

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 our 1 day First Aid Awareness course for pupils in Years 5 & 6, as well as sharing with you an incentive that may be of interest to you and your school.

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, INSETS, Twi-lights 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
or call 01270 619 584



Encompassing topics covered on the Emergency First Aid at Work course, our 1 day **FIRST AID AWARENESS FOR CHILDREN** teaches children in Year 5 and 6 important life skills in an age appropriate manner.

Each child is provided with a handbook which contains short activities to assist their learning. Important information is embedded by incorporating child friendly demonstrations, opportunities for questions & answers throughout and lots of practical activities.

Assessment is on-going and at the end of the course, each child will receive a certificate of attendance. Star First Aider Awards will be awarded to three children from each class, with the top first aider receiving a first aid kit.

Get in touch today to discuss providing your pupils with an invaluable life skill

Please contact info@ensuresafetytraining.co.uk or call 01270 619 584

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 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 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's 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.

Thanks for all your hard work, Soph, it's greatly appreciated!



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 – 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 2022d



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



Paediatric First Aid £130+VAT pp
Thursday 17th & Friday 18th March 2022
Monday 21st & Tuesday 22nd March 2022
Wednesday 4th & Thursday 5th May 2022
Wednesday 8th & Thursday 9th June 2022
Monday 27th & Tuesday 28th June 2022

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

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



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.

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



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