

# ensure

## SAFETY & TRAINING

### YOUR TRUSTED SAFETY TEAM

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



## Hello, we hope this newsletter finds you well

This month we look at ways to help you manage stress, discuss Fire Risk Assessments and share with you an incentive that may be of interest to any schools you have connections with.

We have included up to date details of the open courses we have scheduled to run at our training room in Nantwich up until June 2022, more dates will be added shortly. 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.

Kindest regards, Adi and Annette



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# 5 things to help with *Stress*

Get some sleep  
8-10 hours each  
night

Do what makes you  
happy  
Do something that  
makes you smile  
everyday

Focus on your  
strengths  
Think about what you're  
good at

## Physical activity

Physical activity  
releases chemicals  
to make you feel  
better

## Talk to someone

It can be hard to  
manage stress on  
your own

For more support managing stress, please visit <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>

## FIRE RISK ASSESSMENTS

Employers (and/or building owners or occupiers) must carry out a fire safety risk assessment and keep it up to date.

Based on the findings of the assessment, employers need to ensure that adequate and appropriate fire safety measures are in place to minimise the risk of injury or loss of life in the event of a fire.

One of our Fire Risk Assessors can come to your site and:

- Complete your annual Fire Risk Assessments in line with the Regulatory Reform (Fire Safety) Order 2005.
- Identify sources of ignition, fuel and oxygen.
- Identify who could be harmed.
- Assess precautions and escape routes.
- View inspection records.
- Identify relevant cost-effective precautions to control and reduce risks.

A detailed report of findings is provided.



To discuss your Fire Risk Assessment contact us at  
[info@ensuresafetytraining.co.uk](mailto:info@ensuresafetytraining.co.uk)  
or call 01270 619 584

## A reminder: COVID-19 Update 28th February 2022

As of 24th February 2022, the UK government has lifted any remaining legal COVID-19 restrictions in England, including the requirement to self-isolate. However, COVID-19 is still a risk, even if you are fully vaccinated. It is still possible to catch and spread COVID-19, and although it is no longer a legal requirement, it is recommended that you should stay at home if you test positive for COVID-19.

It is still recommended that good ventilation should be in place. By opening windows, meeting outside, and wearing face coverings in crowded places, reduces the risk of contracting COVID-19.

It is recommended that you should get a PCR test if you show symptoms. The main symptoms of COVID-19 include:

- A new continuous cough
- A high temperature
- A loss of or change in sense of taste or smell.

While you wait for your result and if you test positive for COVID-19, it is recommended that you stay at home and avoid contact with other people for up to 10 days.



Lateral Flow Tests are still available free of charge, online or from pharmacies and certain places, such as workplaces or social care settings may ask you to take a Lateral Flow Test before attending the site.

Good personal hygiene and a regular cleaning routine is highly recommended to reduce the chance of catching COVID-19.

You should wash your hands:

- After coughing, sneezing, or blowing your nose
- Before eating or handling food
- After coming into contact with surfaces touched by many others, such as handrails, handles and light switches
- After coming into contact with shared areas, kitchens, bathrooms, etc.
- When you return home.

## IOSH Managing Safely

The IOSH Managing Safely course is geared towards managers who have day to day health and safety responsibilities in the areas they control. It is an excellent primer for anybody that wants to learn more about managing safely in the work place. Those seeking a qualification to become a health and safety manager within their organisation may benefit more from a NEBOSH certification course.

The course includes:

- An Introduction to Managing Safely
  - Assessing risks
  - Controlling health and safety risks
- Understanding responsibilities in managing safely
  - Identifying hazards
- Investigating accidents and incidents
  - Measuring performance
  - Protecting the environment



We have courses scheduled to run at our Covid Secure training room in Nantwich on:  
**Monday 14th, Monday 21st & Monday 28th March 2022 FULLY BOOKED**  
**Monday 25th April, Tuesday 3rd and Monday 9th May 2022**  
9am-4.30pm, £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**





## 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.

We have open course is scheduled to run at our Covid Secure training room in Nantwich on:

**Wednesday 13th & Thursday 14th April 2022 FULLY BOOKED**  
**Wednesday 25th & Thursday 26th May 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**

# THE HIGHWAY CODE: CHANGES FROM 29TH JANUARY 2022

FOLLOW THIS LINK TO SEE A REMINDER OF 8 OF THE CHANGES YOU MIGHT NEED TO KNOW.

[HTTPS://WWW.CANVA.COM/DESIGN/DAE3I3UTYKW/AX6EIAF2EB1YKAI-MNJACZG/VIEW?UTM\\_CONTENT=DAE3I3UTYKW&UTM\\_CAMPAIGN=DESIGNSHARE&UTM\\_MEDIUM=LINK&UTM\\_SOURCE=PUBLISHSHARELINK](https://www.canva.com/design/DAE3I3UTYKW/AX6EIAF2EB1YKAI-MNJACZG/VIEW?UTM_CONTENT=DAE3I3UTYKW&UTM_CAMPAIGN=DESIGNSHARE&UTM_MEDIUM=LINK&UTM_SOURCE=PUBLISHSHARELINK)



During February we celebrated Sophie's birthday. She spent her additional "Ensure Birthday Holiday" walking 26 miles along the canals around South Cheshire!

We were delighted to welcome Soph, our first Ensure apprentice, to the team last year. She has settled in well and is excelling in her training. She is enjoying spending time with our consultants on site, meeting our clients from many varied industries, developing her knowledge and skills further. Sophie has a great thirst to learn and we're sure she will make an excellent Health & Safety Consultant.



The WPA Foundation Trust (WPAFT) are looking to promote Good Health and Physical Wellbeing across state Schools in the UK. They are looking for schools who may need funding of up to £2,500 to help with regards to getting new Sports Equipment for their pupils to help improve Health and Wellbeing.

**Might you know a school who could benefit from this funding?**

If so, please do get in touch with [mark.manaton@hcp-plc.org.uk](mailto:mark.manaton@hcp-plc.org.uk) – an appointed representative of WPA Healthcare PLC. (please quote: ENSURE)



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

**Emergency First Aid at Work £75+VAT**  
Tuesday 8th March 2022 FULLY BOOKED  
Tuesday 26th April 2022  
Tuesday 17th May 2022  
Tuesday 21st June 2022



**First Aid at Work £185 +VAT pp**  
Tuesday 8th- Thursday 10th March 2022 FULLY BOOKED  
Monday 28th- Wednesday 30th March 2022  
Tuesday 26th- Thursday 28th April 2022  
Tuesday 17th - Thursday 19th May 2022  
Tuesday 21st- Thursday 23rd June 2022



**First Aid at Work (Requalification) £130 +VAT pp**  
Monday 14th & Tuesday 15th March 2022 (2 PLACES AVAILABLE)  
Tuesday 29th & Wednesday 30th March 2022  
Wednesday 20th & Thursday 21st April 20th  
Thursday 12th & Friday 13th May 2022  
Tuesday 28th & Wednesday 29th June 2022



**Fire Warden £70 +VAT pp** (including practical session) 9am-12.30pm  
Thursday 31st March 2022  
Tuesday 19th April 2022  
More dates will be added shortly



**L3 Supervising First Aid for Mental Health**  
**£140 +VAT pp**

Wednesday 13th & Thursday 14th April 2022 FULLY BOOKED  
Wednesday 25th & Thursday 26th May 2022  
More dates will be added shortly.



**IOSH Managing Safely £450 +VAT pp**  
Monday 14th, Monday 21st & Monday 28th March 2022 FULLY BOOKED  
Monday 25th April, Tuesday 3rd and Monday 9th May 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

**SAFETY IS A FULL-TIME JOB,  
DON'T MAKE IT A PART-TIME PRACTICE.**

AUTHOR UNKNOWN