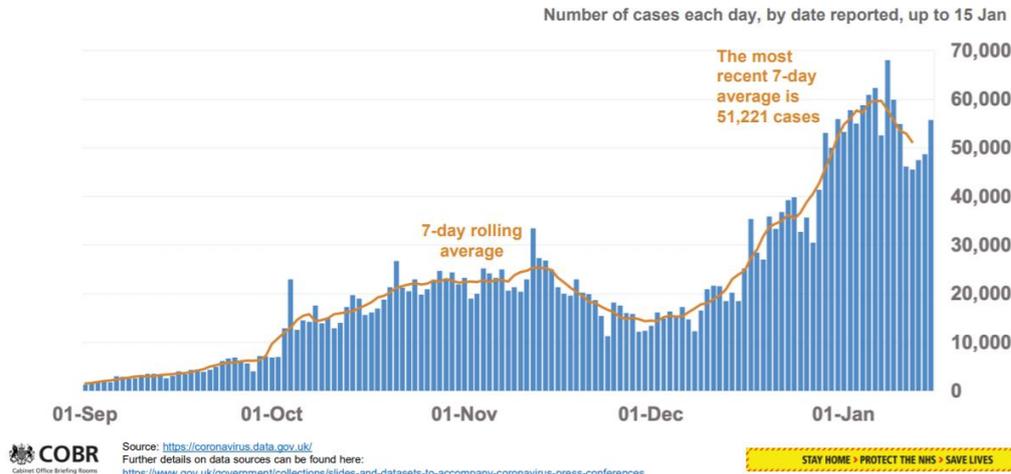


At this current time of reduced movement & therefore postponement of H&S meets in each region we have created a Covid Bulletin that we intend to communicate every 2 weeks

## Coronavirus Update

### The number of people testing positive for COVID-19 in the UK is still high



## Social Distancing – Act Like you have got it

When around other people, stay 2 metres apart from anyone not in your household - meaning the people you live with - or your support bubble. Where this is not possible, stay 1 metre apart with extra precautions (e.g. wearing a face covering).

It is paramount to controlling the virus for us to maintain our hygiene & social distancing procedures

### 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.



HM Government

**NHS**

**Act like you've got it.**  
 Don't accidentally spread coronavirus.

Around 1 in 3 people with COVID-19 don't have any symptoms, but can still pass it on. **And now there is a new strain of the virus which spreads even faster.**

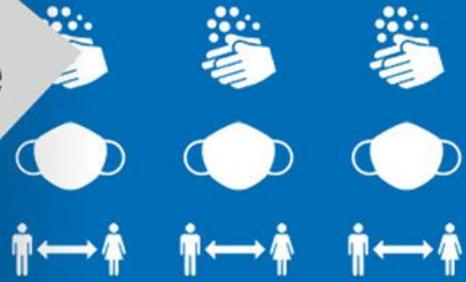
HANDS FACE SPACE

[Staying alert and safe \(social distancing\) - GOV UK.htm](https://www.gov.uk/government/collections/slides-and-datasets-to-accompany-coronavirus-press-conferences)

## REMEMBER Hands – Face – Space

### Hands, Face, Space in your workplace

Everything you need to combat the virus, stay safe, protect your teams, customers & business.



- **Hands** – wash your hands regularly and for at least 20 seconds
- **Face** – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
- **Space** – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)

**We MUST ensure that we are following all Nurture Group Control Measures to help keep everyone as safe as possible**



## Lockdown documents

Below are links to Guidance documents published this week - Salient points have been included within this bulletin

**England Lockdown Guidance**  
[National Lockdown Guidance.pdf](#)

**Scotland Lockdown Guidance**  
<https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/>

## Work Guidance – When Can You leave your home for Work

You must not leave or be outside of your home except where you have a 'reasonable excuse'. This will be put in law.

**A reasonable excuse includes:**

**Work** - you can only leave home for work purposes where it is unreasonable for you to do your job from home, including but not limited to people who work within critical national infrastructure, construction or manufacturing that require in-person attendance but only where that cannot be done from your home.

**This is essential to keeping the country operating and supporting sectors and employers.**



## Compulsory Face Coverings in work Vans

In this time of heightened risk – We added an extra control measure to our Covid risk assessment in relation to travelling in work vehicles. – **ALL MUST** wear a face covering when more than 1 person in a van



Travel control measures listed below

**Where viable single occupancy of cab area will take place.**

**Where this is not possible 2 people are now permitted to travel in a standard van cab or 3 people are now permitted to travel in a Crew Cab vehicle (2 in front & 1 in the back) as long as:**

- **Windows are kept open to enable good ventilation**
- **All operatives MUST wear a face covering.**
- **Passengers Do NOT use the front centre seat**
- **Teams remain the same throughout – Do NOT change van personnel**
- **Wipe all van cab surfaces with sanitizer on a regular basis**
- **Hand sanitiser provided in each van for teams usage**



## Symptoms of Covid 19 Virus

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

The Main symptoms of Coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a 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)
- **a 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



**Note:** We have recently had a couple of cases reported to us from a couple of your colleagues who tested positive for Covid 19 & that initially **didn't have the classic Covid symptoms** and initially didn't realize they had the virus before the classic symptoms developed later

- Sore throat
- Severe Headache
- Fatigue

If any of your team members develop any symptom that could be linked to Coronavirus we need to ensure that self-isolate until tested.

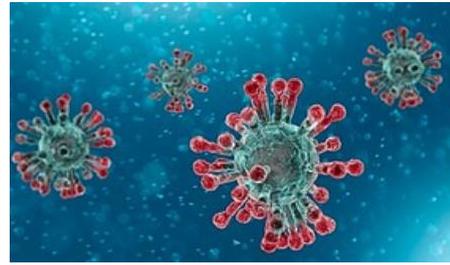
We Need to take **ACTION** - asap after any symptoms shown - **Better Safe Than Sorry**



Remember around 30% of all people infected show NO symptoms whatsoever - It is important we follow Social Distancing – and fully follow Wash – Face – Space

## Past COVID-19 infection provides some immunity but people may still carry and transmit virus

People infected with COVID-19 in the past are likely to be protected against reinfection for several months, a Public Health England has found, although experts cautioned those with immunity may still be able carry the virus in their nose and throat and therefore **have a risk of transmitting to others**.



It is therefore crucial that everyone continues to follow the rules, even if they have previously had COVID-19, to prevent spreading the virus to others.

Remember to wash hands regularly, wear face coverings and make space from others to help reduce the likelihood of passing on the virus.

**Ensure any of your teams who have had a positive COVID assessment fully follow ALL of our Covid control measures - they can be a spreader**

## Rishton Office is Closed for any NON – Essential People

**Rishton have had a couple of infections recently & have acted quickly to ensure others are not at risk by closing the office to non-essential people until 22<sup>nd</sup> January**

### Precautionary Controls Nurture Group instigated at ALL Offices

- Unless absolutely essential Management teams will operate from a single depot / office only.
- No visitors to the office that are not directly employed, any meetings to take place off site.
- All non-essential meetings either postponed or completed via other means.
- Avoid meetings in different regions / offices - Use Microsoft Team to complete meetings where required.
- Ensure regular cleaning & disinfecting of office areas
- Maintain a safe distance from your colleagues – Take particular care in break down areas e.g. Kitchen areas
- Keep external teams out of the office environment
- Office specific Risk assessment created & updated as required

Stagger external teams arrival times to reduce effect of any infection

## COVID 19 – Travel Guidance

### **ALL Travel Corridors are SUSPENDED & are now CLOSED**

**Under current UK COVID-19 restrictions, you must stay at home. You must not leave home or travel, including internationally, unless you have a legally permitted reason to do so.**

From 4am on 18 January, if you intend to travel to England, Scotland, including UK nationals returning home from travel abroad,

You **must** provide evidence of a negative COVID-19 test result taken up to 3 days before departure. If you do not comply (and you do not have a valid exemption) your airline or carrier may refuse you boarding and/or you may be fined on arrival.

You **must** also self-isolate when you enter the UK from any foreign country except Ireland, unless you have a valid exemption. All other current entry requirements and restrictions continue to apply.

Some other countries have closed borders, and may further restrict movement or bring in new rules including testing requirements with little warning

## Letter sent to all Construction Companies from Government Business Secretary - Jan 2021

I would like to take this opportunity to restate the Government position, which is that firms and tradespeople in the construction sector and its supply chain, including merchants, suppliers and product manufacturers, **should continue to operate during this national lockdown.**

I would also like to make it clear that where it is essential to travel or to stay in accommodation, whether to get to your work or for the purposes of carrying out your work, those in the industry are able to do so.



Full Letter

[Letter-business-secretary-to-construction-sector-january-2021.pdf](#)

## Risk Assessments

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

## Latest Nurture Covid 19 – Risk Assessment

Covid Risk Assessment - updated 5<sup>th</sup> January 2021

[RA-C25P Dangers of catching Coronavirus \(Covid 19\) UPDATED 6th January 2021.pdf](#)

Remember that the above Risk Assessment is available to all via the work mobile library.

Main Office Assessment

- [Office risk assessment reviewed 5th January 2021.docx](#)

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

## Mental Health

### 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](http://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**

