



July

See Care Share Update



JUNE INCIDENTS

Safety Incidents Reported

Near Miss & Hazard Observations:	490
Incidents:	260
Lost Time Incidents:	8
RIDDOR Incidents:	7

Top 3 Incident Types

Slip, Trip, Fall	90
Cuts	61
Burns & Scalds	60

Food Incidents Reported

Alleged Food Poisoning:	14
Foreign Bodies (in Unit):	4
Foreign Bodies (Supplier):	15
Substantiated Allergies:	9
Enforcement Visits:	169

HSE UPDATES & REMINDERS

HSE Reminders:

NEWSMS

You can now download the new Workplace Safety Management System Cleaning Services and Business Services Risk Assessment and Safety Task Cards from the [HSE Website](#). Printed material is also available to order via [Linney](#).

Quarterly HSE Record

If you haven't done so in the last 3 months remember to complete your Quarterly HSE Record which be done on the manual form or via the link or QR code on the HSE Website, just visit the [Continuous Improvement page](#) of the website for more information

PRODUCT CHANGES

Don't be complacent about allergens in foods you regularly purchase. Manufactures can change their recipes or production lines at any time. Recently the precautionary allergen warning on Chef's Pass bouillon, has updated to say that it may contain gluten, egg, fish, soy, celery, mustard and sulphites, having previously not had any 'may contains'.

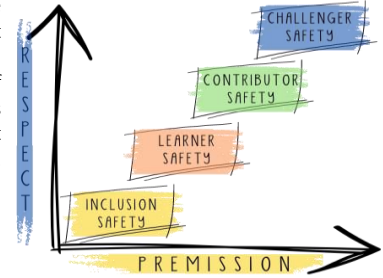
INTRODUCING THE 4 STAGES OF PSYCHOLOGICAL SAFETY

CREATING THE RIGHT ENVIRONMENT FOR OUR PEOPLE TO GROW SAFELY

Over the next 4 months we are going to be looking at the 4 stages of Psychological Safety and how this impacts our people, the business and ultimately can positively shape our culture. This month we are going to start by looking at Inclusion Safety before moving on to Learner Safety, Contributor Safety and finally

4 STAGES OF PSYCHOLOGICAL SAFETY
CHALLENGER SAFETY
CONTRIBUTOR SAFETY
LEARNER SAFETY
INCLUSION SAFETY

Challenger Safety. Inclusion Safety is all about creating an environment where our people feel included, it is basic human need to connect and belong whether that's at home, work or in social settings everyone wants to be accepted and feel part of something, this is what gives us our purpose, this is helps develop our "why". We want you to create an environment without fear of rejection, embarrassment, or punishment, boosting confidence, resilience and independence. This is true of our approach to safety too, our people should feel included in our safety decisions, and feel included to make an input.



SAFETY FOCUS – WORKING IN HIGH TEMPERATURES

With the current hot weather in the UK and the potential for temperatures in some areas to reach the 30's there is a risk that some employees working in our units may suffer from heat exhaustion. This is particularly important when working in some kitchens, buildings and outdoor locations where there is not the luxury of air-conditioning. We must ensure we look after our employees' health and safety whilst at work and have a duty of care to ensure that they are being given advice and support on how to deal with the heat.

During this time, it is vital that all the team are aware of the recommended fluid intake requirements and what signs they should be looking out for. The European Food Safety Authority recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. That's about eight glasses of 200ml each for a woman, and 10 glasses of 200ml each for a man. However, the amount a person needs to drink to avoid getting dehydrated will vary depending on a range of factors, including their size, the temperature and how active they are. So, for example, in hot weather you'll need to drink more. We should also be mindful of the signs of dehydration, these can include dark urine and not passing much urine when you go to the toilet, headaches, lack of energy, feeling lightheaded.

Please ensure you also communicate the top tips within the attached Safety Advice document with your teams to reduce the risk of heat exhaustion in our teams. To raise further awareness we have also attached a Basic Sun Safety poster.



TAKE HOME SAFETY – TAKE HOME SAFETY: BARBEQUE SAFETY

It is that time of the year again when we are all looking forward to getting out in the garden to enjoy some quality time with your family and friends around the barbeque. With that in mind we wanted to share a few safety tips for barbequing at home.

Remember to check your barbecue is in good condition (particularly if you have not used it for some time) and look for loose or damaged parts that may need adjustment or repair.

Consider the location; Level ground, away from fences, sheds and overhanging trees, which have been known to catch fire. Make sure you never light a barbecue in an enclosed space and prepare the barbecue early to ensure it is at the right temperature by the time you want to cook.

Never pour petrol, meths or other accelerants onto a barbecue. Some of the most serious barbecue related accidents happen when people do this, and the barbecue "explodes" in their face. Some our other top tips are:

- Use long handled tools
- Be careful of steam when opening foil parcels
- Remember that the metal parts of a barbecue can become hot
- Don't try to move it until it has cooled down
- Don't leave children unsupervised near a barbecue
- Make sure the barbecue is fully extinguished before you leave it
- Take care when getting rid of a disposable barbecue, or barbecue coals

