. (01920) 468061

7. The Federation of Bakers' Code of Practice on Bread Weight Checking for Plant Bakers. The Weights and Measures (packaged goods) Regulations 2006 (revised October 2008)

Industry guidance on meeting the requirements set out in the Weights and Measures (packaged goods) Regulations 2006.

Please see Order form for pricing.

E. CAREERS AND TRAINING RESOURCES

Federation of Bakers' Training Programmes

The Federation has developed a range of training courses for the plant baking industry. For further information please contact Caroline Ford on 020 7420 7190 or email info@bakersfederation.org.uk

Copies of free publications and information sheets are available from:

**The Federation of Bakers
6 Catherine Street
London WC2B 5JW
Tel. 020 7420 7190
Fax. 020 7379 0542
Email: info@bakersfederation.org.uk**

To order copies of any of our other publications or resources please complete the order form on the next page and return, enclosing a cheque for the total amount.

F. PUBLICATIONS AND RESOURCES ORDER FORM



6 Catherine Street
London WC2B 5JW

Tel: 020 7420 7190

Email: info@bakersfederation.org.uk

Fax: 020 7379 0542

TO ORDER ANY OF THE PUBLICATIONS LISTED PLEASE COMPLETE THIS ORDER FORM AND FORWARD WITH YOUR CHEQUE TO THE ABOVE ADDRESS. For payments by BACS or credit card please contact the Federation – caroline.ford@bakersfederation.org.uk

The following reports are supplied in electronic format. Please remember to include your email address when placing your order. Please indicate the item/s you require:

RESOURCE TITLE	No. Req.	Price per copy	Postage & Packaging	Vat @ 17.5%	Total Due per copy
Perception and Understanding of Health Components of Bread Free to Members		£80	n/a	£14	£94
The Future of the Bread Retailing Market Free to Members		£80	n/a	£14	£94
Economic Effects of Constant Below Cost Selling Practices by Grocery Retailers Free to Members		£80	n/a	£14	£94
Bread Values II Free to Members		£80	n/a	£14	£94
The Federation of Bakers' Annual Report and List of Members 2009 Free of Charge					
The following resources are priced per copy. Please indicate the item and quantity you require:					
Drive Safe – A Guide to Dealing with Driver Tiredness		£80.00	£1.50 (UK)	£14.26	£95.76
'Breathe Easy' DVD Training Package	Members	£75.00	£3.50 (UK)	£13.74	£92.24
	Non-Members	£99.00	£3.50 (UK)	£17.94	£120.44
Safety Memoranda Please note the above price includes the first year's updating service. If subscribers wish to receive regular updates thereafter, there is an annual subscription charge of £85.00 plus vat.		£120.00	£5.82 (UK)	£22.02	£147.84
Guidance on Dust Control and Health Surveillance in Bakeries (revised 2008)		£10.00	£1.00 (UK)	£0.18 Charged on P&P only	£11.18
Code of Practice on Bread Weight Checking for Plant Bakers (revised 2008)	Members	£30.00	£1.50 (UK)	£0.26	£31.76
	Non-Members	£45.00	£1.50 (UK)	£0.26 Charged on P&P only	£46.76

(Revised January 2010)

I would like to pay by cheque: Total £ _____

Please make cheques payable to The Federation of Bakers

Name:

Tel No.

Email address:

Company:

Address:

Post code