



APRIL SEE CARE SHARE UPDATE



MARCH INCIDENTS

Safety Incidents Reported

Near Miss & Hazard Observations:	481
Incidents:	228
Lost Time Incidents:	10
RIDDOR Incidents:	8

Top 3 Incident Types

Slip, Trip, Falls	97
Burns & Scalds	71
Cuts	42

Food Incidents Reported

Alleged Food Poisoning:	15
Foreign Bodies (in Unit):	4
Foreign Bodies (Supplier):	9
Substantiated Allergies:	5
Enforcement Visits:	145

HSE UPDATES & REMINDERS

- There are updated ISO Certificates available on the [HSE Website](#), these should be downloaded and displayed on your notice boards.
- You can now download the new Workplace Safety Management System Cleaning Risk Assessment and Safety Task Cards from the [HSE Website](#).
- Visit the [Allergen Awareness Page](#) on the HSE Website for the Allergen Risk Assessment to complete for your unit.
- Looking for a different Safety Conversation for your team briefings or need to refresh your teams on a particular topic visit the [Safety Conversations](#) page of the HSE Website.

OUR SAFETY BEHAVIOURS



A SHARED SET OF SAFETY BEHAVIOURS ARE VITAL TO ENSURING OUR SAFETY CULTURE

Within Compass Group UK & Ireland we are working hard to establish and maintain a real safety culture across our business using the See Care Share model but what is a safety culture? Safety Culture is often described as assumptions, values, attitudes, and behaviours related to safety, which are shared by a group of people within a business or an organisation.

So, to have a Safety Culture we all need to be working towards the same values, attitudes and behaviours but what are these? This is where our Safety Behaviours come in and they play a vital role in establishing this culture, do you know what these are? They are simply Speak Out, Be Mindful, and Get Involved! Within each of these behaviour themes there are behaviours that we need to demonstrate for everyone and for the leaders within our business. We go into the details of these behaviours as part of our See Care Share program but to briefly remind you all these themes are

- Speak Out is all about encouraging positive two-way dialogue.
- Be Mindful focuses on worksite hazards and how we control them.
- Get Involved is about being proactive to help keep safety front of mind.

SAFETY FOCUS – THERE ARE NO SHORTCUTS IN SAFETY

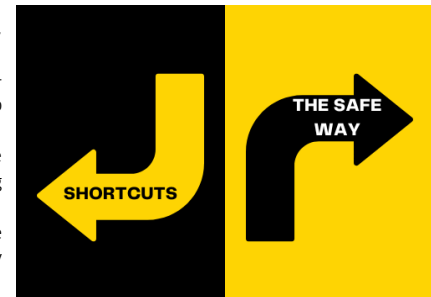


Everyone takes a shortcut at one time or another. You cross the street between intersections instead of using the crosswalk or cut across the grass to avoid taking the footpath. But in many cases, a shortcut can involve danger. If you have the habit of taking dangerous shortcuts in the workplace you need to break it.

Team members are statistically six times more likely to experience an accident or injury because of unsafe behaviours, such as taking shortcuts, than unsafe working conditions.

So, what can you all do to stop taking shortcuts and risking your own safety and that of those around you, here are some simple reminders and tips.

- Hold yourself to a higher standard, don't take the easy option
- Take the time and energy to perform tasks correctly, if you are working safely it WILL save you time in the long run
- Plan to work safely, have all the correct equipment, tools, and PPE for the job when you start to save yourself time
- Understand the time constraints or pressure is often self-imposed and you will not be in trouble for doing the job safely
- Remember to Speak Out and Get Involved if you see another team member not working safely or taking shortcuts remind them of the correct procedure
- Make it habit for you and your team does not take shortcuts but rather to focus on their safety and the safety of those around them



To assist you in communicating this important message we have created a Safety Conversation on Shortcuts to run through with your team within this month.

TAKE HOME SAFETY – LACK OF SLEEP CAN LEAD TO INCIDENTS



March was sleep awareness month which is not something we would automatically link to safety but there is a link. Evidence shows that sleep loss can result in incidents resulting in injury or damage to equipment or property. The reaction time of people who regularly have 6 hours or less of sleep is reduced from a quarter of second to almost four seconds. This shows that sleep is important to both our mental health and physical health. Some quick sleep tips are:

- Keep a consistent sleep schedule
- Set a bedtime that is early enough for you to get at least 7 hours of sleep
- Establish a relaxing bedtime routine
- Make your bedroom quiet and relaxing
- Turn off electronic devices at least 30 minutes before bedtime
- Avoid consuming caffeine in the late afternoon or evening



For more information on sleep, you can refer to the You Matter Resources section on the Learning Portal.