

Welcome to our H&S Newsletter. Please click on the links below to read more:



Stay Safe this Christmas:

Our top health and safety tips to help you and your family stay this Christmas.

[more >](#)



Winter Driving Tips:

Driving in the winter is very different to any other time of year. Here are some guidelines to keep you on track this winter.

[more >](#)



Stress tops the charts:

For the first time, stress has become the main cause of long term absence.

[more >](#)

Assess your risks...



Assess your risks with our **pin point** tool in just 3 minutes

Free download...



Download a **free** copy of our **Work Related Stress User Guide**

Company news

We are pleased to announce that the following companies have signed a contract, as detailed below, with **CAPITA SYMONDS Health & Safety and Environmental Services** to provide their H&S.



Mendip District Council
Strategic Health & Safety Support Placement
www.mendip.gov.uk



March & White Limited
3 years
Platinum Contract
www.marchandwhite.com



Goal Group Limited
1 year
Platinum Contract
www.goalgroup.com



Choice Media Group Limited
1 year
Gold Contract
www.cmg-uk.com

Stories

Companies fined for Arsenal stadium injury

Three construction companies were fined after a worker helping build Arsenal's Emirates stadium was injured so badly, his leg had to be amputated. [Read more here.](#)

'Bling' dummies banned over baby choking fears

DOZENS of "dangerous" baby dummies were seized from Kempton Park market in Sunbury after an investigation by Trading Standards. [Read more here.](#)

Global manufacturer prosecuted over factory worker's death

A global manufacturer has been fined £180,000 after a worker was killed at an Andrex factory in Barrow-in-Furness. [Read more here.](#)

Croydon landlord fined over carbon monoxide poisoning

A Croydon landlord was prosecuted after five of his tenants needed hospital treatment for carbon monoxide poisoning. [Read more here.](#)

Contractors fined after worker falls from roof

Three contractors from Essex have been fined a total of £53,000 after a roofer fell five metres, sustaining life threatening injuries. [Read more here.](#)

This month, our Consultant in focus is...

Paul Westwick - Senior Health and Safety Consultant

Paul has been part of our team for 12 years. He is based in the south, working across the UK and Ireland.



Why did you choose a career in H&S?

It found me. I happened to be in the right place at the right time, a previous company had recently merged and my General Manager asked me to sit on a H&S Committee meeting, and shortly after that I was offered a role in H&S with full training. I decided to take the plunge and have never looked back. I still today owe the General Manger a debt of gratitude for putting his trust in me.

What are the main issues you come across when visiting clients' sites?

The common factor tends to be the Management of H&S. A large number of companies think that they're ahead of the game, but Senior Management are often not actively involved. If it's not driven from the top, and senior management are not seen to be the driving force, it is a recipe for failure. I very much apply a 'whole company' approach to H&S.

What is your view on the way H&S has been portrayed by the media?

I do get frustrated with spurious stories that H&S is a blunt instrument and anti business. Let's not forget the principles of H&S, to prevent fatality and ill health, that's why it's important to take it seriously. My job is not to help clients address every day minor risks that we are all subject to, it is to be legally compliant with minimal disruption to their business.

The compensation culture is a growing challenge for companies and has peaked interest in H&S; having said this, introducing a H&S regime should be for the benefit of the employees and the business and not be underpinned by the risk of being sued which has been fuelled by the media.

If you had a Christmas wish, what would it be?

Many people would say peace on earth. As my son has just joined the Army this means more to me than ever.

For an overview of our services...



[Click here to download our brochure](#)

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