



ALL PPE purchased via the office or online store

25% discount from RRP until 30.11.18

Please quote promo code PPE/25

Facefit Testing - **£250.00 ½ day** up to 12 ppl or **£350.00 full day** up to 20 ppl

Valid until 30.11.18

Please quote promo code FF/102018

***** With the success of our CITB accreditation our CITB course launch promotional deals are shown below *****

SMSTS - £500.00 buy one get one for £375.00

Promo code: SMSTS/Promo1 - valid until 31.12.18

SSSTS - £325.00 Buy one get one for £260.00

Promo code: SSSTS/Promo1 - valid until 31.12.18

SMSTS-R - £290.00 buy one get one for £250.00

Promo code SMSTS-R/Promo1 - valid until 31.12.18

For more details or to make a booking, contact the office on 01623 821516 or training@awsafety.co.uk

Restart-a-heart event - 16th October 2018



In response to British Heart Foundations yearly “Restart-a-heart day”, AW Safety Management, a local H&S and First Aid Training provider for East Midlands, had another great opportunity to contribute as part of our ongoing effort this year in line with our strive to “give back to the community” by providing **FREE**

emergency CPR demonstrations. After the demos it was great to see teachers and grandparents alike take part in and learn how to save a life and to understand the basic differences of treating an adult versus a child or baby.

King Edwin Primary kindly hosted the after-school event with around 40 people in attendance but then with a staggering additional 1200 views on their Facebook page of the live video event streamed by the headteacher.

Special thanks to the Headteacher Andy Callaghan-Wetton and our Trainer Glyn Bagshaw for making the event possible and to those who attended and viewed online.

We look forward to seeing you again next year!

Sept 2019: Qualsafe announces: CPR to be added to the National School Curriculum in England!

Did you know that the government has revealed plans to add CPR to the national school curriculum in England?

The draft proposal sees first aid and CPR being added to the national school curriculum as part of wider Health Education Classes in England for 2020. With survival rates of out of hospital cardiac arrests being up to three times higher in countries where first aid is taught in schools compared to the UK, this landmark move could save thousands of lives each year

The announcement follows years of tireless campaigning to get first aid and CPR on to the curriculum. A key player in which has been Qualsafe's Medical Director, Dr. Andrew Lockey, Hon. Secretary to the Resuscitation Council (UK), as well as the British Heart Foundation, St John Ambulance and the British Red Cross.

The draft legislation proposes that teachers talk about the steps that pupils can take to protect and support their own and other's health and wellbeing, including learning basic first aid.

After years of campaigning for CPR and basic first aid to be taught in schools Qualsafe Awards are thrilled to see this now take a step closer to becoming reality.

Managing Director, Nigel Barraclough, commented;

“Norway has been teaching CPR in schools for many years and the increase in bystander CPR is the main reason that they have survival rates as high as 25% compared to the UK's 10%. We would encourage supporters to respond to the Government consultation.”

If you would like any information about AW Safety Managements First Aid in the Workplace or Emergency First Aid in the Workplace courses call us for more details or request a copy of our 2019

Open course list. Call 01623 821516, email: training@awsafety.co.uk or visit our website where you can book online www.awsafety.co.uk

Article written by Amanda Neuville - Training Centre Manager AW Safety Management Ltd

CUSTOMER FOCUS: Flo Skate Park

"Rolling with the new kids on the block!"

With an unusual change of location from my usual Construction, Manufacturing and Engineering client locations, this my first month with AW Safety Management saw me spending some time completing a Fire Risk Assessment and getting the newly reopened Nottingham "Flo Skate Park" Health & Safety ready.



With a management team, Board of Directors and Trustees all passionate about the reopening and also keen skateboarders themselves the deadline for the reopening on 20th October was 100% achieved. It was a real pleasure to work alongside people tuned in the needs of the youth in the surrounding community.

The AW Safety Management team wish everyone at the Flo Skate Park the very best of luck now they are fully operational.

Call 01623 821516 or email info@awsafety.co.uk if you are in need of our H&S Consultancy, Training or Risk Assessment services.

Photos & Article written by Adrian Kirkby – H&S Consultant

Stress, Mental Health & The Construction Industry



With my first month as an AW Safety Management consultant now over I am glad to report that all is going fantastically. I am in a very fortunate position to be supported by a great team of people who are always there to offer advice and support, which is important especially when you are a new starter in a company which in itself can at times bring many stresses.

My main role is visiting customer sites to carry out site safety inspections/audits. On arrival at site the most important thing for me once I have introduced myself and explained why I am there is to get the kettle on. There is nothing better for me than to sit down with a cuppa and get to know the supervisor on that site. One thing that is apparent however is that we are constantly in demand which does at times cause stress. I have witnessed countless times whereby I have sat with someone and they have been called on their phone or someone has a problem on site which the supervisor or site manager must deal with almost always immediately. I nearly always get the same comment “I don’t get a minute to breathe ” and

with pressures such as the stress and demands to meet project deadlines and the risks involved in completing jobs quickly, increasing the likelihood of mental health issues, this is something the Construction sector is now starting to focus the spotlight on.

The Considerate Constructor Scheme recently published:

- *1 in 4 people will experience a mental health problem in any year – poor mental health affects anyone*
- *9 out of 10 people who experience mental health problems say they face stigma and discrimination as a result*
- *Stigma is a huge challenge in the workplace; 40% of employers view workers with mental health problems as a ‘significant risk’*
- *8 in 10 employers have no mental health policy*
- *Stress has forced 1 in 5 workers to call in sick; 90% did not feel able to tell their boss the real reason why*

Work related stress can not only have an impact upon work performance and personal lives, but also impact people physically through poor health including high blood pressure, stomach ulcers and increased risk of heart attack as well as result in drug and alcohol abuse. In the construction industry, this work-related stress can often develop from heavy workloads, long working hours, travel, family separation, fear of redundancy and job insecurity, financial and budgeting pressures, tight deadlines and high-risk activities. All of these issues affecting the construction industry can potentially lead to poor mental health. It is important for employers to recognise the problem and support their employees in offering guidance, raising awareness and ensuring that people do not feel ashamed or embarrassed to seek help.

Recently I have been looking at stress in the construction industry and having come across this information, which for me makes very interesting reading. We all need to remember that it is ok to talk about stress especially us “blokes” as it’s not a sign of weakness or inability to cope and we must have the confidence and support from employers to address the issues especially if it is over a cuppa and preferably a biscuit.

Mates in Mind is a registered charity who aims to raise awareness, address the stigma of poor mental health and improve positive mental wellbeing in the UK construction industry, their **helpline telephone number is 0345 605 1956** or visit their website by **clicking here** for how to get involved or access help,

AWSM construction site audits don’t just monitor the health & safety of sites, our experienced consultants can recognise the signs of stress and understand how this in itself can affect your workforce or even compromise site safety. Call 01623 821516 or email info@awsafety.co.uk for more details.

You can download the poster shown below from the HSE website for free by clicking here!

Article written by Adrian Kirkby – AW Safety Management Ltd - H&S Consultant

Health and safety at work

Stress, anxiety and depression statistics 2016



0.5 million

Workers suffering from work-related stress, anxiety and depression (new and long-standing cases) in 2015/16

Source: Estimates based on self-reports from the Labour Force Survey



11.7 million

Working days lost

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



24

Working days lost per case on average

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



37%

Of all work-related ill-health cases

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



45%

Of all working days lost due to ill health

Source: Estimates based on self-reports from the Labour Force Survey 2015/16



5.2 billion

Annual cost of work-related stress, anxiety and depression in Great Britain 2014/15

Source: Estimates based on HSE Cost Model

Main work factors

Workload pressure including:

- Tight deadlines
- Too much pressure
- Too much responsibility

Lack of managerial support including:

- Organisational changes
- Violence at work
- Role uncertainty

Source: Estimates based on self-reports from the Labour Force Survey 2015/16

Public sector most affected

In particular:

- Education
- Health
- Social care

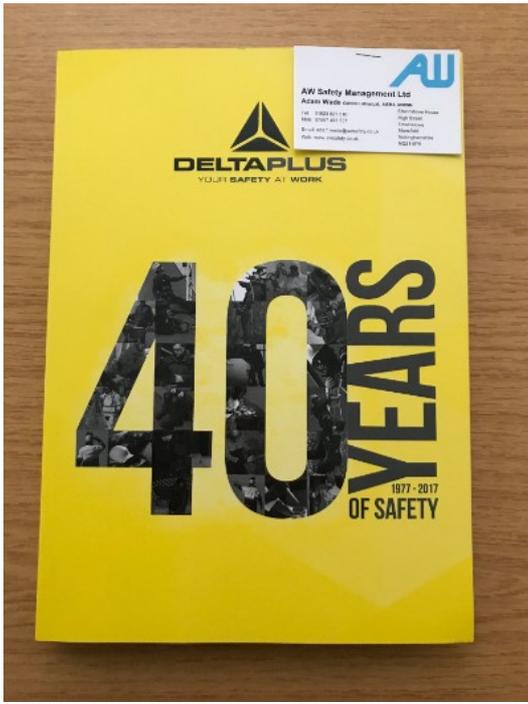
Associated jobs:

- Teaching
- Nursing/midwifery
- Welfare

Source: Estimates based on self-reports from the Labour Force Survey 2015/16

www.hse.gov.uk/stress

*** ONLINE SHOP ***



AWSM PPE & Workwear All orders receive 25% discount until 30.11.18

AWSM PPE & Workwear catalogues are now available. If any potential or existing clients would like a copy of our catalogue then let us know and we can issue one so you can browse and order at your leisure.

www.awsafety.co.uk.

Just ring the office on **01623 821516** with your **order details by 2pm for next day delivery.**

Work Placement Risk Assessment Post course review and feedback



Work experience is a valuable tool in helping young people experience the world of work and learning life skills. When entering the work-place the expectation is that it is going to be a safe, healthy and supportive

environment.

To ensure that this is the case schools and colleges are required to 'vet' the workplace, so on 3rd October 2018 staff from both Brunt's Academy and Portland College attended a Risk Assessment training course combined with an additional segment targeting work placement teams' responsibilities, here at the AW Safety Managements training room in Edwinstowe.

The course was delivered by one of their senior consultants and trainer who has over 12 years+ experience undertaking health and safety checks for young people. The overall focus of the course was risk assessment interspersed with information on best practice for undertaking health and safety checks on workplaces. At the end of the day all delegates undertook the Level 2 Principles in Risk Assessment examination, and all gained their qualification. The delegates who attended are already in roles responsible for H&S checks and job coaching, they all gave positive feedback on how informative the course was and how it had refreshed skills they already possessed.

Client Testimonial

"I recently attended a Health and Safety course on risk assessments at AW Safety in Edwinstowe House to further enhance my risk assessment skills for work experience placements. Work experience is very important as it provides many benefits to young people, giving them the skills they will need to stand out to potential employers in the future. The staff running the course were very friendly, knowledgeable, professional and informative. The overall focus of the course was risk assessment skills interspersed with information on best practice for undertaking health and safety checks in various workplaces. My course was run by a Health and Safety professional who also helped prepare me to undertake the Level 2 Principles in Risk Assessment examination in an exam setting at the end of the training session. I felt that Health and Safety course was sufficiently detailed for my work needs. The knowledge and skills I have learnt will further enable me to keep pace with the current standards, thus further enhancing my Health and Safety skills".

***Kay Barnard, RCDP
CEIAG Coordinator
The Brunts Academy***

AW Safety Management are looking at holding a further course in early 2019, therefore if you are interested in this, or any of our other courses, please contact the office on 01623 821516 and our friendly staff will be happy to help or visit our website www.awsafety.co.uk

Article written by Tracey Stubbs – AW Safety Management Senior H&S consultant

Great News!

We've expanded our training capacity



AW Safety Management are pleased to announce the opening of our new additional 18 seat training room.

Contact us for all your H&S training needs. See our "offers of the month"

Call 01623 821516 or email training@awsafety.co.uk for more details.

2019 Open Course online booking facility is now available.....visit our website

www.awsafety.co.uk

Follow us on LinkedIn, Twitter & Facebook.

Are you ready for the HSE construction blitz as they double down on respiratory risks?



“Around 100 times as many workers die from diseases versus those killed in construction accidents” HSE’s chief inspector recently commented and with HSE warnings that work-related cancers linked to asbestos and silica, estimated to kill 3,500 people from the industry per year.”

As the HSE kicks their construction blitz off they will be looking at the job start to finish including disturbance of asbestos, dust risk management with PPE masks and clothing, avoidance or minimising the use of power tools and ensuring extraction and dampening methods are being utilised to avoid airborne dust particle inhalation.

As people come in all sorts of shapes and sizes it is unlikely that one particular type or size of mask will fit everyone. Fit testing will ensure that the equipment selected is suitable for the wearer. Filtering facepieces (dust masks) are required in many locations and for many different jobs. When used properly, masks prevent the inhalation of dust in the air and protect the lungs. When you inhale, air is pulled through the dust mask and dust is captured on the outside of the mask.

Masks rely on a good seal against the face so that, when you breathe air in, it is drawn into the filter material. If there are any gaps around the edges of the mask, ‘dirty’ air will pass through these gaps and into your lungs. It is therefore very important that you put your mask on correctly and you have been face-fit tested on the mask you select.

Masks should be stored according to the manufacturer’s instructions. This is imperative to protect your health. Masks left lying around in dirty areas increase the risk of you being exposed due to contamination on the inside of the mask. Store the mask in a sealable bag or a box between uses.

- Dust masks will leak if they don’t fit your face properly
- Dust masks must fit properly to prevent leaks around the edges.
- Fit-testing must be done before first wearing a dust mask.
- Dust masks cannot be cleaned or repaired if soiled or damaged.
- Replace masks if breathing becomes difficult, if they are damaged/dirty/dusty on the inside.
- Dispose of dust masks at the end of the day or shift, or when replaced.

AWSM have the experienced staff to complete your Face Fit testing requirements, our PPE online store has a vast range of PPE equipment to protect you from unnecessary risks. 25% discount on all PPE orders until 30.11.18 also see our Face Fit promotional pricing in this month’s “Offers of the Month” at the top of this newsletter also valid until 30.11.18.

Article written by Nichola Garratt – AWSM H&S Consultant and Face Fit tester

*** 2019 OPEN COURSES ***

January 19

Tues 15th & Weds 16th * CITB - SMSTS-Refresher - 2 days * £290.00
Mon 21st - Fri 25th * CITB - SMSTS - 5 days * £495.00
Tues 29 & Weds 30th * CITB - SSSTS - 2 days * £325.00
Thurs 31st * CITB - H&S Awareness (HSA) - 1 day * £140.00

February 19

Tues 12th - Thurs 14th * IOSH Managing Safely - 3 days * £475.00
Mon 25th * IOSH Working Safely - 1 day * £130.00
Thurs 28th * CITB - H&S Awareness (HSA) - 1 day * £140.00

March 19

Tues 12th - Thurs 14th * Level 3 EFAW/FAW - 1 or 3 days * £85.00 or £175.00
Thurs 21st * SSSTS-Refresher - 1 day * £165.00
Weds 27th * SEATS - 1 day * £145.00
Thurs 28th * CITB - H&S Awareness (HSA) - 1 day * £140.00

April 19

Tues 2nd & Weds 3rd * CITB - SMSTS-Refresher - 2 days * £290.00
Thurs 25th & Fri 26th * CITB - SSSTS - 2 days * £325.00
Mon 29th * IOSH Working Safely - 1 day * £130.00
Tues 30th * CITB - H&S Awareness (HSA) - 1 day * £140.00

May 19

Mon 13th - Fri 17th * CITB - SMSTS - 5 days * £495.00
Tues 21st - Thurs 23rd * IOSH Managing Safely - 3 days * £475.00
Fri 24th * CITB - H&S Awareness (HSA) - 1 day * £140.00

June 19

Tues 11th - Thurs 13th * Level 3 EFAW/FAW - 1 or 3 days * £85.00 or £175.00
Tues 18th & Weds 19th * CITB - SMSTS-Refresher - 2 days * £290.00
Weds 26th * IOSH Working Safely - 1 day * £130.00
Thurs 27th * CITB - H&S Awareness (HSA) - 1 day * £140.00

July 19

Tues 9th - Thurs 11th * IOSH Managing Safely - 3 days * £475.00
Thurs 25th * CITB - H&S Awareness (HSA) - 1 day * £140.00

August 19

Mon 19th - Fri 23rd * CITB - SMSTS - 5 days * £495.00
Weds 28th * IOSH Working Safely - 1 day * £130.00
Thurs 29th * CITB - H&S Awareness (HSA) - 1 day * £140.00

September 19

Tues 10th - Thurs 12th * IOSH Managing Safely - 3 days * £475.00

Tues 17th * CITB - SSSTS-Refresher - 1 days * £165.00

Thurs 26th * CITB - H&S Awareness (HSA) - 1 day * £140.00

October 19

Tues 8th - Thurs 10th * Level 3 EFAW/FAW - 1 or 3 days * £85.00 or £175.00

Tues 15th & Weds 16th * CITB - SMSTS-Refresher - 2 days * £290.00

Mon 28th & Tues 29th * CITB - SSSTS - 2 days * £325.00

Weds 30th * CITB - H&S Awareness (HSA) - 1 day * £140.00

November 19

Thurs 7th * IOSH Working Safely - 1 day * £130.00

Mon 18th - Fri 22nd * CITB - SMSTS - 5 days * £495.00

Thurs 28th * CITB - H&S Awareness (HSA) - 1 day * £140.00

December 19

Thurs 19th * CITB - H&S Awareness (HSA) - 1 day * £140.00

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