

Newsletter Highlights:

Pre-ACT keeping workers safe	2
IOSH Training at James Walker	3
5 exercises to prevent back pain	4
New NEBOSH Certificates	5
New HSE vibration calculator	6
Safety Simplified by NEBOSH	7
Health and Safety Myths	8
NEBOSH & Mental Health UK	9
BSG Showcase Exhibition	9
Health and Safety Statistics	10
Historic H&S Pictures	11
Resources for Students	12
Woodward Associate Trainers	12

Produced by:



Welcome to our 41st Edition of Safety Net



Could you be a Walker(s)?

I recall a national newspaper who printed photographs of a certain nature on Page 3. As well as increasing the circulation readers always turned to page three first "to brighten their day".

For the first time in the Safety Net newsletter I am asking you to turn to page 3 first !

The initiative we have developed with James Walkers & Co. Ltd. at

Cockermouth has enabled them to get IOSH accredited training courses off the ground on site and at the following prices per delegate [IOSH Working Safely [1 day] course £55, IOSH Health and Safety for Supervisors [2 days] course £68 and IOSH Managing Safely [3 days] course £95].

We are very pleased with progress on this initiative and James Walkers obviously are. They are going to extend this initiative to all their UK sites within the next year or so and then to all their European sites after

that. They are using the IOSH Working Safely [1 day] course as their health and safety induction course for staff at all sites.

The opportunity is there for you to do the same as Walkers throughout your organisation. Let me know if you want to explore this initiative. Get your organisation zooming along [just as a walker!!!]



We're proud to be a NEBOSH Gold Learning Partner



Sellafield Ltd currently have vacancies for both Health and Safety Advisors and Specialists as well as Environmental Advisors and Specialists. Salaries range from £37k – to £53K depending on qualifications and experience.

Further information on these vacancies can be found at: <https://careers.sellafieldsite.co.uk/vacancies/>

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PRE-ACT help keep Robin Rigg workers safe



Taking the safety of their workforce seriously, Eon's Robin Rigg windfarm management regularly organise safety days with all their technical staff. On their most recent safety day the wind turbine technicians joined their colleagues and managers ashore at their Port of Workington facility for some training selected to focus on situational awareness and tools to combat drift and complacency.

They asked a new local company "PRE-ACT" to tailor their new and unique personal security 1-day workshop to meet the needs of Eon's multidisciplinary teams. Eon spoke to co-creators of PRE-ACT, Chris Denwood and David Forsythe, to understand the benefits of the workshop's marriage of martial arts experience and decades of experience in managing safety in high hazard industry. They elected to try out PRE-ACT's "safe habit blueprint" approach to personal security with its focus on developing situational awareness skills and developing good habits to avoid potentially threatening situations.

It can often be overlooked that personal security risks are part being "at work" and while the risk is very low in the office, it increases away from base and particularly where work involves interfacing with the public. The workshop was a huge success and Eon found PRE-ACT's experiential learning style very useful and the teams enjoyed the fun group exercises. The PRE-ACT approach means that personal security is taught using a unique adaptation of commonly used risk models; innovative yet familiar enough for the skills learned to be exceedingly transferable.

Kerry McCole, Eon's Plant manager for Robin Rigg said that the tailored course had given her teams skills that will help them keep safe but was delighted that the skills are transferable to home, their families and the workplace too. She recognised that she relies on her teams to have good situational awareness travelling to the turbines and when out there working on them. She needs them to make good decisions to keep themselves safe. She felt that the tools shared by PRE-ACT would help combat drift or complacency in their situational awareness for personal security and safety in their workplace.

A win/win that Eon and PRE-ACT hope to build on.

Learn more here: <https://www.pre-act-now.com>



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IOSH Training Gets Under Way at James Walker & Co Ltd

The 14th May 2019 saw the first in-house IOSH Working Safely course get underway at James Walker & Co Ltd in Cockermouth.

12 candidates initially undertook the first IOSH Working Safely course and all successfully passed !

The day went really well with positive feedback from all the candidates.

James Walker are now well under way rolling out the training to all employees.

To date James Walker have trained 42 employees successfully on the IOSH Working Safely course and are now looking to deliver the IOSH Managing Safely course in-house as well.



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Five exercises to strengthen muscles and help prevent back pain

A new campaign has launched a website to help office workers take control of their back pain and to pay more attention to the dangers of sitting.

Mind Your Back is a website with videos for people to use to help alleviate and prevent back pain, which is based around the simple five S.T.E.P.S approach (Stretch, Therapy, Exercise, Posture and Strengthening).

It's been devised by Deep-Heat manufacturers, Mentholatum, who say that the S.T.E.P.S approach *"empowers back-pain sufferers to manage pain themselves without the need for painkillers, allowing them to lead a healthier, happier life."*

The firm's initiative, which has been created with the help of medical and activity experts, also highlights some of the known risks of excessive sitting, and how it can harm the whole body and not just the back.

Physiotherapist Sammy Margo and a supporter of Mind Your Back warns: *"The dangers of such sedentary lifestyles are not simply due to reduced calorie burning, habitual inactivity leads to a slew of health issues known collectively as hypokinetic diseases."*

Data obtained by the campaign indicates that three out of five people (57 per cent) sit down for four or more hours of their working day, and when they get home the same number remains seated for another two to four hours.

These lifestyles are driving what the campaigners say is an "epidemic of musculoskeletal pain", with two out of five people (39 per cent) experiencing problems at least once a week. Four out of five (84 per cent) adults report they have suffered from back pain at some time in their lives.

The good news is that back pain can be tackled. Organisers say: "Mentholatum has worked with medical and activity experts to create Mind Your Back — following five simple S.T.E.P.S. (Stretch, Therapy, Exercise, Posture and Strengthening) to help manage and prevent back pain and reduce the risk of serious inactivity-linked illness."

To follow the five S.T.E.P.S. go to <https://www.mindyourbackuk.com/>



New NEBOSH Certificate Parchment Launched

New, more secure NEBOSH parchment and certificate designs have been launched.

As part of NEBOSH's goal to improve security, reduce its environmental impact and provide high quality customer service, we have made some changes to our parchments and unit certificates.

The new designs reflect NEBOSH's evolving brand, offer better security and use sustainably produced paper from suppliers that are ISO14001 (environmental management) and ISO50001 (energy management) accredited.

A number of anti-fraud features have also been introduced that will:

- Provide personalised parchments and unit certificates that are more difficult to replicate, maintaining the integrity of NEBOSH qualifications.
- Provide learners and potential employers with the ability to verify NEBOSH qualifications online by scanning a QR code using a free to download QR scanner app which is linked to a live portal.

Anyone sitting exams after the 1 November 2019 will receive the new parchments and unit certificates.



Follow us on:



HSE launches new vibration calculator

The Health and Safety Executive (HSE) has created a calculator to help estimate workers' exposure to hand-arm vibration (HAVS). The calculator compares workers' exposures to the levels specified in the Control of Vibration at Work Regulations 2005, as part of a HAVS risk assessment.

Aimed at employers of workers who frequently and regularly use tools or machinery, such as hand-held power tools, hand-guided powered equipment or powered machines which process hand-held materials, the calculator will estimate:

- partial exposure (shown in both $m/s^2 A(8)$ and exposure points) for each tool or process, as calculated from the vibration magnitude and the exposure duration
- daily exposure, also in $m/s^2 A(8)$ and exposure points, as calculated from the partial exposures.

In addition to the partial and total exposure values, the calculator also uses the vibration magnitudes to produce the following values:

- Exposure points per hour. The number of exposure points for every hour of exposure time for the individual machine or process.
- Time to reach EAV (exposure action value). This is the total exposure time required for the individual machine or process, before the EAV ($2.5 m/s^2 A(8)$ or 100 points) is reached.
- Time to reach ELV (exposure limit value). This is the total exposure time required for the individual machine or process, before the ELV ($5 m/s^2 A(8)$ or 400 points) is reached.

The calculator includes a drop-down menu of vibration magnitudes for common tools from the HSE's HAVS database that can be used to make cautious estimates of exposure before representative in-use data for specific tools is available.

The HSE guidance book L140 Hand-arm vibration has also been simplified and streamlined to provide clear information that will enable employers to make sensible and proportionate decisions about managing risks arising from hand-arm vibration. However, the HSE points out that the underlying message has not changed.

[Taken from here <https://www.ioshmagazine.com/article/hse-launches-vibration-calculator>]

The screenshot shows the 'HAND-ARM VIBRATION EXPOSURE CALCULATOR' interface. At the top, it says 'HSE' and 'Version: 3.0 (June 2015)'. Below this are input fields for 'Company name / work area:' and 'Employee ID and/or task name:'. The main part of the form is a table with the following columns: 'Tool or process name', 'Vibration magnitude m/s^2 ', 'Exposure points per hour', 'Time to reach EAV $2.5 m/s^2 A(8)$ ' (with sub-columns for hours and minutes), 'Time to reach ELV $5 m/s^2 A(8)$ ' (with sub-columns for hours and minutes), 'Exposure duration' (with sub-columns for hours and minutes), 'Partial exposure $m/s^2 A(8)$ ', and 'Partial exposure points'. Below the table are several control elements: 'Zoom to fit', 'Help', 'Reset', and 'Print (preview)'. There is also a 'Reset Options' section with checkboxes for 'Lock tool or process information' and 'Lock company and role, by name'. A 'Calculation date' field is located at the bottom right.

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Spotlight on Safety Simplified by NEBOSH



Safety Simplified; a new introduction to health and safety training.

In just three days this course, created by NEBOSH, will give you practical, real-life skills to help safety in any workplace. It's relevant to any business, in any sector utilising real life case studies and cutting edge learning practices.

Learning is fun and engaging using high quality resources and the latest augmented reality technology. Employers will see the benefits of the training, in efficiencies; such as less days lost through illness and accidents.

Safety Simplified enables learners to develop their skills to take ownership of health and safety policies and strategies in their organisations. Upon completion of Safety Simplified, learners will:

- Understand the reasons for, and benefits of, managing health and safety.
- Recognise common workplace hazards.
- Have an improved understanding of organisational safety measures.
- Understand how to help prevent incidents recurring.
- Appreciate the purpose of inspections and audits.
- Be equipped to contribute to supporting health and safety practices and create a better working environment for everyone.
- Know how to undertake basic health and safety risk assessments and put in place appropriate control measures.

Learn more here <https://www.woodward-group.co.uk/courses/nebosh-safety-simplified>

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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>



Historic Myths – April 2012

Case 2 - Sub-contractor not paid as completed work does not meet health and safety standards

Issue

A sub-contractor is in dispute over payment with a main contractor and the reason for non-payment has been given as the completed work does not meet health and safety standards.

Panel decision

This is a contractual matter that is not related to health and safety which the panel cannot comment on. However, a local environmental health officer inspected the work and did not find any significant risk in the way it had been completed. Therefore in this case, health and safety should not be used as an excuse in the dispute between the contractors.

Historic Myths – April 2012

Case 3 - Local authority decides use of dirt bikes at specialist school presents too high a risk

Issue

A local authority has decided that the use of dirt bikes as an activity for teenagers at a specialist school presents too high a risk.

Panel decision

The health and safety at work act does apply to schools but the panel does consider that more effort by all the parties involved could be made, to manage and control the risks to allow the activity to proceed.



NEBOSH signs Memorandum of Understanding with Mental Health UK

To mark World Mental Health Day 2019 NEBOSH has announced plans to work with Mental Health UK.

The memorandum of understanding, which was signed at a reception at the House of Lords in September 2019, will see NEBOSH and the charity explore ways that the two organisations can work together to help address mental health within the workplace.

You can read more about this new partnership on the NEBOSH website here:

<https://www.nebosh.org.uk/our-news-and-events/our-news/nebosh-signs-memorandum-of-understanding-with-mental-health/>



BECBC BSG Showcase Exhibition (October 2019)

The monthly BECBC Member Meeting in October also featured the Business Support Group (BSG) annual showcase event, which was held at ENERGUS in Workington, Cumbria.

We were very pleased to be able to get involved and made lots of new contacts during the event.

The BSG Showcase brings together over 90 BECBC members of the Business Support Group to exhibit and show members what services they can offer to a range of businesses.

You can learn more about the BECBC Business Support Group on their website here:

<https://www.becbusinesscluster.co.uk/sector-groups/business-support>



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HSE releases annual injury and ill-health statistics for Great Britain

The number of injuries and incidents of ill-health in workplaces across Great Britain is still too high, new statistics show.

The annual report by the Health and Safety Executive (HSE) includes statistics for work-related ill health, workplace injuries, working days lost, enforcement action taken, and the associated costs to Great Britain.

Figures show that around 581,000 workers sustained non-fatal injuries in 2018/2019, with 1.4 million workers suffering from work-related ill-health.

The statistics, compiled from the Labour Force Survey (LFS) and other sources, illustrate that in Great Britain in the 2018/2019 period there were;

- 147 fatal injuries at work
- 1.4 million working people suffering from a work-related illness
- 364 cases were prosecuted and resulted in a conviction; fines from convictions totalled £54.5 million
- 28.2 million working days lost due to work-related illness and workplace injury

The estimated economic cost to Great Britain totalled £15 billion in 2017/2018.

There have been no significant changes to industries in which there is a higher risk of sustaining an injury while at work, with construction and agriculture still amongst the high-risk sectors.

Despite Great Britain continuing to be one of the safest places to work, the reported figures highlight there are still areas to be improved upon to prevent fatalities, injuries and ill-health. The figures highlight the scale of the challenge HSE currently faces in making Britain a healthier and safer place to work.

In response to the report, Martin Temple, HSE Chair, said:

“Great Britain’s position as one of the safest places to work should be a point of pride for us all, but these figures show there is still much to be done to ensure workers go home both healthy and safe.

“These figures should highlight to us all the vital importance of managing risk and promoting behaviours to improve the standard of good health and safety practice in the workplace.

“We must all share the responsibility of ensuring everybody is aware of what they need to do to work right by preventing work-related incidents, and making our places of work healthier and safer for everyone.”

The full annual injury and ill-health statistics report can be found on HSE’s website here:

<https://www.hse.gov.uk/statistics/>

Historic Health and Safety Pictures



Construction of the United Nations building with the Empire State building in background, 1949 NY.



Mount Rushmore being carved, 1934 - 1939.

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Looking for Employment ?



Sellafield Ltd currently have vacancies for both Health and Safety Advisors and Specialists as well as Environmental Advisors and Specialists. Salaries range from £37k – to £53K depending on qualifications and experience.

Further information on these vacancies can be found at:
<https://careers.sellafieldsite.co.uk/vacancies/>

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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We're on the Web!

Find us at:

www.woodwardgroup.co.uk

Follow us on:



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

