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Produced by:



Welcome to our 39th Edition of Safety Net



As I sit here in at my desk just before Christmas I am reviewing what the future has in store for me, my family and the company.

We have just moved offices from Carlisle to Workington and already we have new contacts and modern facilities which give us the certainty that the move was good for us.

It is good to see some certainty amongst the uncertainty of Brexit. It seems that one certainty is leaving Europe at 11pm UK time on Friday 29 March 2019 and another certainty is that health and safety legislation, procedures and practices will not

Uncertain Times

change.

However for most organisations future trading, extending markets and customers, winning contracts, bank rates, political scenarios, who will be PM are all uncertainties we will need to cope with.

It is super that Woodward can help all organisations to save money, win contracts, have a competitive edge and keep your colleagues safe and healthy because of our Woodward Associates Scheme.

We now have the situation where most of our Woodward Associates are running IOSH and NEBOSH courses in their own organisations.

This is such a cost effective scenario we

are still getting the comment “the scheme is a no-brainer” from organisations who are now Woodward Associates.

Why don't you become one?

May I wish you and your family a very Happy Christmas and you much prosperity and success in your career in the New Year.



Follow us on:





Past Student Case Study - Chief Petty Officer Mark Campbell

After completing 22 years in the Royal Navy, I reached the point when I needed to seriously consider what courses to apply for during my resettlement period and pursuing a career in Health and Safety seemed the obvious path to follow, in fact, you could say it was a no-brainer.

As a member of the Armed Forces, regardless of rank, you are embroiled in a strong Health and Safety culture whether you like it or not, always being encouraged to follow the rules and enforce the correct procedures and practices whilst embracing a “Work Safe, Home Safe” attitude.

I decided on taking a combined NEBOSH package through Woodward SHE Ltd which consisted of five NEBOSH certificates. These included the General Certificate, the International General Certificate, the Construction Certificate, the Fire Safety and Risk Management Certificate and the Environmental Management Certificate. When I compared other companies who were offering similar NEBOSH packages, and taking everything into account (cost, location, course dates) it was clear that Woodward offered the best value for money by far.

After using one of my ELCs to pay for the majority of the total cost, I was left with a small balance to pay, which was pretty much covered by my resettlement grant. The booking process was very simple and straight forward and was handled superbly by Sharon Long at Woodward who is an Admin Ninja. My booking confirmation and all the necessary course documentation was supplied quickly and efficiently by Sharon who also sent me regular updates as well.

My five NEBOSH courses were split over six weeks and they all took place at Catterick Leisure Centre spanning a ten week period. The extra weeks scheduled between the courses were great for two reasons. Firstly, they allowed you valuable time to complete your module projects, which had to be submitted by specific deadlines, and secondly, they gave your brain time to recover after being bombarded with information.

Our instructor for the majority of the courses was Alan Springhall, who was fantastic throughout and proved to be a Health and Safety guru. He was highly professional and extremely knowledgeable in all Health and Safety matters which truly helped when explaining the contents of the modules.



Alan’s expert knowledge of the subject coupled with his plethora of examples, scenarios and situations gave everyone an excellent base on which to build. All the modules culminated in a closed-book two hour written exam which was policed and adjudicated by James Duggan who followed the strict NEBOSH guidelines and rules to the letter without deviation. After completing the exam, it was time to endure the agonising wait for the results, a gruelling twelve week period.

It’s now been six months since I started my first NEBOSH certificate back in February 2018, and I’ve received all my results. I passed all the certificates with flying colours and I can now legitimately list them on my CV, changing “Result Pending” to “Achieved”. I’ve recently applied for a variety of Health and Safety positions ranging from HSEQ Manager, Health, Safety and Wellbeing Consultant and Environmental Officer, all of which required a NEBOSH qualification. I’ve got two interviews on the horizon and a couple more job closing dates to expire, but the future is looking promising.

If you’re considering gaining any NEBOSH qualification as part of your resettlement, I would certainly recommend using Woodward SHE Ltd. They’re very professional, friendly and offer great value for money.

I can’t thank Woodward enough for helping me gain my NEBOSH Health and Safety qualifications, especially Alan Springhall, who made everyone feel welcome and valued and for making everything seem like common sense.

By Chief Petty Officer Mark Campbell



Delicious Health and Safety cakes made by one of our recent NEBOSH National General Certificate course delegates.

Every day should be Safety Cake Day!

Follow us on:



NEBOSH and HSE join forces to create health and safety qualification for business leaders

NEBOSH has partnered with the Health and Safety Executive (HSE) to develop a new qualification specifically for senior business leaders or those aspiring to this role.

Launched on the 30 April, the NEBOSH HSE Certificate in Health and Safety Leadership Excellence will support leaders who want to make a real difference to health and safety performance and culture within their organisations.

NEBOSH Chief Executive, Teresa Budworth, commented: *“This new one day qualification highlights the clear moral, legal and financial business case for improving health and safety culture. It covers the key competencies and behaviours HSE research indicates are associated with health and safety leadership excellence so that delegates can become better advocates and influencers of health and safety.”*

Teresa added: *“We are delighted to have worked again with HSE on this new qualification. Our ability to deliver strong, credible professional occupational safety and health qualifications combined with HSE’s industry-leading knowledge and expertise gives real value to our students and their places of work.”*

When creating this new qualification NEBOSH and the HSE worked with a range of business leaders, union representatives, health and safety directors, and managers. Here are just some of their thoughts around the need for the NEBOSH HSE Certificate in Health and Safety Leadership Excellence, and the benefits it will bring:

**Nigel Clamp, Health and Safety Director, Africa & Eastern Mediterranean Basin Region
HeidelbergCement AG**

“Good safety is good business and leaders need to know how to have a bigger influence to ensure they drive the health and safety improvement agenda down through the organisation.

“This qualification may well be an excellent new tool for health and safety directors and managers, who want something tangible they can run to the board with. Encouraging leaders to take this qualification can potentially support them in their efforts to improve health and safety culture, behaviour and performance.”

Bud Hudspith, National Health and Safety Advisor, Unite

“Senior leaders need to communicate and deliver good health and safety throughout their organisation, especially targeting their management structure.

“One important and positive aspect of this new qualification is the partnership between HSE and NEBOSH. It is good to see the availability of an accredited course for senior executives when so few are available. Training is needed at all levels of organisations.”

Further information on this course can be found on our website here:

<https://www.woodward-group.co.uk/courses/nebosh-hse-certificate-in-health-and-safety-leadership-excellence>

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Spotlight on

NEBOSH HSE Certificate in Health and Safety Leadership Excellence

NEBOSH and the UK's Health and Safety Regulator, the Health and Safety Executive (HSE), have jointly developed this one day health and safety qualification for senior business leaders or those aspiring to this role. The interactive, thought provoking content highlights the moral, legal and financial reasons for good health and safety leadership and offers guidance on the key areas to focus on to make a difference.

FOR THE EMPLOYER - Employers will gain a number of benefits from giving their business leaders the opportunity to take this qualification including:

- Leadership that reflects HSE's model of effective health and safety leadership
- Health and safety will be factored into business decisions in the future
- Leaders who recognise how their own behaviours impact on health and safety culture

FOR THE INDIVIDUAL - This qualification is for senior business leaders or anyone who aspires to this role in the future. It will help you become a better health and safety advocate and influencer by highlighting the key areas to focus on to make a difference. It is relevant for all business leaders working in any sector, anywhere in the world.

COURSE CONTENT - The NEBOSH HSE Certificate in Health and Safety Leadership Excellence has been designed to help you become a better influencer of health and safety in your business. The syllabus covers the following topics:

- What health and safety leadership means
- The moral, legal and financial reasons for good health and safety leadership
- The links between health and safety leadership and culture
- What the different leadership styles are
- How human failures can impact performance and culture
- The HSE's model of effective health and safety leadership
- How leaders can build effective relationships with the workforce

COURSE ASSESSMENT - The assessment will be in the form of reflective statements undertaken throughout the course. These show how the student's knowledge, skill and behaviours may have both positive and negative effects on health and safety performance in their organisation. Students will also need to make a commitment to a leadership intervention that will improve health and safety management within their sphere of influence at work.

Further information on this course can be found on our website here:

<https://www.woodward-group.co.uk/courses/nebosh-hse-certificate-in-health-and-safety-leadership-excellence>

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Mental health resources for employers and employees

Prince William, Duke of Cambridge, has launched a new Mental Health at Work programme. A new online gateway was launched on 11 September 2018 to help companies improve staff wellbeing, as new research reveals almost half of Brits have experienced mental health problems at work.

Watch the video here: [https://youtu.be/ kH_7pmxiUQ](https://youtu.be/kH_7pmxiUQ)

Whether you work with 10 people, 10,000 people or just yourself, paying attention to mental health in the workplace has never been more important. The Mental Health at Work website is here to help you find the information and resources you need. <https://www.mentalhealthatwork.org.uk/>

Mental Health at Work is curated by [Mind](#), the mental health charity, and funded by [The Royal Foundation](#) as part of their [Heads Together](#) campaign. It's been overseen from the outset by a steering group of key partner organisations.

The resources, views and examples you'll find here come from a huge range of different organisations from across the UK, from business to charity to government.

Find out more about the resources available here:

<https://www.mentalhealthatwork.org.uk/about-this-website/>

Mental health at work research statistics

The above website is being launched as a new survey from Mind reveals that almost half (48%) of all people say they have experienced a [mental health](#) problem in their current job.

A survey of more than 44,000 employees carried out by the charity also revealed that only half of those who had experienced poor mental health had talked to their employer about it, suggesting that as many as one in four UK workers is struggling in silence.

The research also found managers who felt their employer supported their mental health, or actively built their skills in supporting team members with mental health problems, were far more likely to feel confident in promoting staff wellbeing.

In addition, a report [published by the CBI](#) found that two in three (63%) of businesses saw workplace health and wellbeing as an important issue, but most find it difficult to take practical actions because they are unclear about what works.

The CBI survey data also reveals that there has been a four-fold increase in the number of UK firms with 5% or more of their workforce disclosing a mental health condition – from 11% in 2013 to 40% in 2017.

Yet more than four in five businesses (84%) say that they feel their employees are less comfortable talking about mental health compared to physical health at work.

Follow us on:





Work-related cancer claims 742,000 lives a year

Across the world, an estimated 742,000 people die annually from cancer which is linked to work activities – nearly double the number of deaths in workplace accidents.

Workers around the globe are exposed to dozens of cancer-causing carcinogens on a daily basis. Through its [No Time to Lose](#) campaign, the [Institution of Occupational Safety and Health](#) (IOSH) is highlighting some of the more common risks, which include diesel fumes, silica dust and asbestos. Exposure to the sun's rays is also a major risk for outdoor workers.

The research was carried out by the International Labour Organization, ministries in Finland and Singapore, the Workplace Safety and Health Institute in Singapore, the Finnish Institute of Occupational Health, the International Commission on Occupational Health and the European Occupational Safety and Health Agency.

It was previously estimated that 666,000 people die every year from work-related cancer. The new figure is based on better available data gathered and analysed by the research consortium. They found that 2.78 million work-related deaths occur every year worldwide. Over 380,000 are fatal accidents, with 2.4 million the result of occupational diseases, including cancer.

When revealing the findings Dr Jukka Takala, from the Workplace Safety and Health Institute, said:

"It is tragic that so many people are losing their lives because of exposure to carcinogens at work. The total is far higher than those killed in workplace accidents.

"Now we have revealed these research findings, we need to look at how we can reduce this figure and save lives. There are many cost-effective ways that organisations can protect staff from exposure. Now is the time for action. People should be able to do their work without being put at risk."

Graham Parker, President of IOSH, said:

"The findings from this new research are truly shocking. It shows that 742,000 families are having to come to terms with the loss of a loved one through cancer caused by something they were exposed to at work. What makes it even more shocking is the fact that these deaths are preventable. By protecting workers from exposure to carcinogens, we can stop people from dying from this awful disease.

"We have been encouraged by the number of organisations which have supported or pledged to No Time to Lose, showing a real desire to protect their employees.

"But, clearly, more needs to be done. Whether you're an employer or employee, industry body or policy-maker, safety and health professional or occupational hygienist, we all have a part to play if we want to call time on work-caused cancers. We can beat occupational cancer if we work together to control the exposure risks."

No Time to Lose offers businesses free practical, original materials which can help them deliver effective prevention programmes. For more information, visit www.notimetolose.org.uk

Follow us on:

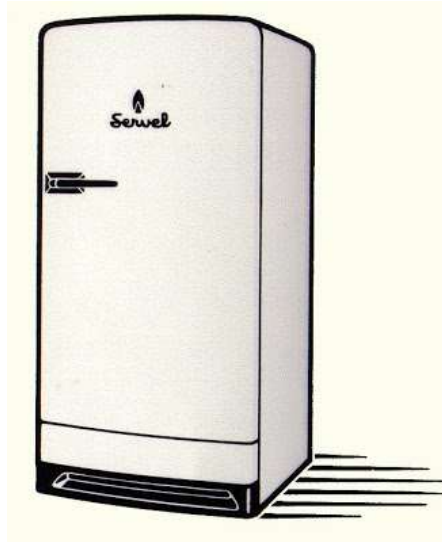




Health and Safety Myths

There is no shortage of stories about ridiculous decisions taken, wrongly, in the name of health and safety. In this section we present HSE's responses to some of those decisions.

<http://www.hse.gov.uk/myth/index.htm>



Case 413 - Re-freezing ice packs at campsites

Issue

Campsite refuses to provide freezer facility to campers for re-freezing thawed ice packs on health and safety grounds.

Panel opinion

This was a health and safety myth. There are no health and safety concerns that prevent the freezing of ice packs.

Health and safety at work legislation does not prohibit the re-freezing of ice packs. The customer should have been told that this facility was not available due to the limited space within the freezer.

It would have been helpful for the site to have been clearer about the reasons for refusal rather than quoting general health and safety.

Case 415 - Local Authority Ban Flags on Civic Vehicle

Issue

Local Authority Ban Flags on Civic Vehicle.

Panel opinion

There are no health and safety at work regulations that ban flags from vehicles.

Whatever the reason for banning small ceremonial flags on cars it is not on health and safety grounds.

If the local authority has chosen to impose such a ban, then they should communicate their reasons for it and not use health and safety as an excuse.



Follow us on:



New IOSH courses launched to combat construction sector risks

IOSH believes its new courses, which have been developed in consultation with leading organisations and individuals, will help to protect the construction workers of tomorrow, and reduce the cost of accidents and illness by up to 40 per cent.

Jonathan Nobbs, Head of Product at IOSH, said: *“There’s no getting away from the fact that construction is a high-risk sector to work in, when you consider things like the use of machinery, working at height, long hours and outdoor working.*

“While a high number of people are killed in construction site accidents, many more are becoming ill because of past exposure to harmful dusts and materials. This is unacceptable. No one should have their safety or health harmed by work.

“It is crucial, therefore, that organisations have strong, robust health, safety and environment practices. Our new courses are aimed to equip site managers and workers with the knowledge and ability to implement policies and procedures designed to save lives.

“They are flexible, meaning they can be tailored to suit the needs of an organisation, no matter where in the world they are.”

The manager-level course gives a clear overview of specific requirements for people at that level, including local law and enforcement, worker and contractor management, method statements, and the environment.

The core skills course looks at issues such as site safety, incidents and reporting, and the environment.

Both courses are case study led. IOSH worked with members of its Construction sector group in their development, along with representatives of major firms relating to the sector and existing training providers.

Among them was John Lacey, a former Chair of the Construction Group and past IOSH President.

He said: *“These courses, by their design, can be applied to any areas and disciplines within a project, from planning and design to handover and occupation of the structure.*

“Aimed at not only UK operations but also projects in other countries, the adaptability of the courses allow the trainer to tailor presentations for all audiences. I recommend them to advance the safety culture in all our industry sectors.”

The original IOSH news article that this article is adapted from can be found here:

<https://www.iosh.co.uk/News/New-IOsh-construction-courses.aspx>

Follow us on:



The Twelve Myths of Christmas



Christmas is a special time of year. Even so, it doesn't stop health and safety being – wrongly – cited as a reason for preventing pretty harmless activities from going ahead. Not only does this needlessly ruin the festive spirit but it also trivialises the true purpose of health and safety: protecting people from real risks at, or connected with, work.

Great health and safety myths



The myth You can't throw out sweets at parties.

The reality Health and safety rules were blamed when a partygoer dropped throwing out sweets to the audience. In fact they were worried about the cost of compensation if anyone got hurt.

Realistically, if a party throws out sweets the chances of someone being seriously hurt is incredibly low. It's certainly not something HSE worries about – as far as we're concerned, this is a case of 'Oh yes you can!'



Go to www.hse.gov.uk/myths/index.htm to find out more. 1st 30 December 2020

Great health and safety myths



The myth Traditional shopping centre Christmas trees scaled back or replaced by artificial alternatives.

The reality We often hear excuses about the way shops and town centres have (or haven't) been decorated, especially if they appear less festive than in previous years. These include traditional Christmas trees being scaled back or replaced with artificial alternatives for 'health and safety' reasons.

A traditional Christmas tree will probably cost a bit more and perhaps that's one of the real reasons behind these decisions – but let's be clear, health and safety laws exist to prevent people being seriously injured or made unwell at work, they are certainly not there to 'cut down' the festive spirit.



Go to www.hse.gov.uk/myths/index.htm to find out more

Great health and safety myths



The myth Seats removed from shops - despite weary Christmas shoppers wanting to rest their feet.

The reality Give it a rest! When Christmas shoppers have been dashing through the crowds for those last minute bargains all they want is a quick sit down to rest their weary feet. So you can imagine their dismay when they find all the seats have been removed for 'health and safety' reasons.

Of course shops need to manage crowds of people safely, but it's a myth to suggest that it's a requirement to remove seats at busy times, instead a bit of common sense should ensure seating is located in a sensible place.



Go to www.hse.gov.uk/myths/index.htm to find out more

Great health and safety myths



The myth Carol singers are a health and safety risk.

The reality Surely no-one would object to hearing the dulcet tones of carol singers serenading us in the run-up to Christmas!

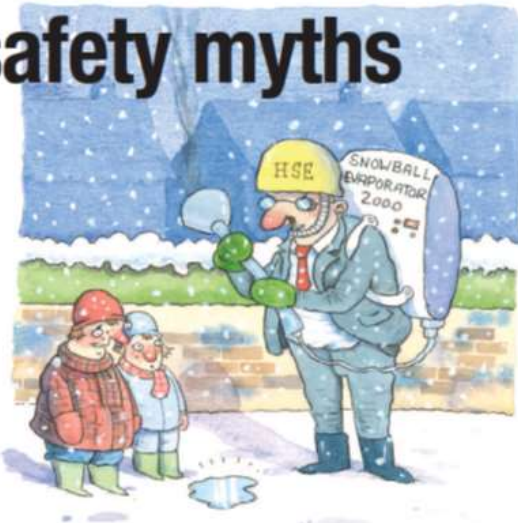
In the past few years we've heard of insurance companies producing comprehensive 'health and safety' guides for people wishing to take part in this age-old tradition, and parish councils ordering groups of singers to supply for a period in order to stop them upsetting home-owners.

Well-intentioned pieces of advice such as 'don't sing in the road' and 'don't carry large amounts of cash' are not health and safety requirements, they are simple common sense.



Go to www.hse.gov.uk/myths/index.htm to find out more

Great health and safety myths



The myth Children are banned from throwing snowballs

The reality Every year we hear inaccurate stories about children who aren't allowed to throw snowballs, and swimmers who can't take their traditional winter dip in the local lake. All this in the name of health and safety.

If we spend time on the trivial risks there's a chance we'll miss the most important ones. We need to focus on finding ways for things to happen, not reasons to stop them – a sensible approach to managing risk focuses on practical action to tackle risks that cause real harm and suffering.



Go to www.hse.gov.uk/myth/index.htm to find out more No 21 December 2008

Great health and safety myths



The myth Health and safety prevents people putting coins in Christmas puddings

The reality Finding a coin in your pudding on Christmas day – it's a tradition that's lasted for more than 500 years and is said to grant you a good luck wish for the coming year. However, kiljoys have been stirring up trouble saying it's too risky to put coins inside puddings for 'health and safety' reasons. Occupational health and safety law is concerned with what goes on in your workplace, not what you're eating after a Turkey dinner – it doesn't prevent coins or any other lucky charms being put in puddings. If we had one wish, it would be to stamp out the health and safety Scrooges who try to dampen the Christmas spirit.



Go to www.hse.gov.uk/myth/index.htm to find out more

Great health and safety myths



The myth Workers are banned from putting up Christmas decorations in the office.

The reality Bah Humbug! Each year we hear of companies banning their workers from putting up Christmas decorations in their offices for 'health and safety' reasons, or requiring the work to be done by a 'qualified' person.

Most organisations including HSE and local councils manage to put up their decorations, celebrating the spirit of Christmas without a fuss. They just sensibly provide their staff with suitable step ladders to put up decorations rather than expecting staff to balance on wheelie chairs.



Go to www.hse.gov.uk/myth/index.htm to find out more No 8 November 2007

Great health and safety myths



The myth Indoor Christmas lights need a portable appliance test every year

The reality Lots of companies waste money in the false belief they need to test their Christmas lights annually, or even don't put them up at all. By following a few sensible precautions, such as checks by the user for obvious signs of damage, every workplace can switch on safety and sparkle!



Go to www.hse.gov.uk/myth/index.htm to find out more

Follow us on:



Resources for NEBOSH students



There are a number of free to download resources on the NEBOSH website which will help you if you are currently studying for a NEBOSH qualification. These include:

Examiner Reports – www.nebosh.org.uk/Examiner_Reports

Available for Certificate level qualifications, the reports are designed to help you prepare for your assessments by providing feedback on exam technique, command words and learning outcomes.

Example question papers and Examiners' feedback on expected answers – www.nebosh.org.uk/Examiner_Feedback

Available for all Certificate and Diploma level units, the reports provide example examination questions and details examiners' expectations and typical areas of underperformance.

Command Words – www.nebosh.org.uk/Command_Words

Available for both Certificate and Diploma level qualifications. It provides a definition of each command word used and provides example responses using every day scenarios.

Those who can – teach!

What is the Woodward Associate Scheme?

The Woodward Associate scheme is a way that a trainer; either an individual trainer or a trainer working within an organisation, can register with us to deliver a whole range of IOSH and Highfield (HABC) courses under the Woodward banner.

The Woodward Associate Trainer Scheme is constantly under development and more courses and other options may be added over time based upon the feedback and opportunity.

Why would I want to be a Woodward Associate Trainer?

1. There are no up-front fees; you only pay for the courses you deliver.
2. This is not a franchise arrangement.
3. You have complete control of your workload and have the flexibility to work when you want to.
4. If you work as a consultant – being a Woodward Associate gives you the ability want to run both “in-house” and “open / public” courses for your clients.
5. If you work in a company – being a Woodward Associate gives you the ability to deliver very cost effective accredited training “in-house” to your workforce.
6. You are provided with ongoing support, guidance and advice from Woodward.

For more information please get in touch with James on James@woodwardgroup.co.uk.

Follow us on:





Health and Safety statistics 2017/2018 roundup

These key figures for Great Britain over 2017/2018 have been published by the HSE:

- 144 workers killed at work
- 1.4 million working people suffering from a work-related illness
- 71,062 injuries to employees reported under RIDDOR
- 2,595 mesothelioma deaths due to past asbestos exposures (2016)
- 30.7 million working days lost due to work-related illness and workplace injury
- £15 billion estimated cost of injuries and ill health from current working conditions (2016/17)

Government has 'no plans' for maximum working temperature

The UK government has rejected a call from MPs to set an upper temperature limit for workplaces during hot weather.

The government said it had “no plans to bring forward proposals to set a maximum permitted working temperature”, despite warnings by the Environmental Audit Committee (EAC) that overheated workplaces can lead to heat stress, particularly for some manual labourers.

Published on 26 July, the report, Heatwaves: adapting to climate change (bit.ly/2JXdmlj), noted that prolonged indoor temperatures of more than 28°C are likely to reduce productivity.

In its response, the government said: “In 2009, an independent review of workplace temperatures completed on behalf of the HSE [Health and Safety Executive] concluded that there is little evidence of significant numbers of cases of illnesses (long or short term, physical or psychological) caused or exacerbated by exposure to high temperatures at work and concludes that this is not an issue that justifies active regulatory intervention.

“It is the employer’s duty to determine, in consultation with their workforce, what is ‘reasonable comfort’ and to take action accordingly.”



Follow us on:



Historic Health and Safety Pictures



Harmonica-playing workers on girder in New York 1925 - New York Times Archive



© Getty Images | Published in AvaxNews.com



Labourer on connector, Empire State Building, 1930-31.

Follow us on:



Woodward SHE Ltd

ENERGUS
Blackwood Road
Lillyhall Industrial Estate
Workington
Cumbria
CA14 4JW

PHONE:
(01900) 609175

E-MAIL:
info@woodwardgroup.co.uk

WEBSITE:
www.woodwardgroup.co.uk

FOLLOW US ON
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We're on the Web!

Find us at:

www.woodwardgroup.co.uk

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Do you want to be our featured Alumni?

We want this newsletter to be about you, our Alumni. We'd like to feature a different past student each newsletter and

talk about what you've done since leaving us.

If you'd like to be featured in our newsletter please send a short article about

yourself and your career to the newsletter at info@woodwardgroup.co.uk

Testimonials Request

We would like to include some testimonials from past students on our website, so that potential students can get an idea about how we operate and what we have to offer.

Several current students have suggested that they would have benefited

from these.

If you would like to send us a testimonial please include your name and company (or rank if MoD) so that we can show that the testimonials come from real people.

Testimonials of all lengths would be greatly appreciated.

Many thanks in advance!



About Our Company...

Woodward delivers health and safety training and also environmental management training.

The majority of the training courses offered

are IOSH, NEBOSH or Highfield (HABC) accredited. However bespoke training, consultancy and auditing work are also undertaken.

Woodward wants to continue to develop professional safety, health and environmental, fire and construction managers.

Do you have any feedback for us?

We want to make sure that our alumni newsletter is something worth reading.

If you have any feedback or comments on how we can improve the newsletter we'd love to hear them. Equally if you have an

article you'd like to see in our newsletter or a letter for us to publish we'd be happy to consider them.

Please contact us on the usual address:

info@woodwardgroup.co.uk

