



KEEPING YOU SAFE AND PROTECTED

Creating environments free from accident, harm and ill health by improving knowledge, understanding and practices through H&S consulting and training.



Hello and welcome to our July Newsletter

At Ensure we offer a tailored solution to Health and Safety consultation, training and system improvement with our clients' satisfaction at the heart of everything we do. We are delighted to have been able to provide support to many businesses, across many industries throughout what has been a very difficult period for everyone. We would like to thank each and every one of you for your support to date.

From the outset there have been a number of things that have been especially important to us, this includes:

- providing great customer service
- delivering high quality H&S Consultancy and training
- providing a great place to work

We are looking forward to introducing our first Apprentice in September.

In this edition, we look at Mental Health, and how it can be positively supported within the workplace. Also, a reminder on how CPR should be delivered during Covid times, a little bit about some of the work Ensure does to support charities, and to help you plan ahead details of the open courses we have scheduled to run at our training room in Nantwich up until Christmas. Alternatively, we can happily come to your setting to deliver training for a number of your colleagues, if you prefer. Our diary is open and we are taking bookings for on-site training during 2022, evenings and weekends can be accommodated.

Kindest regards, Adi and Annette



Follow us on





Whilst Men's Health Week is celebrated annually during the week ending on Father's Day, it's important that we don't forget the importance of the issues it raises throughout the rest of the year.

Raising awareness of the health issues that affect men disproportionately, Men's Health Week focuses on getting men to become more aware of health problems they may have or could develop and gain the courage to do something about it.

Following the challenges presented over the last 18 months work related stress, depression and anxiety are all increasing – but what can we do to counter this?

Employers have a legal duty to protect workers from harm at work by completing a risk assessment and acting on it! The risk assessment should identify potential organisational stress triggers such as workload, work environment, working times, the persons capabilities.



For more information regarding these risk assessments, do get in touch.

Stress monitoring is a thing!

Everyone has different levels of stress resilience - what seems easy to one employee, may be completely overwhelming to another.

Utilise the HSE's stress survey and indicator tools:

Surveys for work related stress in the workplace (hse.gov.uk)

If you need help putting suitable and sufficient controls in place, or if you want peace of mind that what you are doing currently is adequate – please get in touch, email info@ensuresafetytraining.co.uk or call 0794 999 2342



**Fire Protection Association
Member 2020**



Approved training provider



**"Tomorrow:
your reward for working safely today."
Robert Pelton**



According to the Mental Health Foundation, 74% of adults within the UK have felt so stressed over the last year that they felt overwhelmed and unable to cope.

Did you know that stress, depression or anxiety account for 51% of all work-related ill health cases? And from this, 55% of all working days lost due to work-related ill health are due to stress, depression and anxiety.

The facts and figures speak for themselves, but what can you do to protect and support your employees?

1. A workplace stress risk assessment should be completed with appropriate controls implemented
2. Utilise the HSE stress indicator tool and associated resources
3. Trained mental health first aiders should be accessible
4. Specific policies and procedures to encourage a positive and healthy workplace should be developed
5. Train your employees, managers and directors on stress management, support and workload management
6. Don't overload your employees, manage their workload, and always match demands with employee skillsets
7. And finally, understand that your employees have lives away from the workplace that are likely full of challenges, stress and distractions



Are you supporting your staffs well-being?

We have a few places available on our next 2 day Level 3 Supervising First Aid for Mental Health course running at our Covid secure training room in Nantwich on:

Wednesday 14th & Thursday 15th July 2021

Alternatively, if you have a group of people that you'd like training, we can come to you or book a mutually convenient date for your colleagues to come over to our training room. We can deliver half day Level 1 Awareness of First Aid for Mental Health, 1 day Level 2 First Aid for Mental Health as well as our 2 day Level 3 Supervising First Aid for Mental Health Courses.

To book your place please email info@ensuresafetytraining.co.uk
or call 0794 999 2342



Following on from Christian Eriksen suffering a cardiac arrest during Denmark's Euro 2020 fixture recently, a quick reminder about delivering CPR during Covid times...

https://www.youtube.com/watch?v=gly_2GaAZFc

Look in the mirror and meet the person most responsible for your safety



We are delighted to become one of the founding members of The Staffordshire Grafters Super Group.

Grafters Super Groups are fortnightly networking groups for specialist suppliers and contractors to the UK construction and property industry.

Grafters Super Groups provides a structured environment for the development and exchange of quality business referrals for specialist contractors and suppliers within the built environment. For more information about Grafters Super Groups visit:

<https://www.grafters-nw.co.uk/about-us/>





Crewe Clarion Wheelers



Ensure supports a number of charities

In June, we have been training some of Cheshire Border Guiding Leaders in First Aid at our Covid Secure training room in Nantwich.

For more information about Girlguiding Cheshire Border County visit;
<https://girlguidingcheshireborder.org.uk/>

Also in June, we supported Brandon Edgeley and Crewe Clarion Wheelers, who organised a number of rides for Audax UK: Events and Long Distance Rides.

With 100 riders setting off from Nantwich, there were 4 set routes to accommodate all abilities. Those riding 300km (200miles) headed to Criccieth while the 200km (130 miles) challenge took the riders to The Berwyn Mountains. Baschurch was the destination of those riding 120km (80 miles) and Whichurch was where those tackling the 60km (35 mile) route were heading. All riders followed the set route to their destination before heading back to Nantwich to complete their challenges.

For information regarding Crewe clarion Wheelers visit <https://creweclarionwheelers.co.uk/>.

Details regarding Audax UK can be found at <https://audax.uk/>



If you know of any charities or organisations that might welcome our support, consultancy wise or training, please do encourage them to get in touch:
email info@ensuresafetytraining.co.uk or call 0794 999 2342



Sunny days...

We've had some unbelievably good weather recently, and if the forecasts are to be trusted we can look forward to more of the same!

But we must keep in mind those that work outside and are exposed to the sun for long periods.

Employers have a duty of care to protect employees from the potential health implications associated with sun exposure, such as skin cancer and dehydration.

As with any other hazard the risk must be managed through appropriate controls, monitoring and reporting.

Do you provide sunscreen for employees that are exposed to the sun for long periods of time?

Do your employees know the signs of over exposure – dehydration, fatigue, cramping, dizziness?

Do your employees know how to spot the early signs of skin exposure – a new mole, a patch of hard skin?

Are there procedures in place to manage workload and exposure time?

If you need help putting suitable and sufficient controls in place, or if you want peace of mind that what you are doing currently is adequate – please get in touch, email info@ensuresafetytraining.co.uk or call 0794 999 2342

Future courses running at our training room in Nantwich up to Christmas 2021



First Aid at Work £185 +VAT pp

Monday 13th- Wednesday 15th September

Monday 4th- Wednesday 6th October

Monday 1st- Wednesday 3rd November

Monday 6th- Wednesday 8th December

First Aid at Work (Requalification) £130 +VAT pp

Mon 12th & Tues 13th July

Wed 8th & Thurs 9th Sept

Mon 11th & Tues 12th Oct

Wed 10th & Thurs 11th Nov

Mon 13th & Tues 14th Dec



Fire Warden £70 +VAT pp

(including practical session)

-Monday 19th July 1.30pm- 4.30pm

Thursday 23rd September 9am-12 noon

More dates will be added shortly

L3 Supervising First Aid for Mental Health

£140 +VAT pp

Wed 14th & Thurs 15th July

Monday 26th & Tuesday 27th September

Monday 15th & Tuesday 16th November



IOSH Managing Safely £450 +VAT pp

Wednesday 29th, Thursday 30th September &

Thursday 7th October

Wednesday 17th, Thursday 18th & Monday

22nd November

To book your place on a course please contact
info@ensuresafetytraining.co.uk or call 0794 999 2342