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Produced by:



Welcome to our 40th Edition of Safety Net



I have now been involved in health and safety for 40 years as a trainer, consultant, auditor and course designer.

The workload has never diminished and I noticed an upsurge in my appeal to prospective clients when I became a chartered member of IOSH.

About 20 years ago I was trying to persuade a colleague who had just attained a distinction in his

I'll never be out of a job

NEBOSH National General Certificate to take on his NEBOSH National Diploma but he felt, unbelievably, at the time "there was no future in health and safety" and no matter what I said he was not to be moved from this position.

What I have noticed is that the job has developed over time into a more demanding role.

Involvement in fire safety, engineering, environmental management, contractors and latterly the management of people generally has broadened the job immensely. Brexit

paperwork for exporters after 29 October 2019 will also involve us in a lot more paperwork, administration and personal and commercial data and information security.

To ensure "you will never be out of a job" prepare yourself for a broadening of your role in your organisation as your career develops and do not be frightened to take on new involvements.

Best of luck when rising to the challenge of new opportunities.





**Past Student Case Study -
Lieutenant Gary Bickley,
Royal Navy**

I attended one of Woodward's NEBOSH resettlement packages that encompassed the National General Certificate, Construction certificate, Fire Certificate and Environmental Certificate. The package was very competitively priced and spaced out over a suitable period of weeks which allowed time for consolidation and coursework prior to the next module starting.

The standard of instruction was excellent with all of the lecturers being highly qualified, experienced and knowledgeable. They were enthusiastic and used a range of different learning techniques which were appropriate to the subject being taught. They encouraged candidates to think around the subject and to examine Health and Safety issues critically and objectively.

The modules were very thorough in covering the syllabus and providing candidates with the necessary knowledge. They also encouraged candidates to carry out research and further study in their own time in order to achieve a higher standard of pass. The lecturers provided guidance on what to revise/research and signposted candidates to numerous websites and journals which proved to be very useful.

Woodward were very efficient and helpful with the application process and with providing admin support throughout the course and afterwards. The catering was very good with a wide selection of sandwiches and baked potatoes on offer as well as cookies, biscuits, muffins and more at break times along with tea, coffee and cordials.

An added benefit is Woodward's Associate Trainer Scheme which provides an excellent opportunity for successful candidates who wish to deliver training to use Woodward's accreditation.

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.

If you would like to share your story with the rest of our Alumni as a Past Student Case Study, please get in touch by telephone on (01900) 609175 or e-mail info@woodwardgroup.co.uk

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New NEBOSH training venue launched in Rosyth

We are pleased to be able to announce the launch of our new NEBOSH certificate training venue in Rosyth, which is the Rosyth Business Centre at 16 Cromarty Campus, Rosyth, Dunfermline, KY11 2WX.

From this September we will be offering the following NEBOSH certificate courses at the Rosyth Business Centre :

- [NEBOSH National General Certificate In Occupational Safety And Health](#)
- [NEBOSH International General Certificate in Occupational Safety and Health \(Conversion\)](#)
- [NEBOSH National Certificate in Construction Safety and Health](#)
- [NEBOSH Fire Safety and Risk Management Certificate](#)
- [NEBOSH National Certificate in Environmental Management](#)



Our Rosyth venue is ideally placed for both MOD Service Leavers undertaking resettlement training and for commercial course delegates to travel to from Rosyth, Edinburgh, Stirling and Perth.



All of our Rosyth course dates can be found on our website here:

<https://www.woodward-group.co.uk/venue/rosyth-nebosh-course-venue>

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New NEBOSH Incident Investigation Course Launched!

NEBOSH and Great Britain's Health and Safety Regulator, the Health and Safety Executive (HSE), have jointly developed this one day qualification that shows how non-complex incidents can be investigated effectively. By learning lessons and making improvements, organisations can avoid similar incidents occurring in the future. The qualification is aimed at managers, supervisors, SHE Champions, union representatives and aspiring health and safety practitioners.

The one day **NEBOSH HSE Introduction to Incident Investigation** covers the following topics:

- Moral, legal and financial arguments for investigations
- Human and organisational factors that can contribute to an incident
- The process for investigating incidents
- Positive interview strategies and the barriers to successful interviews

Attending the course will enable delegates to:

- Independently investigate simple incidents
- Gather evidence including conducting witness interviews
- Produce an action plan to prevent a recurrence of an incident
- Contribute to team investigations for large scale incidents
- Positively impact the safety culture in your organization

Benefits for Employers

Employers will gain a number of benefits from giving their staff the opportunity to take this qualification, including:

- Drives down repeat incidents – learn lessons so it doesn't happen again
- Confidence that your organisation's approach to investigations is robust
- Improved safety culture by encouraging a proactive approach to incident investigation
- Build in-company expertise
- An approach to incident investigations that reflect best practice
-

Assessment

- A practical assessment is done at the end of the course, which will take approximately 60 minutes to complete.
- Delegates will be provided with a pack of evidence and shown a video of three witness interviews. They will be asked to review the evidence, evaluate each interview and produce an action plan that will help prevent a recurrence of an incident.

<https://www.woodward-group.co.uk/courses/nebosh-hse-introduction-to-incident-investigation>



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Spotlight on

NEBOSH HSE Certificate in Health and Safety Leadership Excellence (1 day) Course

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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Finalist in the In-Cumbria Business Awards 2019

The shortlist for the In-Cumbria Business Awards 2019 has been revealed in the July 2019 edition of in-cumbria magazine.

We are really proud to be able to reveal that Woodward SHE Ltd has been announced as one of the three finalists in the **Best Family Business** category.

Luke Diccio, editor of in-Cumbria magazine and group business editor for Newsquest Cumbria, said: *“Yet again, me and the in-Cumbria team have been overwhelmed by both the quantity, but most important of all, the quality of entries this year. Businesses from across the entire county have yet again done themselves proud.”*

Profiles of each of the finalists appear in this month’s edition of in-Cumbria magazine, which can be downloaded from here: <https://www.in-cumbria.com/magazines/>



incumbria Business Awards 2019 FINALISTS RECOGNISING AND REWARDING THE BEST OF CUMBRIAN BUSINESS

Best Family Business

This award recognises a family-owned or family-managed business which has at least two members of a family involved in running it

SCALLYWAGS

Emma Jane and Ian Sanderson are spearheading a pet food revolution in Carlisle. They expanded their successful pet grooming business – begun by Emma Jane in a garden shed – to include a raw food business and, earlier this year, moved to new premises on John Street to help them keep up with demand.

Emma's mum Sue works with Ian in the raw food business and Krystal Flannery, the couple's daughter-in-law, is a dog groomer with Emma.

Ian, a former broadband engineer, says the business is a vocation rather than a job.

Ian says: "We are here to offer help and advice to people. We offer a support network. I will weigh the dogs who come in and work out the best mix for them."



WOODWARD SAFETY HEALTH AND ENVIRONMENT LTD



Set up by Iain and Christine Duggan, the health and safety consultancy is truly a family affair, as sons Iain and James also work for the firm.

It moved from its Carlisle base to Energen in Workington earlier this year after it outgrew its premises and offers health and safety training across the country. It has trained hundreds of people since the firm began in 1993, offering courses to military personnel coming out of the armed forces to help them find new careers once they leave the service.

The firm also works with Sellafield Ltd and has just been awarded a new safety contract via the LINC framework for the nuclear complex's workers. It has also just opened a new training suite in Southern Scotland.

STAN SHERLOCK ASSOCIATES LTD

The financial planning consultants was set up in 1984 by Stan and Sandra Sherlock and is now run by their son Robby and his wife Emma. Stan and Sandra's daughter Kath is celebrating her 15th year with the company this year.

They say the family business ethos runs through the company, which employs 16 people, and they aim to build long-term relationships built on trust. The firm says: "Although not everyone in the business is a Sherlock, the longevity of the staff working within the business and having advisors who have worked here since the business was established, cultivates the family environment we all enjoy being part of."

Last year the firm achieved its highest turnover to date and secured more than 650 mortgages for people in Cumbria.



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Expanded IOSH Courses Range



IOSH can offer much more than just Working Safely and Managing Safely qualifications to your business. Their wide range of courses now includes:

Health, Safety and Wellbeing

[IOSH Managing Occupational Health and Wellbeing \[1 day\]](#) - Managing Occupational Health and Wellbeing is for managers and supervisors working in any sector, and for any organisation. It's designed to provide them with the tools and techniques to improve health and wellbeing across their organisation.

[IOSH Working Safely \[1 day\]](#) - Working safely is a one-day course for people at any level, in any sector, that need a grounding in health and safety. It is ideal for introducing staff to why health and safety is important, and shows how everyone can make a difference to their own wellbeing and that of others through everyday behaviours.

[IOSH Health and Safety for Supervisors \[2 day\]](#) - The IOSH Health and Safety for Supervisors Course is a two day course designed for people in supervisory roles, team leaders, charge hands, leading hands, etc. positions in all types of organisations, who need an understanding of health and safety at work.

[IOSH Managing Safely \[3 or 4 days\]](#) - The IOSH Managing Safely Course is designed for people in supervisory or management positions in all types of organisations, who need a broad understanding of health and safety at work. The aim is to give these managers the knowledge to help implement good practice for health and safety in the workplace.

[IOSH Managing Safely Refresher \[1 day\]](#) – On this course delegates get to refresh their knowledge on the key parts of the full Managing Safely course, there's also a much greater emphasis on monitoring, auditing and reviewing, which is learned through two practical case studies.

[IOSH Leading Safely \[1 day\]](#) - As a senior executive, your time is precious. That's why IOSH designed the Leading Safely course in conjunction with business leaders to cover only what you need, in as short a time as possible. Whatever the size of your organisation, the course will show you how investing in safety and health can reap valuable business benefits, including better productivity, increased profits, an enhanced reputation and a stronger brand.

Fire Safety

[IOSH Fire Safety Awareness \[1/2 day\]](#) - Fire Safety Awareness is for people at any level, in any sector worldwide, who need a grounding in the essentials of fire safety.

[IOSH Fire Safety For Managers \[1 day\]](#) - Fire Safety for Managers is designed to get managers and supervisors in any sector up-to-speed on the practical actions they need to take, and gain the knowledge and tools to tackle the relevant fire safety issues they're responsible for.

Environmental Management

[IOSH Environment for Business \[1 day\]](#) - In one day, managers will learn how business can engage with and effectively manage the environmental aspects of their activities.

For more information on any of these courses please don't hesitate to get in touch ☺

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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 416 - Night Club Ban Head Banging

Issue

Night Club Ban Head Banging.

Panel opinion

Whilst there is some limited evidence that head banging may not be good for your health, there is no specific H&S regulation which bans this activity.

The night club would perhaps have been better served to advise their customers of that, rather than imposing a blanket ban and blaming H&S.

Historic Myths – April 2012

Case 1 - Member of public requested to remove swing from allotment

Issue

A member of the public erected a swing for their children on an allotment that they rent from their parish council. They were requested by the parish council to remove the swing on the grounds of health and safety.

Panel decision

This is not a health and safety issue and there are no health and safety regulations which apply in a case like this. We advise the complainant to go back to the parish council and ask/challenge them to explain the real reasons behind their decision.



THE IMPACT OF BUSINESS-TO-BUSINESS HEALTH AND SAFETY RULES

HSE has published a [report analysing how business-to-business health and safety rules \('blue tape'\) impact dutyholders.](#)

Health and safety 'rules' are obligations imposed by businesses or business intermediary organisations, not by Government. HSE has been exploring perceptions of these rules and their effects both on businesses and the health and safety system more widely.

Of particular interest to smaller construction employers, the report addresses the impacts that [conformity assessment schemes](#) can have and discusses what can be done to make their effects more proportionate.

The report also discusses other potentially disproportionate 'requirements' from businesses that don't take account of the size and lower management complexity of smaller firms including contractor requirements for suppliers to have certification to management system standards like [ISO 45001](#) and the role of consultants, auditors, insurers and the civil claims system.

[Download the report here.](#)



Heatwave information and advice

With temperatures soaring in parts of Britain this week, make sure you have the right advice and guidance... It is important to remember the risks of overheating when working in hot conditions.

The HSE has plenty of answers and advice on their [workplace temperature website](#), including:

- [Is it too hot to work?](#)
www.hse.gov.uk/news/workplace-temperature.htm
- [What the law says](#)
<http://www.hse.gov.uk/temperature/law.htm>
- [Outdoor working guidance](#)
<http://www.hse.gov.uk/temperature/outdoor.htm>
- [Heat stress in the workplace: A brief guide](#)
<http://www.hse.gov.uk/pubns/indg451.htm>



Make sure you are working safely with display screen equipment



All employers must protect workers from the health risks of working with display screen equipment (DSE). This includes PCs, laptops, tablets and smartphones.

The Health and Safety (Display Screen Equipment) Regulations 1992 apply to workers who use DSE daily, for an hour or more at a time. The HSE describe these workers as 'DSE users'. The regulations don't apply to workers who use DSE infrequently or only use it for a short time.

How to protect workers' health

The law applies if users are, for example:

- at a fixed workstation
- mobile workers
- home workers
- hot-desking (workers should carry out a basic risk assessment if they change desks regularly)

Employers must:

- do a DSE workstation assessment
- reduce risks, including making sure workers take breaks from DSE work or do something different
- provide an eye test if a worker asks for one
- provide training and information for workers

Incorrect use of DSE or poorly designed workstations or work environments can lead to pain in necks, shoulders, backs, arms, wrists and hands as well as fatigue and eye strain. The causes may not always be obvious.

The HS website has plenty of information and available resources on what employers must do, including a DSE workstation assessment.

You can download the HSE's free DSE workstation checklist to assist with this.

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



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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 - 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 - 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 - 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.

<https://www.nebosh.org.uk/qualifications/national-general-certificate/#resources>

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 NEBOSH, IOSH and Highfield (HABC) courses under the Woodward banner.

The Woodward Associate Trainer Scheme is constantly under development and more courses and other options are being 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.

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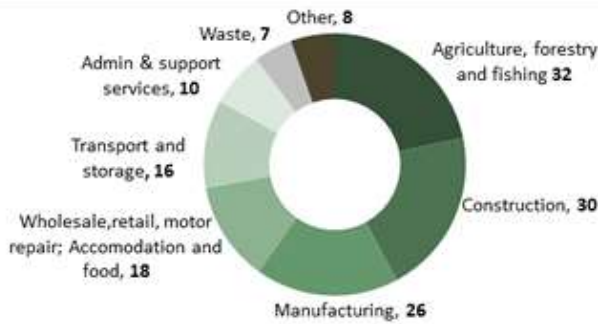


Annual figures on work-related fatalities

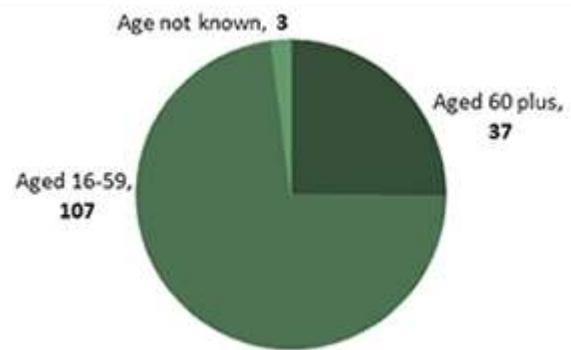
Between April 2018 and March 2019, 147 people were killed in Great Britain while doing their job. Falls from height were the main kind of fatal accident, with 40 deaths last year. 92 Members of the public were killed due to work related activities in 2018/19

[Sourced from: <http://www.hse.gov.uk/statistics/fatals.htm>]

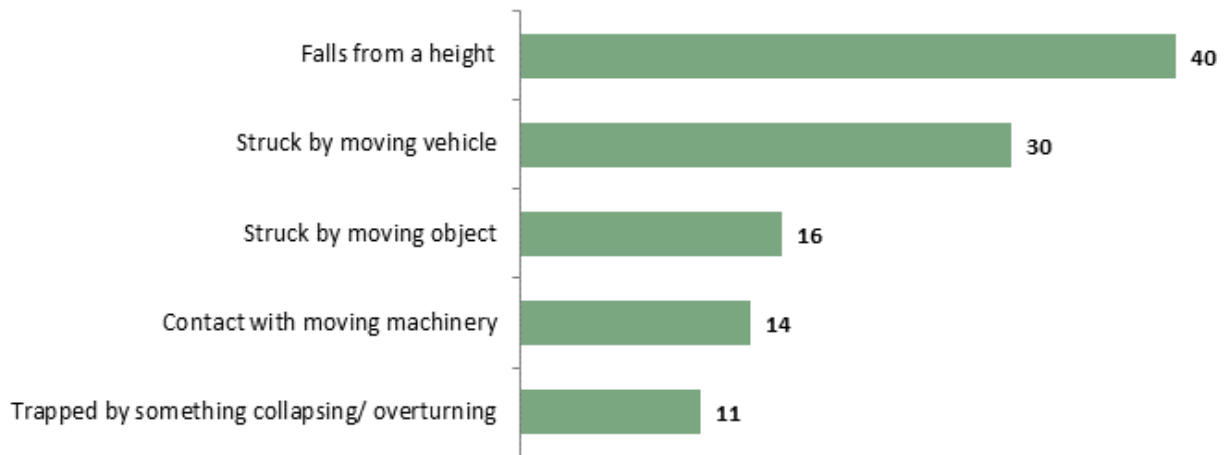
Fatal injuries to workers by main industry



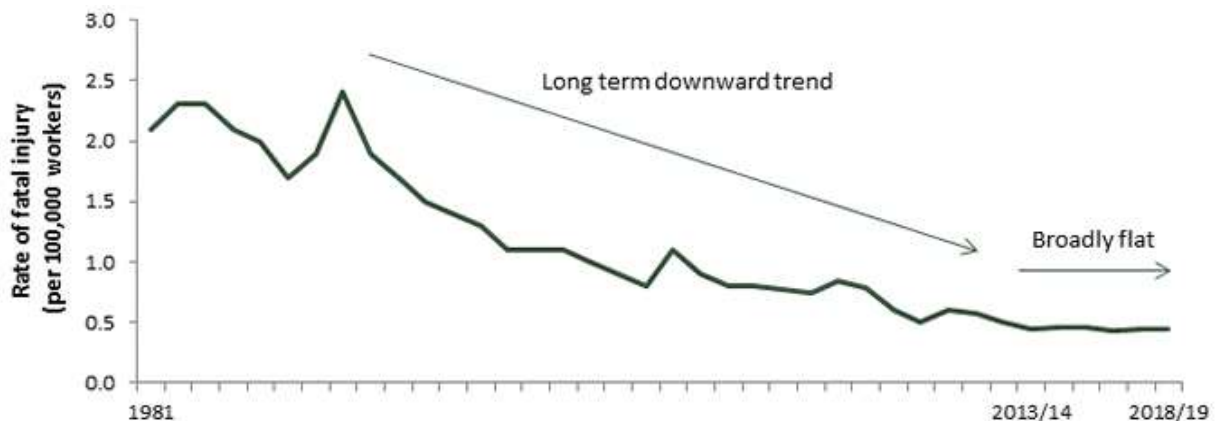
Fatal injuries to workers by age



Main kinds of fatal accident for workers



Rate of fatal injury per 100,000 workers



Historic Health and Safety Pictures



Working at Height
on the
Welbeck Hotel,
Nottingham, 1970



1906, Catching a ride on
the Logging train
crossing a trestle in the
Cascade Mountains

21855 A logging train loaded with huge logs crossing a trestle in the Cascade Mountains, Oregon.
COPYRIGHT 1906 BY C. L. WARSON.

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We're on the Web!

Find us at:
www.woodwardgroup.co.uk



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

It's really useful to be able to display testimonials from past delegates on our website, so that potential delegates can get a feel for 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 Us ...

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 help 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

