

Health and Safety Newsletter Issue 1: May 2018

Welcome: To our first newly revised monthly newsletter. It is our aim to keep you informed of changes to legislation, initiatives and any other topics relevant to the safe working practices within our places of work.

Member Involvement!

We would welcome topics and letters provided by you. Your comments and thoughts are important. Between us we can improve our safety records and working environments.

Our New Training Centre Based in High Street, Strood, Kent



We are pleased to say that after a long struggle we have now opened our new training centre in Strood, Kent. It is looking good and we have already run numerous courses out of the centre. Hopefully this year will see us becoming the South East's preferred health and safety advisor and training provider. It's close to all transport links, cafes and banks

Member Contributions

As this is our first issue, I thought it apt to highlight the new areas that EC Safety Solutions have moved into and our new initiatives:

As well as retained safety management services we are also now providing the following

1. CITB Suite of courses Site Safety Plus
We are one of the few approved training organisations)
2. IOSH Managing and Working Safely
3. Accredited First Aid at Work (Including Mental First Aid at Work)
4. E Learning (RoSPA Accredited)
5. Assistance with CHAS, Safe Contractor and all other accreditations

Congratulations

Congratulations to the following companies for achieving H&S Excellence.

Terra Firma Capital Partners and Terra Firma Capital Management:

Both achieving The International Safety Award (With Merit)

Baxall Construction

CHAS, Safe Contractor

Quad Contracts Ltd:

CHAS, Safe Contractor

Clearwater Cleaning Kent:

CHAS, Safe Contractor

Mainstream Cleaning

Safe Contractor

Topic of the Month

Mental Health Awareness Week



Mental Health Awareness Week (14 to 20 May 2018) is about stress and how to cope with it.

We would like to focus your attention on helping employees create a mentally healthy workplace where everyone feels valued and supported. There is a range of information, guidance and support on how you can achieve this.

Do you know what it's like to feel stressed, we know that this is part of everyday life, but when someone becomes overwhelmed by stress it may lead to mental health problems or make existing problems worse.

Mental Health Awareness Week 2018 is a great time to think about how we can all address the causes of work-related stress.

Take a look at our new on line Mental Health Awareness course:

[EC Safety Solutions E-Learning Mental Awareness Course](#)

The course explains the difference between mental health and mental illness. It covers the symptoms of a number of the most common mental illnesses, so you will know what to look out for or what to expect if you are working with someone with one of these conditions. As well as providing some practical advice on how you can work effectively with those affected by these conditions



let's end mental health discrimination

In the News

1. 137 workers killed at work:
[Fatal injuries statistics](#)
2. 526,000 workers suffering from work-related stress, depression or anxiety (new or long-standing) in 2016/17:
<http://www.hse.gov.uk/statistics/oshman.htm>
3. [Construction firm fined over safety and welfare failings](#). A construction firm has been fined after failing to safeguard the public and workers from an unsafe excavation and lifting operation, and not providing adequate welfare facilities for workers on site
4. [Two companies fined after worker run over by a telehandler](#)
Bellway Homes Ltd and A D Bly Construction Ltd have today been fined after a worker was struck by a telehandler.