

# SEE CARE SHARE SAFETY UPDATE



SEE

CARE

SHARE

## COMPASS UK & IRELAND HSE JULY 2026

### HEAT & HYDRATION



Hot weather increases the risk of dehydration and heat exhaustion, particularly in kitchens, outdoor roles, and busy service periods. NHS guidance highlights that symptoms such as dizziness, headaches, tiredness and nausea are early warning signs that should never be ignored.

#### What to look out for

Early signs of dehydration include irritability, fatigue, dizziness and dark urine. Acting quickly can prevent more serious illness.

#### Simple actions to stay safe

- Drink water regularly – don't wait until you feel thirsty
- Choose water or low-sugar drinks and increase intake in hot conditions
- Take short, frequent breaks in cool or shaded areas
- Rotate tasks during busy periods where possible
- Improve airflow (fans, open doors, reducing direct sunlight)

#### If someone feels unwell

- Stop work immediately
- Move to a cooler place
- Drink water
- Inform a manager and act early

#### Manager's Focus

Ensure access to drinking water, encourage hydration, allow regular breaks, and monitor team wellbeing throughout the shift. Looking after each other in hot weather is a shared responsibility—small actions make a big difference in keeping us all safe.



**⚠ Important:** Share our Heat & Hydration Safety conversation and display the applicable poster

MONTHLY SAFETY FOCUS

### SEE CARE SHARE - UM COACHING



#### Build a Stronger Safety Culture – Book Your 90-Minute See Care Share Coaching Session

Our See Care Share Management Coaching session is now live on the Compass Learning Portal—designed to help you build a positive, proactive safety culture in your business.

In just 90 minutes, you'll gain practical tools to:

- Understand why safety matters and how it connects to purpose, people and performance
- Define and strengthen your team's safety culture
- Lead by example and set clear standards through your behaviours
- Move from compliance to coaching, creating real cultural change
- Apply key safety behaviours: Speak Out, Be Mindful, Get Involved
- Deliver impactful Safety Walks through meaningful conversations with your team

This session is about more than processes—it's about how you influence culture every day. Remember: the standards you set as a leader are the standards your team will follow.

**👉 Book your place today on the Compass Learning Portal and start building a safer, stronger culture—one conversation at a time.**

### TAKE HOME SAFETY



#### GARDENING SAFETY CHECKLIST

As are all looking forward to the summer weather some of us will starting to enjoy our gardens more, including working and maintaining the garden. As with any work in the home, doing jobs in the garden can lead to injuries if they are not done safely.

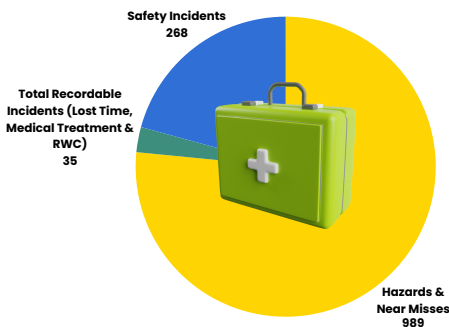
RoSPA, the Royal Society for the Prevention of Accidents has identified a checklist of safety precautions to follow in the garden to prevent injury to yourself, your family and friends.

1. Protect yourself from electrocution by always using a residual current device (RCD) when operating electrically powered garden tools and mowers.
2. Avoid poisoning and chemical burns by storing chemicals for use in the garage or garden safely, out of sight and out of reach of children, preferably in a secure cabinet.
3. Reduce the risk of small children drowning by securely fencing or filling in garden, ponds or water features and always supervising children near water.
4. Avoid injury from falls by always checking a ladder's condition before use and by using it at a safe angle.
5. Only use electrical gardening equipment outdoors when it is dry.
6. Avoid injury from sharp garden tools to users or children by keeping them in good repair and safely tidied away after use.
7. Avoid uncontrollable fires by always siting bonfires and barbecues well away from fences, sheds and trees.
8. Avoid accidents and injury when doing DIY tasks by always operating within the range of your skills, ability and experience.

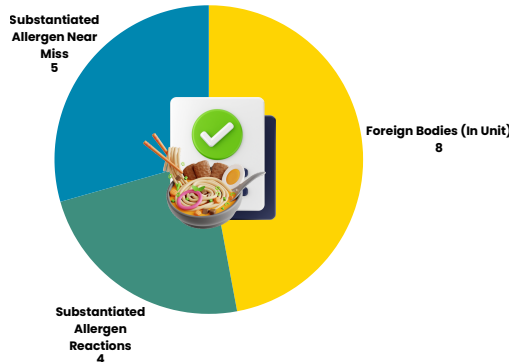


### SAFETY IN NUMBERS - JUNE 2026

#### Safety Incidents



#### Food Incidents



#### Top 3 Incidents By Type



**SCAN HERE**

TO VISIT THE HSE WEBSITE

WE LOOK OUT FOR EACH OTHER