



## Hello and welcome to our first newsletter of 2022

We hope this newsletter finds you well. We'd like to take this opportunity to wish you all the very best for 2022; may it be filled with good health and happiness.

In the newsletter we remind you how easy it is to use a Defibrillator, we look at additional actions to consider during the Wintertime to keep you and your colleagues safe and, to help you plan ahead, we have 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 and beyond, evenings and weekends can be accommodated.

If you know of anyone who would like any H&S guidance/ advise, please don't hesitate to give them our details.

We look forward to supporting you throughout 2022.

Kindest regards, Adi and Annette



Follow us on





## IOSH Managing Safely

Managing safely is for managers and supervisors in any sector, and any organisation.

Designed to get managers up to speed on the practical actions they need to take to handle H&S in their teams, it is equally relevant for managers and supervisors at any level who require a basic broad view of current H&S requirements and principles. This is a practical, step by step jargon free learning experience and is an ideal way of embedding effective H&S in to your organisation.

Achieving the IOSH Managing Safely certificate empowers managers in any business to better manage their team, safeguarding their wellbeing and embedding a safe culture in the workplace.

**Get in touch to book your place.**

Our next Open IOSH Managing Safely course is scheduled to run at our Covid Secure training room in Nantwich on

**Wednesday 26th, Thursday 27th & Monday 31st January 2022**

**9am-5pm £450 +VAT pp**

**To book your place or to arrange a course for a group of your colleagues, please contact [info@ensuresafetytraining.co.uk](mailto:info@ensuresafetytraining.co.uk) or call 01270 619 584**

### Our Mission

We are a loyal and friendly team providing a personalised service. We are committed to demystifying the world of Health & Safety for all of our valued clients, regardless of size and industry.

Our team are dedicated and passionate with a strong work ethic that underpins all that we do. All of our people are considered valued members of our extended family and we pride ourselves on a positive work-life balance.

We commit to developing our people to be the best versions of themselves so that we can develop to be the best version of ourselves.



# WHERE YOU MIGHT FIND PUBLIC ACCESS DEFIBRILLATORS

Churches



Phone  
Boxes



Shops

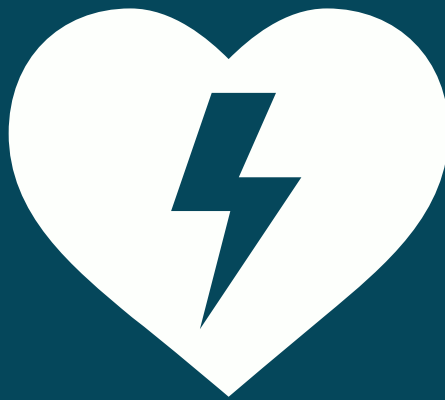
(Every Morrisons  
in the UK has a  
defibrillator)



Village  
Halls



Train  
Stations



IF YOU DO NOT KNOW WHERE YOUR NEAREST DEFIBRILLATOR IS IN THE  
EVENT OF AN EMERGENCY, THE 999 CALL OPERATOR WILL BE ABLE TO  
TELL YOU WHERE IT IS.

Defibrillators are very easy to use. Although they don't all look the same, they  
all function in broadly the same way. You don't need training to use one. The  
machine gives clear spoken instructions – all you have to do is follow them – and  
it won't shock someone unless they need it.

For more information on how to use a defibrillator visit

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/how-to-use-a-defibrillator>

This month we celebrate Jo being a member of the Ensure team for a year.

Joining us last January, Jo settled in quickly to become a truly valued member of the team. With her infectious smile and her fabulous sense of humour, she is a joy to be around.

Thanks for all you do Jo, it really is greatly appreciated by us all.







## Level 3 Supervising First Aid for Mental Health

Anyone can be affected by a mental health condition either themselves or a family member, friend or colleague.

This 2 day course covers a wide range of mental health conditions and goes into detail on the range of therapy and professional support that a person may be given by professional bodies during treatment for a mental health condition.

Topics covered:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- A large range of Mental Health conditions covered in detail

Get in touch now to book your place on one of our open courses at our Covid secure training room in Nantwich.

Our next open course is scheduled to run at our **Covid Secure** training room in **Nantwich** on:

**Wednesday 2nd & Thursday 3rd February 2022**

**9am-4pm £140 +VAT pp**

**To book your place or to arrange a course for a group of your colleagues, please contact [info@ensuresafetytraining.co.uk](mailto:info@ensuresafetytraining.co.uk) or call 01270 619 584**

Keeping our clients and their employees safe is always our top priority throughout the year. However, as Winter approaches, the weather brings with it a different set of concerns, with increased risk.

Here we share our view on the winter basics you need to know, in addition to your usual good practice H&S procedures, to keep you and your workers safe during Winter.

Let's begin with site inspections – Inspecting your sites and completing Risk Assessments and Safe Systems of Work is something we do all year around for our clients, but we cannot stress the importance of having these done more frequently during winter months. Pay particular attention to increased risks during snow and or ice, for any hidden obstructions, and check good lighting is provided throughout the day – especially in the darker mornings and nights.

If your workers are working outside and exposed to the elements most of the working day, provide a warmly heated dry area for rests and breaks, always being mindful of current social distancing guidelines. Encourage your team to stay hydrated and offer water and provide an area or facility with warm drinks and food on offer. It's also important to provide high visible and warm clothing.



Looking after your vehicles and drivers during the winter is also important; statistics show an increased number of crashes happen on icy, slushy, snowy or wet roads. Workers who are likely to have to drive should check tyre conditions and pressure, windscreen wash, ensuring that windscreens are fully cleared before beginning their journey. Basic good practice is essential for machine operators in hazardous winter conditions. Good lighting should be ensured, along with wearing high vis clothing, appropriate signage, and using barriers or cones. Remember that icy conditions can develop on a site, as well as on the road.



Anyone working at height is at risk of height-related injuries all year-round. However, snow and ice make surfaces slippery and increase the risk of a fall. Snow can also conceal sharp objects and other debris. Workers need to be aware of potential hazards such as hidden wires or structurally damaged rooftops.

If we can help with any of your H&S needs, please don't hesitate to get in touch  
**[info@ensuresafetytraining.co.uk](mailto:info@ensuresafetytraining.co.uk) or call 01270 619 584**

# Future courses running at our training room in Nantwich up to April 2022, more dates will be added shortly.

## Emergency First Aid at Work £75+VAT

Monday 10th January 2022 FULLY BOOKED

Monday 24th January 2022

Monday 31st January 2022- FULLY BOOKED

Tuesday 8th February 2022

Tuesday 8th March 2022

Tuesday 26th April 2022



## First Aid at Work £185 +VAT pp

Monday 10th- Wednesday 12th January 2022 FULLY BOOKED

Monday 31st January, Monday 14th and Tuesday 15th February

Tuesday 8th- Thursday 10th February 2022

Tuesday 8th- Thursday 10th March 2022

Tuesday 26th- Thursday 28th April 2022

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

Monday 17th & Tuesday 18th January 2022 FULLY BOOKED

Wednesday 26th & Thursday 27th January 2022

Monday 14th & Tuesday 15th February 2022

Monday 14th & Tuesday 15th March 2022

Tuesday 29th & Wednesday 30th March 2022

Wednesday 20th & Thursday 21st April 2022



## Fire Warden £70 +VAT pp (including practical session) 9am-12noon

Friday 21st January 2022

Friday 18th February 2022

Thursday 31st March 2022

Tuesday 19th April 2022

## L3 Supervising First Aid for Mental Health

£140 +VAT pp

Wednesday 2nd & Thursday 3rd February 2022

More dates will be added shortly



## IOSH Managing Safely £450 +VAT pp

Monday 26th, Thursday 27th & Monday 31st January 2022

Monday 28th, Tuesday 29th & Wednesday 30th March 2022

More dates will be added shortly

**To book your place on a course please contact  
[info@ensuresafetytraining.co.uk](mailto:info@ensuresafetytraining.co.uk) or call 01270 619 584**