



## Mental health at Christmas

### The holiday period can affect mental health

Christmas and the festive period can affect people's mental health because of a variety of factors, including:

- Increased stress and anxiety.
- Societal, cultural and self-imposed expectations.
- Financial pressures.
- Feelings of loneliness.
- Past events and painful memories.
- Worrying about the year ahead.
- Feeling overlooked because they celebrate other religious events that get less attention.
- Deflation once the celebrations are over.

The emphasis on joy and togetherness can intensify existing mental health challenges or trigger new ones. Additionally, the winter season's reduced sunlight can contribute to seasonal affective disorder, affecting mood and energy levels.

### Some things to try

It is important to be mindful of mental well-being, practice self-care, and reach out for support when necessary.

Here are some things that you could try to improve your mental health over the festive season:

- Manage expectations - do not put too much pressure on yourself to create the 'perfect' experience.
- Tailor your celebrations to suit your preferences, even if it means deviating from traditional norms.
- Helping others can bring a sense of fulfilment, so consider volunteering for a cause that you care about.

- Budget to reduce financial stress. Give thoughtful, meaningful gifts instead of expensive ones.
- Make time for activities that bring you joy and relaxation. This could include reading, exercise, or spending time outdoors.
- Reach out to friends or family for support. Social connections can provide comfort and understanding.
- Know your limits and communicate them to those around you. It is okay to decline invitations or take breaks when needed.
- Seek professional help if needed. Mental health professionals can provide support and coping strategies.

### More info

**Mind** have Christmas coping tips on their website at:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>

**The Samaritans** can be called on 116123 and their website can be accessed at: <https://www.samaritans.org/>



## Farm manager killed by security barrier

### Summary

A cider manufacturer has been fined after a much-loved grandfather was killed on his 65th birthday.

### What happened?

The man was driving a van out of the firm's site when the end of a security barrier speared through the vehicle's windshield and fatally crushed him.

The fatally-injured man was a farm manager and had worked for the company since 2008.

### How did things go wrong?

A HSE investigation into the incident found that the company had installed the barrier a month earlier, and failed to undertake a suitable and sufficient risk assessment. The company also failed to implement a safe system of work to ensure the barrier could be secured safely when open and closed.

### What was the outcome?

The firm pleaded guilty to breaching Regulation 3(1) of the Management of Health and Safety at Work Regulations 1999 and Section 2(1) of the Health and Safety at Work etc. Act 1974. It was fined £1.4 million and ordered to pay £26,756.50 in costs.

### More info

HSE guidance on horizontal swing car park barriers can be found at:

<https://www.hse.gov.uk/workplacetransport/barriers.htm>





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## Worker killed by a moving vehicle

### Summary

A nineteen-year-old, whom had only been working for his employer for two weeks, was crushed between a heavy goods vehicle (HGV) and a wall on 12 April 2021.

### What happened?

The HGV was attempting a complex manoeuvre towards a narrow thoroughfare as the fatally-injured worker was walking towards it.

### How did things go wrong?

An investigation by the Health and Safety Executive (HSE) found that measures in place for segregating pedestrians and moving vehicles were ‘wholly inadequate’.

### What was the outcome?

The company pleaded guilty to breaching Regulation 17 of the Workplace (Health, Safety and Welfare) Regulations 1992 and was ordered to pay a fine of £233,000 plus costs of £8,841.

### Anything else?

Speaking after the hearing, the HSE Enforcement Lawyer said:

“The company admitted failing to segregate vehicles and pedestrians at its workplace in Sileby and that resulted in the tragic death of

[the worker].

“Accidents like this simply shouldn’t happen and a mother shouldn’t have to hold the hand of her son as he lies dying in the workplace.

“So please check your workplace transport risk assessments, think carefully, and ensure that everybody goes home safely.”

### More info

HSE guidance on workplace transport can be accessed at:

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



## Lift engineer killed performing repairs to a lift

### Summary

A lift maintenance company has been fined after an employee died while working at a factory.

### What happened?

The worker was fatally crushed when attempting to repair a goods lift on 14 January 2020. He and two other lift engineers were on site to work on a different lift before being asked to resolve an issue with the door-opening mechanism on one of the lift landing doors.

While attempting to resolve the issue, he was on top of the lift car with one engineer in the lift itself and the other outside on the landing. The lift had been placed in inspection mode enabling him to control the lift from the lift's rooftop. This mode enabled him to assist his colleague, inside the lift, to rectify the issue.



As the work progressed, the lift unexpectedly shifted from inspection mode to normal mode while he was still on top. This sudden transition caused the lift to move at its normal speed, trapping him in a void between the lift car and the structural elements of the lift shaft.

His colleagues tried to release him but were unable to. He had already lost his life by the time the emergency services arrived at the scene.

### How did things go wrong?

A Health and Safety Executive (HSE) investigation found that there was a failure to cover the void in which Lewis became trapped. Had the void been sheeted, the incident could not have happened.

### What was the outcome?

The lift maintenance company pleaded guilty to failing to discharge the duty imposed upon it by Section 2(1) of the Health and Safety at Work etc. Act 1974. It was fined £200,000 and costs to be decided at a later date.

### Anything else?

The HSE inspector said: "This tragic and entirely preventable incident led to the loss of a much loved son. The risks associated with working on lifts and the necessary safety measures were well-known to the company. Sadly, in this case, the employer failed to fulfil its responsibilities to ensure that simple and established safety measures like sheeting covering the void that Lewis became trapped in, were in place. Had the employer informed the lift owner of this risk and insisted on installing the sheeting before commencing the work, or refused to work until the sheeting was fitted, this tragic incident simply would not have happened."

## Teenager killed in a care home

### Summary

A care home has been fined for not doing enough to keep people safe from vulnerable patients who posed a danger to themselves and others after one of its residents killed another.

### What happened?

The care home provides a specialist residential care service for adults with Asperger syndrome and autism spectrum disorders. It was identified as a suitable place for the attacker when he turned 18. Information was passed from his school to care home warning of his behaviour. This included a risk assessment that said he posed a risk to others and that he had demonstrated sexual aggression towards women. A report also said that he could be violent to others and posed a threat of sexually harmful behaviour to staff and younger peers. Prior to moving to the care home, he strangled a member of staff at his school rendering her unconscious. This and several other incidents highlighted the need for close monitoring.

### How did things go wrong?

The HSE investigation found that the care home did not have suitably trained and qualified staff in sufficient numbers to adequately deal with the risk posed by the man.

### What was the outcome?

The attacker was jailed for life and ordered to serve a minimum term of 19 years for the sexually motivated murder. The care home pleaded guilty to breaching Section 3(1) Health and Safety At Work etc. Act 1974 and the Management of Health and Safety at Work Regulations 1999. They were fined £125,000 and ordered to pay £41,000 in costs.



## HSE inspection identified failures with LEV use

### Summary

A manufacturing business in Lincolnshire has been fined for failing to protect its workers from hazardous substances.



### What happened?

A Health and Safety Executive (HSE) inspection of the site found the company's workers were being potentially exposed to welding fume and dusts from powder coating.

Welding fume is carcinogenic and can cause other serious illnesses such as occupational asthma. Exposure to coating powders can also cause occupational asthma and skin irritation.

The inspection on 25 March 2022 found that an on-tool extraction system on the welding tools was in a poor state of repair and that Local Exhaust Ventilation (LEV) systems, provided to capture welding fume and dusts from powder coating in order to protect employees' health, had not been thoroughly examined and tested.

A subsequent HSE investigation found that the specialist manufacturer for the agricultural and horticultural industries, had failed to ensure that its LEV systems, which controlled workers' exposure to welding fume and dusts from powder coating, had been thoroughly examined and tested.

The company had already been warned about its LEV systems, during a previous HSE inspection on 13 February 2018, when the company was served with Improvement Notices following issues with LEV systems. The company failed to comply and was prosecuted as a result.

### What was the outcome?

The firm pleaded guilty to breaching Regulation 9(1) and Regulation 9(2) of the Control of Substances Hazardous to Health Regulations 2002. It was fined £10,000 and ordered to pay £3,625.20 in costs.



*The company was served with Improvement Notices following issues with Local Exhaust Ventilation systems.*

### Anything else?

The HSE inspector said: "[The company] could have ensured that its Local Exhaust Ventilation systems were thoroughly examined and tested to ensure that they were working as intended to protect the health of its employees.

"This case highlights the importance of regular maintenance and inspection of control measures including Local Exhaust Ventilation, to ensure equipment remains in an efficient state, in efficient working order, in good repair and in a clean condition."

### More info

HSE guidance on welding fume can be accessed at:

<https://www.hse.gov.uk/welding/protect-your-workers/index.htm>

HSE guidance on coating powders can be accessed at:

<https://www.hse.gov.uk/surfaceengineering/reducing-risks-using-coating-powders-employers.htm>

## Worker loses fingers due to inadequate guarding

### Summary

A frozen food company has been fined £700,000 after an employee lost two of his fingers following an incident at the firm's premises in Lincolnshire.

### What happened?

The man had been working a night shift on 2 September 2019 when he suffered serious injuries to his left hand while cleaning the company's batter system machinery. The 33-year-old had attempted to remove string dangling from a chute when his left hand was drawn in and contacted the machine's rotary valve.

The index and middle finger were later amputated as a result of the incident.

### How did things go wrong?

A Health and Safety Executive (HSE) investigation found that the company had failed to provide appropriate guarding to prevent access to the dangerous parts of machinery, namely the rotary valve. It had not conducted an adequate risk assessment of the batter machine and had not provided employees with adequate health and safety training or supervision.

### What was the outcome?

The company pleaded guilty to breaching Section 2(1) of the Health & Safety at Work etc. Act 1974 and Section 11(1) of Provision and Use of Work Equipment Regulations 1998 (PUWER). It was fined £700,000 and ordered to pay £6,508.51 in costs.

### Anything else?

The HSE inspector said: "This incident could so easily have been avoided had the company taken simple steps to guard dangerous parts of machinery and provide employees with suitable training and supervision."

### More info

HSE guidance can be found at: <https://www.hse.gov.uk/work-equipment-machinery/puwer.htm>



## Employee suffered serious injuries at a sawmill

### Summary

A Durham sawmill has been fined after a worker suffered serious hand injuries after touching moving blades of a saw.

### What happened?

The employee sustained serious injuries to the index and middle finger on their left hand after attempting to remove a blockage within the saw and coming into contact with the moving blades on 6 February 2023. This resulted in both fingers of the left hand being amputated down to the first knuckle. The company have had a poor inspection history with the Health and Safety Executive (HSE) previously issuing improvement notices for failing to prevent access to dangerous parts of machinery and failure to maintain guards and protection devices.

### How did things go wrong?

An investigation by the HSE found the company had failed to ensure that suitable measures had been taken to prevent access to dangerous parts of machines.

### What was the outcome?

The company pleaded guilty to breaching Regulation 11(1) of The Provision and Use of Work Equipment Regulations 1988 and were fined £26,500 and ordered to pay £3,481.45 in costs.

### More info

HSE guidance can be found at:  
<https://www.hse.gov.uk/pubns/priced/l114.pdf>

## Cow attack left man fearing for his life

### Summary

A retired chartered surveyor said he feared for his life after being attacked by cows while walking his dog on a public footpath in Devon. The farmer responsible has been prosecuted by the Health and Safety Executive (HSE) as a result.

### What happened?

The man and his 13-year-old Border Collie 'Lad' had been dropped off at a farm by his wife on 12 June 2022. The 70-year-old was a regular user of the footpath and said it was 'ironic' that Lad had been on his lead that fateful day.

The man escaped with cuts and bruises following the attack, while Lad was badly injured had to take veterinary medication for the remainder of his life.

### How did things go wrong?

The HSE investigation found that cattle with young calves, which are known to be protective and unpredictable, were being kept in a field with a public right of way across it. They can pose a risk to walkers, especially to those with dogs.

Where possible farmers should:

- Avoid putting cattle, especially cows with calves, in fields with public access.
- Do all that they can to keep animals and people separated, including erecting fencing (permanent or temporary) e.g. electric fencing.
- Assess the temperament of any cattle before putting them

into a field with public access.

- Consider culling any animal that shows signs of aggression.
- Any animal that has shown any sign of aggression must not be kept in a field with public access.
- Clearly sign post all public access routes across the farm. Display signage at all entrances to the field stating what is in the field (cows with calves / bulls).

### What was the outcome?

The farmer pleaded guilty to breaching Section 3(2) of the Health & Safety at Work etc Act 1974 and was fined £2,000 and ordered to pay costs of £4,500.

### More info

HSE guidance can be accessed at:  
<https://www.hse.gov.uk/pubns/ais17ew.htm>

## Worker lost consciousness

### Summary

A company which grows and prepares vegetables has been fined £360,000 after a worker was dragged into a machine and lost consciousness.

### What happened?

The hygiene operative was undertaking a routine clean of a machine that makes carrot batons. He became trapped by a giant roller after being dragged into the machine. He had been cleaning part of the conveying machinery which had not been isolated from the power supply. The hood of his waterproof jacket became entangled in a moving power driven roller, causing it to tighten around his neck and resulting in him losing consciousness.

### How did things go wrong?

An investigation by the Health and Safety Executive (HSE) found that the company had failed to provide a safe system of work for employees who were cleaning the machinery. A safe system of work should ensure that cleaning activities are not carried out whilst the machinery was moving, and that all parts were isolated and locked-off from the power supply.

### What was the outcome?

The company pleaded guilty to a breach Section 2(1) and Section 33(1)(a) of the Health and Safety at Work etc Act 1974. It was fined £360,000.

### More info

HSE guidance can be accessed at:  
<https://www.hse.gov.uk/work-equipment-machinery/introduction.htm>



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## Man “lucky to be alive” after incident at luxury yacht maker

### Summary

A premium yacht makers has been fined £600,000 after one of its workers suffered life changing injuries at its shipyard in Plymouth.

### What happened?

Finished mouldings were being moved from one of the firm’s sites to another one for fit-out. Staging platforms were used extensively by the company to form a safe and stable work at height platform that surrounds a moulding and later a boat whilst it is the manufacturing stage. As the man and two of his colleagues began to push the platform, one of the front wheels hit a divot in the concrete surface, causing it to topple and fall on top of him. The load that fell onto him weighed approximately one tonne.

Due to the seriousness of his injuries, he was then airlifted to hospital. His injuries included 12 broken ribs, a severed right arm and bleeds on the brain. He remained in hospital for several months..

### How did things go wrong?

The HSE investigation found that there was a failure to assess the risks associated with moving staging platforms manually through the external yard. Had this been done, it would have identified the uneven ground as a hazard that required controlling. The risks could have been further eliminated by prohibiting the manual moving of the platforms and requiring any external movement to be carried out by forklift trucks.

### What was the outcome?

The company pleaded guilty to breaching the Health and Safety At Work etc. Act 1974 2 (1). It was fined £600,000 and ordered to pay costs of £9,146.

### Anything else?

The HSE inspector said: “[He] is lucky to be alive.

“The company should have had measures in place to ensure that mobile staging was never pushed through the yard by hand.

“As the measures taken post-accident clearly show, it would have been reasonably practicable to have had them in place when [he] was injured.

“They were implemented immediately after the accident at no cost to the company.

“The failure to have in place a safe system of work resulted in a life changing injury to a loyal employee who had worked for the company for 26 years.”



*The staging platform involved in the accident.*

## Construction company fined for welfare failings

### Summary

A Cheshire construction company has been fined £5,000 after it failed to provide workers with adequate welfare facilities.

### What happened?

The company was carrying out work at a site when it was visited by the Health and Safety Executive (HSE) on 23 March 2023. The inspection found the company had failed to provide workers with adequate facilities for workers to wash their hands.

It was not the first time the company had failed to provide such facilities with enforcement action being taken by HSE on three other occasions. It is a legal duty for companies to provide workers with suitable welfare facilities.

The HSE served an improvement notice in relation to the offences, which the company subsequently complied with.

### What was the outcome?

The company pleaded guilty to breaching Regulation 13(4)(c) of the Construction (Design and Management) Regulations 2015 and were fined £5,000 and ordered to pay costs of £1,984.

### More info

Guidance on welfare can be found at:

<https://www.hse.gov.uk/simple-health-safety/workplace-facilities/index.htm>



# Stunt performer sustained life-changing injuries during filming of a film

## Summary

A production company has been fined after a stunt performer was injured during the filming of Fast and Furious 9: The Fast Saga.

## What happened?

The man sustained life-changing injuries after he fell approximately 25 feet at in a studio in Hertfordshire on 22 July 2019.

He had been filming a fight scene for the action movie. He fell 25 feet onto the concrete floor below when the line on his stunt vest became detached.

As a result of his fall, he suffered a fractured skull and a severe traumatic brain injury, which has resulted in permanent impairment and disability.

## How did things go wrong?

A Health and Safety Executive (HSE) investigation found several failings by the employing company. The risk assessment failed to address the potential issue of a rope snap or a link failure, there was no system for double checking that the link had been properly engaged and tightened. There was also no system for checking the link for signs of deformation or stretching between takes, the manufacturer's website stated that the link used was forbidden for use as PPE and shock loading should be avoided. On top of that, six-monthly inspections of harnesses were required but the man's harness had not been inspected in the last six months. And the

employer did not extend the crash matting needed to mitigate the consequences of an unintended fall following changes to the set and the sequence of the stunt.

## What was the outcome?

The company pleaded guilty to breaching Section 3(1) of the Health and Safety at Work etc. Act 1974. It was fined £800,000 and ordered to pay £14,752.85 in costs.



*The harness being worn at the time*



*The set where the incident occurred*



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# Unsafe scaffolding put workers at risk

## Summary

A rendering company has been fined £3,000 after a HSE inspector noticed unsafe scaffolding on a house renovation as he happened to be driving past.

## What happened?

The company had been issued with a Prohibition Notice after a HSE inspector drove through the area on 17 February 2022 and spotted the scaffolding its workers were using at the property. The company disregarded the notice and carried on working.

The HSE inspector noted there were gaps in the scaffolding, putting the company's staff at risk from falling at height. The company had also failed to plan the work safely at the property and a mandatory weekly inspection of the scaffolding had not been carried out.

The subsequent Prohibition Notice banned the company from using the unsafe scaffolding.

However, on 23 February 2022, the same HSE inspector drove past the property again and noticed that two workers from the company were operating on the scaffolding it had been prohibited from using.

The colour of the house had changed since the inspector's previous visit, indicating that the company had continued to use the same scaffolding and had completely disregarded the Prohibition Notice.

## What was the outcome?

The company pleaded guilty to breaching Sections 4(1) and 6 (3) of the Work at Height Regulations 2005 and Section 33(1) (g) of the Health and Safety at Work etc. Act 1974. It was fined £3,000 and ordered to pay costs of £1,000.





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## Worker killed in a fall from height

### Summary

A company in the entertainment industry has been fined £16,000 following the death of a worker.

### What happened?

The self-employed rigger was working in a studio in Bedfordshire when he fell from height on 13 March 2018. The 52-year-old was part of an assembly team for a project that required the building of a temporary rehearsal stage. This stage was a water and wind proof cube for a musical that was due to be performed at the studios. He was working on the roof of the cube when he fell through the structure and landed 10 metres below. He died from his injuries 3 days later.

### How did things go wrong?

A Health and Safety Executive (HSE) investigation found that the company that contracted him had failed to plan and implement a safe system of work. The company also failed to implement its own health and safety policy or ensure there was adequate supervision.

### What was the outcome?

The company pleaded guilty to breaching Section 3(1) of The Health and Safety at Work etc Act 1974. It was fined £16,000 and ordered to pay £2,968.70 in costs.

### More info

HSE work at height guidance can be accessed at: <https://www.hse.gov.uk/work-at-height/index.htm>



## Fatal fall from a rooftop leads to further prosecutions

### Summary

A further two companies have been fined after a dad died following a fall from the roof of a building site in Warrington.

### What happened?

The father-of-one and another worker were using ropes to install a lightning protection system to the front of an office block being converted into flats. He was lowering the access equipment from the roof, using a rope attached to a frame at roof level and a handrail at ground level. As he did so, both he and the frame fell from the roof to the ground.

The incident happened on 24 February 2021.

### How did things go wrong?

The HSE investigation found that Company B, the principal contractor for the project, and Company C, the contractor in control of the electrical installation package, failed to ensure that the lightning protection work was properly planned and failed in their duties to manage and monitor the work to ensure it was carried out safely. Due consideration had not been given to safer methods of working at height, such as the use of scaffolding or a mobile elevating work platform (MEWP), and the workers had been given no instruction or safe means of getting their equipment down from the roof.

### What was the outcome?

In February, Company A, the man's employer, was fined £120,000 after the company failed to adequately assess the risks associated with the working at height.

**Company B** was found guilty of breaching Regulation 13(1) of the Construction (Design and Management) Regulations 2015. The company was fined £600,000 and ordered to pay £58,448 in costs.

**Company C** was found guilty of breaching Regulation 15(2) of the Construction (Design and Management) Regulations 2015. The company was fined £30,000 and ordered to pay £15,000 in costs.

### More info

HSE guidance can be found at:

<https://www.hse.gov.uk/work-at-height/index.htm>



## Banks report an increase in scam and fraud attempts

### Summary

High street banks are warning customers of a noticeable rise in scams and fraud attempts, urging their customers to be more vigilant than ever.

According to a recent report from the banking trade association UK Finance, scammers have been responsible for 1.4 million fraud cases, stealing £580 million in the first half of 2023.

### What should I do?

There are a few steps that you can take that can significantly assist in preventing you from becoming a victim of a scam and preventing scams in the future.

Do not respond to unexpected calls, emails, or texts without checking them first. If it is out of the blue, check it is for you. Stop and get a second opinion if you are being forced to make a decision or feel rushed. No legitimate organisation will object to you asking a friend, family member, or colleague for an opinion. Nor will it object to you saying no or delaying your decision.

Report every scam, even if it didn't work on you. This assists in preventing someone else from becoming a victim of that scam in future. Suspicious texts can be forwarded to 7726 and emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

### More info

Scams evolve daily with numerous variations, so it can be beneficial to understand the different types. The BBC are running a campaign providing more information on scams, which can be found at <https://www.bbc.co.uk/bescamsafe>



## COP28

### Background

COP28 was the 28th annual United Nations (UN) climate meeting, where governments discuss how to limit and prepare for future climate change. The summit took place in Dubai, in the United Arab Emirates (UAE). It was ran between 30 November and 12 December 2023, having overrun by a day.

COP stands for "Conference of the Parties", where the "parties" are the countries that signed up to the original UN climate agreement in 1992.

### Historic agreements made

For the first time in the history of COP, countries agreed on the need to 'transition away from fossil fuels in energy systems'.

The text of the agreement calls for this to be done "in a just, orderly and equitable manner". This is widely understood to mean that richer countries are expected to move away from fossil fuels (coal, oil and gas) more quickly. But importantly, the deal does not compel countries to take action, and no timescale is specified.

Many parties, including the US, UK, EU and some of the nations which are most vulnerable to climate change, wanted a more ambitious commitment to "phase out" fossil fuels.

The agreement does, however, include global targets to triple the capacity of renewable energy like wind and solar power, and to double the rate of energy efficiency improvements, both by 2030.

It also calls on countries to accelerate low- and zero-emission technologies like carbon capture and storage.

### Warning prior to COP28

Before the final deal was agreed at COP28, there were warnings from the UN environment programme that the world is actually on track for around 2.7C of warming by 2100 and that Nations must go further than current Paris pledges.

(The UN environment programme can be accessed at: <https://www.unep.org/news-and-stories/press-release/nations-must-go-further-current-paris-pledges-or-face-global-warming> )

### More info

COP28 can be accessed at: <https://www.cop28.com/en/>

The UN COP28 blog can be accessed at:

<https://unfccc.int/cop28>

The UN Climate press release can be accessed at:

<https://unfccc.int/news/cop28-agreement-signals-beginning-of-the-end-of-the-fossil-fuel-era>



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-  180 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

## Asbestos Awareness for Architects and Designers







-  RoSPA & CPD Assured
-  180 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

**NEW**  
Course

## Asbestos Awareness for Architects and Designers (IATP)







-  IATP Assured
-  180 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

**NEW**  
Course





## Confined Space Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## COSHH Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Display Screen Equipment (DSE) Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Display Screen Equipment (DSE) Assessor Awareness



-  CPD Assured
-  120 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Electrical Safety Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Fire Extinguisher Awareness



-  RoSPA & CPD Assured
-  60 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Fire Safety Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Fire Warden / Fire Marshal



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Health Safety and Welfare for Workers



-  RoSPA & CPD Assured
-  4.5 hours approx.
-  £12.50 - £25.00 + VAT
-  In the Mix and Match 5 selection





## Infection Prevention and Control Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





## Ladder Safety Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Legionella Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Lone Working Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Manual Handling Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Mental Health Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Mental Health Awareness for Managers



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Method Statement Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Moving and Handling People Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Noise Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Risk Assessment Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Sharps Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Silica Dust Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Slips and Trips Awareness



-  RoSPA & CPD Assured
-  60 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Slips, Trips and Falls Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Stress Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Stress Awareness for Managers



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Vibration Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





#### Work Equipment Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

#### Working at Height Awareness







-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection



## Online IEMA approved courses





### IEMA Environmental Sustainability Skills for Managers



-  IEMA Assured
-  10-14 hours approx.
-  £125.00 + VAT
-  All course fees included in the price

### IEMA Environmental Sustainability Skills for the Workforce







-  IEMA Assured
-  6-7 hours approx.
-  ~~£90.00~~ NOW £70.00 + VAT
-  All course fees included in the price

**NEW**  
Price

### IEMA Pathways to Net Zero







-  IEMA Assured
-  10-14 hours approx.
-  £175.00 + VAT
-  All course fees included in the price



## Online environmental short courses





### Environmental Awareness for Construction Workers



-  CPD Assured
-  60 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

### Environmental Awareness at Home







-  CPD Assured
-  60 minutes approx.
-  £ FREE
-  In the Mix and Match 5 selection

**NEW**  
Price





### Environmental Awareness at Home and Work



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Environmental Awareness at Work



-  CPD Assured
-  60 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

### Environmental Awareness - Giving up Plastic







-  CPD Assured
-  60 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

## Online business short courses





### Anti-Bribery Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Anti-Money Laundering Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Cyber Security Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Data Protection and GDPR Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

### Equality, Diversity and Inclusion Awareness







-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

## Online safeguarding short courses





### Autism Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Child Mental Health Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Child Online Safety Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Child Sexual Exploitation Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Designated Safeguarding Lead (Children)



-  CPD Assured
-  150 minutes approx.
-  £12.50 - £25.00 + VAT
-  Sorry not in the Mix & Match 5 selection





### Designated Safeguarding Lead (Vulnerable Adults)



-  CPD Assured
-  150 minutes approx.
-  £12.50 - £25.00 + VAT
-  Sorry not in the Mix & Match 5 selection





### Extremism and Radicalisation Awareness



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Mental Health Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

### Mental Health Awareness for Managers







-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection







### Modern Slavery Awareness



-  RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Safeguarding Children Level 1



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Safeguarding Children (Advanced) Level 2



-  CPD Assured
-  120 minutes approx.
-  £7.50 - £20.00 + VAT
-  In the Mix and Match 5 selection





### Safeguarding Vulnerable Adults Level 1



-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Safeguarding Vulnerable Adults (Advanced) Level 2



-  CPD Assured
-  120 minutes approx.
-  £7.50 - £20.00 + VAT
-  In the Mix and Match 5 selection

### Safer Recruitment Awareness







-  CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection



## Online short food safety and hygiene courses





### Food Allergen Awareness



-  IoH, RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





### Food Safety and Hygiene - Level 1



-  IoH, RoSPA & CPD Assured
-  60 minutes approx.
-  £6.00 - £10.00 + VAT
-  In the Mix and Match 5 selection





### Food Safety and Hygiene (Catering) Level 2



-  IoH, RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £12.00 + VAT
-  In the Mix and Match 5 selection





### Food Safety and Hygiene (Manufacturing) Level 2



-  IoH, RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £12.00 + VAT
-  In the Mix and Match 5 selection

### Food Safety and Hygiene (Retail) Level 2







-  IoH, RoSPA & CPD Assured
-  90 minutes approx.
-  £6.50 - £12.00 + VAT
-  In the Mix and Match 5 selection



### HACCP for Catering Level 2







-  IoH & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

**NEW**  
Course

### HACCP for Manufacturing Level 2



-  IoH & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection





**NEW**  
Course



**All of our food safety and hygiene courses are endorsed by the IoH**

### HACCP for Retail Level 2



-  IoH & CPD Assured
-  90 minutes approx.
-  £6.50 - £15.00 + VAT
-  In the Mix and Match 5 selection

**NEW**  
Course