

At this current time of reduced movement & therefore postponement of H&S meets in each region we have created a Compliance Bulletin that we intend to communicate each Tuesday

Section A - Coronavirus

Covid 19 Status

It's **NOT** gone away yet so Do **NOT** get complacent ensure **YOUR** teams maintain Nurtures Social Distancing & Hygiene Procedures at all times



This week there has been further relaxation made to the lockdown rules announced by the UK Government, enabling more activities to reopen e.g. Bowling Alleys etc.

The government has set out its plan to return life to as near normal as we can, for as many people as we can, as quickly and fairly as possible in order to safeguard livelihoods, but in a way that continues to protect our communities and our NHS. The most important thing we can continue to do is

Wash Your Hands, Cover your Face and Maintain Social Distances

Do **NOT** let Office / Depot standards Drop

With **MORE & MORE** people returning to our office's / depot's we need to ensure that we fully maintain the procedures we have introduced to protect all who work in these environments

- Maintain 2m Social distancing remains within the office environment unless other controls have been introduced to protect each other
- Ensure Hand Sanitation stations are kept fully stocked
- Ensure temperature testing continues for **ALL** office users
- All encouraged to wash hands on a regular basis
- Keep gardeners & other teams out of offices



Keep Disinfecting Work Areas

Disinfecting work areas during the coronavirus outbreak

You can help to control the spread of COVID-19 by cleaning and disinfecting larger spaces such as changing, eating and rest areas.

Fog, mist, vapour or UV treatments may be suitable options for cleaning and disinfecting larger spaces, in order to help control the spread of coronavirus.



Maintain regular cleaning regimes - the battle is not won yet

Social Distancing

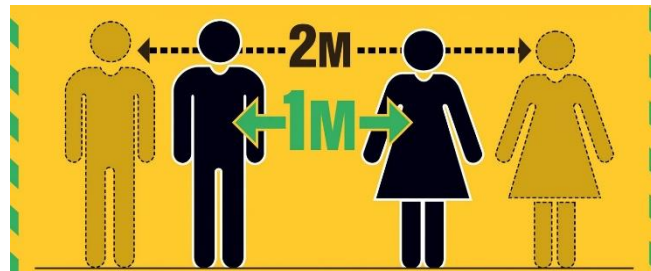
Ensuring workers maintain social distancing guidelines (2m or 1m with risk mitigation where 2m is not viable is acceptable)

Nurture Social Distancing - Practice Social Distancing wherever possible

To ensure we are doing everything possible to reduce the risk of infection. Measures put in place by Nurture include;

- Maintain operative social distancing at all times, this may involve staggered start and finish times
- where it is not possible to remain 2 metres apart, staff should work side by side, or facing away from each other, rather than face to face if possible
- where face-to-face contact is essential, this should be kept to 15 minutes or less wherever possible
- Dual teams to remain in the same personnel throughout (cohorting)
- Stagger break times to ensure no interaction thus reducing risk.
- Cleaning down of multi-use machinery or vehicles before transferring to another user.
- Sanitising hands at regular intervals along with machinery and vehicles using wipes provided
- Regular washing of hands for at least 20 seconds.
- Using screens or barriers to separate people from each other

If social distancing guidelines cannot be met in full, consider whether that activity needs to continue, and if so, take all mitigating actions to reduce risk.



[Working safely during coronavirus \(COVID-19\) - 31st July Guidance - GOV.UK.mht](#)

Self-Isolation period

We **MUST** continue to ensure that workers who feel unwell with Covid 19 symptoms stay @ home and do **NOT** attend the work place

The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does. The main symptoms of coronavirus are:

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal



If you have one or more of these symptoms, you must self-isolate straight away for **10 days** – or longer if you still have symptoms other than cough or loss of sense of smell/taste.

If you live in the same household as someone with coronavirus symptoms, you must self-isolate straight away for 14 days.

New Countries added to requiring a period of Quarantine

The following have been removed from the exempt list for arrivals from 4am Saturday 15 August 2020.

- **France,**
- **The Netherlands,**
- **Monaco,**
- **Malta,**
- **Turks and Caicos Islands and Aruba**

Then they will now need to have a period of quarantine upon their return to the UK & therefore will not be able to attend the workplace

Full list of countries that are exempt from the quarantine requirement are found below

<https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors#updates-to-the-travel-corridor-list>

Risk Assessments

Companywide documents have been reviewed & updated

Ensure that YOU only display the latest versions - Check your notice boards & update where necessary

Latest Nurture Covid 19 – Risk Assessment

[RA-C25k Dangers of catching Coronavirus \(Covid 19\) UPDATED 3rd August 2020.docx](#)

Main Office Assessment - [Office risk assessment reviewed 3rd August 20.docx](#)

See your regional folder for each regional office assessments: [K:\Office RA](#)

Good Practice Solutions

Mental health during the Coronavirus outbreak

Don't be afraid to ask for help and advice during these difficult times

Remind your team that we operate an Employee Assistance Programme called 'LifeWorks'.

Mental Welfare Support From Lifeworks app

The APP has lots of useful information about self-care, mental health and well-being and has Covid-19 toolkit for individuals too.

If employees haven't yet registered, Busy Bees that operate the platform, are re-issuing the invitation to the app, so please encourage staff to download it on their phones, its free and could be helpful to many.



Helping people in horticulture
Perennial

Perennial's helpline is operating as usual on 0800 093 8543 or visit Perennial.org.uk to fill out the [contact form](#). The confidential helpline is currently open Monday and Wednesday, 9.30am – 5pm and Tuesday, Thursday and Friday, 9am – 5pm.

Sharing best practice is very important companywide & if any of you have suppliers of vital equipment or you have introduced good processes forward information to Robin.Jackson@nurturelandscapes.co.uk which we will include details of in next week's bulletin.

The next Compliance bulletin will be **Tuesday 25th August 2020**