

SEE CARE SHARE SAFETY UPDATE



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COMPASS UK & IRELAND HSE

MARCH 2026

MONTHLY SAFETY FOCUS

PERSONAL HYGIENE

Effective personal hygiene is a fundamental element of our good hygiene practices and is critical to prevent foodborne illness. First and foremost, comes having wash-hand basins that are clean, accessible and provided with soap, water at a suitable temperature and paper towels in a paper towel dispenser – and that these are used for frequent and thorough handwashing. But handwashing also reduces the spread of other illnesses such as colds, flu and viral gastritis (e.g. norovirus), and it is important that we all wash our hands regularly – at home, at work and when out and about. This helps prevent us from sharing any bugs we may be carrying and also from picking up bugs from hand contact surfaces.

However, it is also important that each of us takes care with other aspects of personal hygiene, including uniform, hair, nails, jewellery. If you are provided with a uniform, you should not wear this on the way to work but get changed once you are at your workplace. It is important that uniforms are washed on a hot wash (at least 60°C), using a biological detergent. Whilst this might seem contrary to the general move towards using cold wash cycles and non-biological detergent, there are times when this is not appropriate.

Unfortunately, we do occasionally get complaints about hair in food we serve. To prevent this long hair must be tied up or back, and if you prepare or handle open food you must wear a hat or hair net. In recent years, beards and moustaches have become increasingly popular. If you work in a kitchen as a food handler, it is essential that your beard is kept clean, neat and trimmed.

To clarify some aspects and expectations, such as our jewellery policy and the requirements for keeping uniform clean, we have recently updated GHP2: Personal Hygiene and the accompanying Food Safety Conversation. These can be downloaded from the HSE website or purchased from Linney.



SAFETY SHARES



New Mini Safety Shares will feature in this section of the monthly update. These will be company or general safety related shares to help focus us on particular safety focuses and lessons learned throughout the month. To start our new article we are going to look at the incidents in the last 30 days and pull out 3 lessons learned and share 3 quick wins.

Control the basics of slips, trips & falls

Spill → Sign → Separate → Solve: Immediate cordon and visible wet-floor signage; always mop dry and then remove signage

Quick Win! Daily “3-by-3” check on three highest-traffic routes (floor dry, no defects and no obstacles)

Sharp control beats luck

Glassware & crockery: Don't twist stuck glasses; segregate broken items immediately

Quick Win! Regular reminders on: “Open cans safely by removing entire lid” + “Don't twist glass” + “Don't catch falling objects.”

Treat hot liquids, steam & hot surfaces as a hazard

Use full-length gloves, only use heat proof items in ovens and microwaves, and keep traffic clear around hot stations

Quick Win! Routine management checks on: “safe handling of hot trays, steam release and protective equipment use”

TAKE HOME SAFETY



SLEEP AWARENESS

Sleep Awareness week runs from 9 to 15 March with World Sleep Day on Friday 13 March. Sleep has a direct link to our mood and focus levels and these have a link to our safety and wellbeing. The reaction time of people who regularly have 6 hours or less of sleep is increased from a quarter of a second to almost four seconds. This shows what we all already know, sleep is vital for both our mental and physical health.

Sleep Tips

Keep a consistent sleep schedule – get at least 7 hours
Same time to bed, same time to wake up

Establish a relaxing routine
Let your mind and body know that it is time to sleep

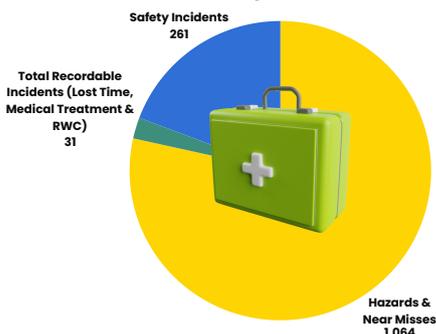
The bedroom is for sleeping
Remove distractions and make the bedroom quiet & relaxing

Turn off electronic devices
helps to switch off by turning off devices 30 minutes before bed

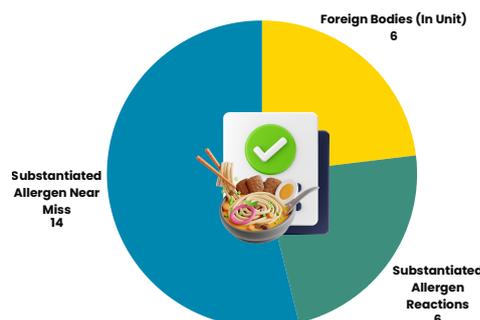
SAFETY IN NUMBERS – FEBRUARY 2026



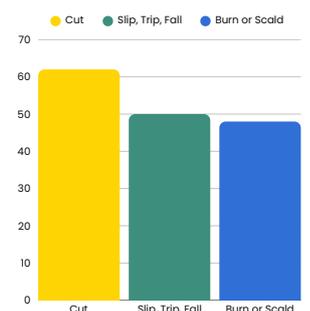
Safety Incidents



Food Incidents



Top 3 Incidents By Type



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TO VISIT THE HSE WEBSITE

WE LOOK OUT FOR EACH OTHER