

ensure

SAFETY & TRAINING

YOUR TRUSTED SAFETY TEAM

Always doing our best, so we can all be our best.



Hello and welcome to our October Newsletter

Ensure Safety and Training is a family owned and led business, with clear values that underpin everything that we do. Serving clients of all sizes and from all industries, we offer both Health & Safety Consultancy and Training services. Our team is dedicated and passionate with a strong work ethic that supports all that we do. All our people are considered valued members of our extended family and we pride ourselves on a positive work-life balance.

We have recently spent time as a team reviewing our Vision and Mission Statement. Our Vision, we feel, reflects everything we strive to achieve:

Your trusted safety team: Always doing our best, so we can all be our best.

In this newsletter we tell you a little bit more about our values: Integrity, Teamwork, Passion, Dependability and Loyalty. We also introduce our new Consultant, Gavin, and let you know about an exciting venture we have become a part of which will help us to support more local charities. To help you plan ahead, we have also included details of the open courses we have scheduled to run at our training room in Nantwich up until March 2022. 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



Integrity

We know who we are and what we stand for.
Always doing what is right and delivering on our promises.



Fire Doors

Not all doors are the same. Fire doors are vital in protecting people and property from fire and are needed in commercial, public, multiple occupancy buildings and in some domestic situations.

Most of the 3 million new fire doors that are fitted every year in the UK are made of timber.

It is important that fire doors have the correct specification (i.e. FD30 giving 30 mins protection) and are managed and maintained well. Fire doors are often neglected and don't work properly. Using a lower grade fire door can mean that the building does not have the level of protection it needs and could mean that people are put at risk. Propping a fire door open can have the same effect. If it is absolutely necessary to have a fire door open, they should be propped open with an automatically releasing device which operates with the fire alarm to ensure the safety of everyone in the event of a fire. Damage or poor maintenance can seriously compromise the effectiveness of a fire door which will lead to fire spreading rapidly around the building.

Why not check your fire doors:

- Are they closing fully?
- Are there equal gaps around them no more than 4mm?
- If fitted, are smoke seals touching the frame?
- Are they signed "fire door keep closed"?
- Are there no damage or holes?
- Are all 3 hinges tight and working correctly?



If you need any further guidance regarding fire doors please don't hesitate to get in touch.

Teamwork

Built on unity, we know that we are stronger when we work together. Supporting each other to be the best that we can be.



Passion

Fuelled by enthusiasm, we take pride in everything that we do.



COSHH

Control Of Substances Hazardous to Health regulation, also known as COSHH, requires employers to control hazardous substances.

You can prevent or reduce workers' exposure to hazardous substances by:

- finding out what the health hazards are;
- deciding how to prevent harm to health (risk assessment);
- providing control measures to reduce harm to health;
- making sure they are used ;
- keeping all control measures in good working order;
- providing information, instruction and training for employees and others;
- providing monitoring and health surveillance in appropriate cases;
- planning for emergencies.

Most businesses use substances, or products that are mixtures of substances. Some processes create substances. These could cause harm to employees, contractors and other people.



Please don't hesitate to get in touch if you'd like any further information regarding COSHH.



Dependability

Owning everything we do with complete dedication. Providing an unwavering reliability to our clients.



Welcome to the team Gavin...

We are delighted to introduce Gavin Hughes, our new H&S Consultant and Trainer. Having been involved in H&S since 2014, he has a wealth of experience in the metalwork industry and warehousing. Gavin enjoys working alongside others to find solutions which result in a safer and more productive workforce. He's looking forward to working alongside Adi and Aaron, managing our diverse range of clients; old and new. Outside of work, Gavin enjoys spending time with his wife and daughter. He enjoys learning new skills and putting them to practice, including brewing his own beer!

Did you know that if you employ anyone, you must do one of the following:

1. Display the Health & Safety law poster in a prominent location, where it is easily visible for your employees. Here is a link to the official poster: [Health and Safety Law Poster - What You Need to Know: A3 version \(hse.gov.uk\)](#)
2. Provide your employees with the equivalent Health & Safety law leaflet, hard copies can be purchased or a copy downloaded from the following link: [Health and safety law poster, free leaflet and pocket card \(hse.gov.uk\)](#)



If you need any support or guidance regarding your Health & Safety, please don't hesitate to get in touch.



Led by the International Menopause Society, World Menopause Day is held each October 18th. The purpose of the day is to raise awareness on the menopause and support options for improving health and wellbeing. WMD is all about supporting women who are feeling lost and are going through menopause or perimenopause. No two people have the same experience, and being aware and able to recognise your own symptoms is the first step to managing them.

For information regarding managing menopause at work please visit <https://healthandher.com/.../managing-menopause-at-work/>

Loyalty

We know who we are and what we stand for.
Always delivering what's right and delivering our promises.





Following Mental Health Day on 10th October, now is as good a time as ever to bang the drum on investing in mental health within the workplace....

A report from Deloitte, published in January 2020, suggests that one in six employees are suffering with mental health problems. With that in mind, it is no surprise that stress is estimated to account for half of the total lost working days in Britain.

Deloitte estimate that for every £1 invested into mental health within the workplace, employers can expect a £5 return directly or indirectly via increases in productivity, reductions in presenteeism and absenteeism etc.

Follow the link below to download a copy of the report. It's full of knowledge bombs to assist with the creation and implementation of your workplace mental health strategy.

<https://www2.deloitte.com/uk/en/pages/consulting/articles/mental-health-and-employers-refreshing-the-case-for-investment.html>

We are very proud to announce that Ensure have become one of the founder members of Donatable. Donatable is a social enterprise that has been set up to support local businesses, develop a thriving, active community and enrich charities & community causes.

For more information please visit <https://www.donatable.org.uk/>



During October we are continuing to support Visyon a charity that supports the emotional health of children, young people and their families. We are providing First Aid and Fire Warden training to a number of their staff. For more information about Visyon and the amazing work they do visit <https://www.visyon.org.uk/>



Also in October, we are training another group of Rainbow/ Brownie/ Girl Guide leaders in First Aid too. Visit <https://girlguidingcheshireborder.org.uk/> for more info about Guiding.

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 01270 619 584

Future courses running at our training room in Nantwich up to March 2022, more dates will be added as necessary.

Emergency First Aid at Work £75+VAT
Monday 1st November (FULLY BOOKED)
Thursday 4th November (ADDITIONAL DATE)
Friday 5th November (ADDITIONAL DATE)
Monday 6th December
Monday 10th January 2022
Tuesday 8th February 2022
Monday 7th March 2022



First Aid at Work £185 +VAT pp
Monday 1st- Wednesday 3rd November (FULLY BOOKED)
Wednesday 17th- Friday 19th November (ADDITIONAL COURSE)
Monday 6th- Wednesday 8th December
Monday 10th- Wednesday 12th January 2022
Tuesday 8th- Thursday 10th February 2022
Monday 7th- Wednesday 9th March 2022



First Aid at Work (Requalification) £130 +VAT pp
Monday 11th & Tuesday 12th October
Wednesday 10th & Thursday 11th November
Monday 13th & Tuesday 14th December
Monday 17th & Tuesday 18th January 2022
Monday 14th & Tuesday 15th February 2022



Fire Warden £70 +VAT pp (including practical session) 9am-12noon
Friday 12th November 2021
Thursday 13th January 2022
Thursday 24th March 2022



L3 Supervising First Aid for Mental Health
£140 +VAT ppr
Monday 15th & Tuesday 16th November
Wednesday 2nd & Thursday 3rd February 2022



IOSH Managing Safely £450 +VAT pp
Wednesday 29th, Thursday 30th September & Thursday 7th October
Wednesday 1st, Thursday 2nd & Thursday 9th December
Monday 31st January, Tuesday 1st February & Monday 7th February 2022



**To book your place on a course please contact
info@ensuresafetytraining.co.uk or call 01270 619 584**