

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

This week there have been lots of new changes announced by the UK Government, with further relaxations made to the lockdown rules

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 to stay alert, control the virus, and, in doing so, save lives



Coronavirus: UK's Covid-19 alert level reduced from four to three

The UK R Rate is currently stated as between **0.7 to 0.9**, with further relaxation information likely to be announced this evening.

Government relaxation of controls **does not** mean it is over, and if we get too relaxed and break social distancing etc., the second wave or peak could be even bigger and even more damaging to business and society.

Leicester already BACK in Lockdown

Leicester & some surrounding areas are back in full lockdown this morning as over 10% of national cases occurred here

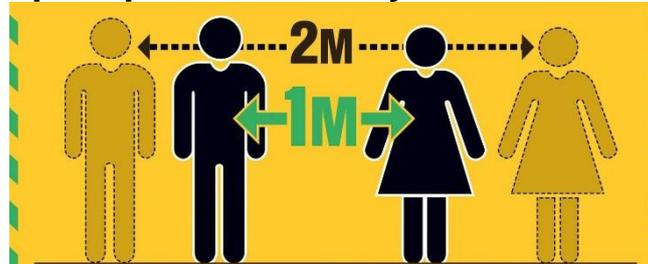
Do NOT get complacent ensure YOUR teams maintain Nurtures Social Distancing & Hygiene Procedures



People in Leicester have been told to "stay at home as much as you can"

Social Distancing from July 4th

July 4th sees further Government relaxation of Social Distancing measures to help reopen our country.



Although easing of measures continues the message to businesses is **where possible maintain the 2m** social distancing measures. You **MUST** maintain social distancing in the workplace wherever possible

Government Objective

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

What does the review of 2m mean in practice

From 4th July, people should either **stay 2m apart or '1m plus'** (where 2m is not viable) – which is one metre plus mitigations.

These mitigations will depend on the workplace or setting. For example, on public transport, people must wear a face covering, as it is not always possible to stay 2m apart.

In other spaces, mitigations could include installing screens, making sure people face away from each other, putting up handwashing facilities, minimising the amount of time you spend with people outside your household or bubble, and being outdoors.

Many of these mitigations NURTURE had already adopted – so little should change in the Nurture workplace

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.

[Staying alert and safe \(social distancing\) after 4 July - GOV UK.htm](https://www.gov.uk/guidance/staying-alert-and-safe-social-distancing)

Work Related Travel

It will not always be possible to maintain social distancing guidelines inside vehicles

- **Where possible** vehicles to contain the driver only – where 2nd person present public health recommendations for transportation in cabs is followed.
- If workers have to share enclosed spaces such as the cabs of vehicles, they should keep the window open for ventilation and they should be careful to avoid touching their face at all times.
- On leaving the enclosed space, you should wash their hands with soap and water for 20 seconds or more or use hand sanitiser when you cannot wash your hands.
- Maintain consistent pairing where 2 person travel is required
- Ensure both parties fully agree to the requirement to travel together. If one person feels unsafe then none driver must not be transported.
- Wear Face Coverings



When to Self-Isolate

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

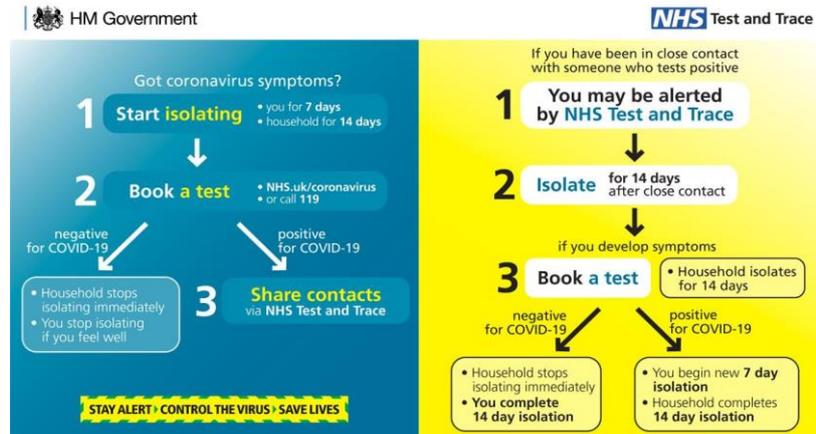
The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does. The main symptoms of coronavirus are:

- 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 7 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.

How NHS test and trace service works



Who can be tested

The following groups of people can ask for a test through the NHS website:

- anyone in England and Wales who has symptoms of coronavirus, whatever their age
- anyone in Scotland and Northern Ireland aged 5 and over who has symptoms of coronavirus

For Full NHS Test & Trace information visit

How it Works

[NHS test and trace how it works - GOV UK.htm](https://www.gov.uk/nhs-test-and-trace-how-it-works)

Workplace Guidance

[NHS test and trace workplace guidance - GOV UK.htm](https://www.gov.uk/nhs-test-and-trace-workplace-guidance)

Risk Assessments

Companywide documents will be reviewed & where required updated prior to 4th July

Latest Nurture Covid 19 – Risk Assessment

[RA-C25h Dangers of catching Coronavirus \(Covid 19\) UPDATED 2nd June 2020.docx](#)

Main Office Assessment - [Covid-19 Office Procedure.docx](#)

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

Frequently Asked Questions	
<p>Who Should Go to Work after July 4th</p>	<p>Guidelines post 4th July will state ' Everyone should work from home unless they cannot work from home'</p> <p>It is recognised that the nature of work in the outdoor environment will make it difficult for many workers to work remotely or from home</p>
<p>What does 1m plus mean</p>	<p>From 4th July, people should either stay 2m apart or '1m plus' – which is one metre plus mitigations. These mitigations will depend on the workplace or setting. For example, on public transport, people must wear a face covering, as it is not always possible to stay 2m apart.</p> <p>In other spaces, mitigations could include installing screens, making sure people face away from each other, putting up handwashing facilities, minimising the amount of time you spend with people outside your household or bubble, and being outdoors. – Many of which NURTURE had already adopted – so little will change in the Nurture workplace</p>
<p>Full list of FAQ answered by the government on rules post 4th July Coronavirus outbreak FAQs what you can and can't do after 4 July - GOV.UK.htm</p>	
Good Practice Solutions	
 <p>Mental health during the Coronavirus outbreak</p> <p>Don't be afraid to ask for help and advice during these difficult times</p>	<p>Remind your team that we operate an Employee Assistance Programme called 'LifeWorks'.</p> <p>Mental Welfare Support From Lifeworks app</p> <p>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.</p>
 <p>Helping people in horticulture Perennial</p>	<p>Perennial Coronavirus COVID-19 news update</p> <p>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.</p> <p>Perennial weekly update Perennial Coronavirus COVID-19 news update (26 June 2020).docx</p>
<p>Avoiding attending A&E by avoiding accidents</p> 	<p>The last place we want to be visiting is a hospital as a potential patient. In these hard operational times please ensure your guys follow all company H&S procedures to help reduce any requirement of need to visit A&E.</p> <p>Controls include:</p> <ul style="list-style-type: none"> • Ensure All wear correct PPE @ all times • Ensure all machines and equipment is fully guarded • Contact your teams on a regular basis ensuring all is well • Ensure Lone Workers do not complete any High Risk Task <p>This is not the time that your teams want to be injured and have to go to an A&E hospital.</p> <p>CHECK that all your teams have sufficient PPE & remind them that they MUST wear @ all times - Don't wait for them to ask be proactive</p>



Compliance Bulletin



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 7th July 2020