

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 has been further relaxation made to the lockdown rules announced by the UK Government, 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

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

Mandatory Face Coverings in Shops - Nurture Snood issue

You will be expected to wear a face covering before entering any shop or supermarket and must keep this on until you leave. If a shop or supermarket has a café or seating area for you to eat and drink, then you can remove your face covering in this area only. You must put a face covering back on once you leave your seating area.

There are also scenarios when you are permitted to remove a face covering when asked:

- if asked to do so in a bank, building society, or post office for identification
- if asked to do so by shop staff for identification, the purpose of assessing health recommendations, such as a pharmacist, or for identification purposes including when buying age-restricted products such as alcohol
- if speaking with people who rely on lip reading, facial expressions and clear sound. Some may ask you, either verbally or in writing, to remove a covering to help with communication



Nurture Group have now added a **Nurture Snood** to our uniform provision in addition to the face coverings previously provided.

Ensure ALL your teams carry their coverings at all times and use them whenever they visit a retail outlet especially when wearing a Nurture / Gavin Jones uniform or travelling in Nurture / Gavin Jones logo'd vans.

While representing us ensure that your teams are following all requirements in regards to face Coverings



This includes Garage shops - which many of our teams visit – Even if others don't follow we must encourage all our guys to fully adhere to legislation when representing us

A face covering is not the same as the surgical masks or respirators used as part of personal protective equipment by healthcare and other workers; these should continue to be reserved for those who need them to protect against risks in their workplace such as health and care workers and those in industrial settings like those exposed to dust hazards

UK brings back 14-day quarantine for Spain

People arriving **back from Spain**, the Canary Islands and Balearic Islands face two weeks in isolation upon returning. Britons arriving **back from Spain will have to quarantine** for 14 days.

Ensure that any of your teams who arrive back from Spain after 00.01 on Sunday 26th July 2020 do **NOT** attend any work site or have direct contact with any nurture employee or clients. They need to be under quarantine for 14 days from the time of their arrival (unless government advice changes)



Spain is not alone - Which other countries do I need to Quarantine

Canada, the US and much of Central or South America.

Countries in Africa, the Middle East and most of Asia are also excluded.

Sweden, Portugal, Russia and anywhere else not on the safe corridor list will also have to quarantine.

But I need to go back to work?

There are no exemptions – your guys will have to quarantine for two weeks

Current list of countries where quarantine is NOT required

<https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors>

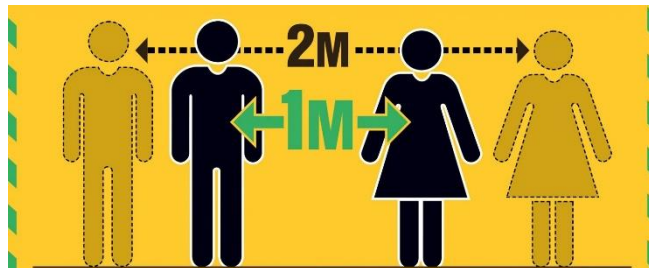
NOTE: Travel rules are changing quickly ensure you remain up to date at all times

Social Distancing

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)



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 \(social distancing\) 25th July- GOV UK.htm](#)

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.

Areas with local restrictions

3 areas currently in the UK have local restrictions in place – if you work / live in these areas use links below to access information

1. [Leicester lockdown: what you can and cannot do](#)
 - 27 July 2020
2. [Blackburn with Darwen: local restrictions](#)
 - 24 July 2020
3. [Luton: local restrictions](#)
 - 24 July 2020

Risk Assessments

Companywide documents have been reviewed & updated

Latest Nurture Covid 19 – Risk Assessment

[RA-C25j Dangers of catching Coronavirus \(Covid 19\) UPDATED 20th July 2020.docx](#)

Main Office Assessment - [Office risk assessment reviewed 6th July 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

Latest Perennial news update includes

- Back to School
- Mental Well being
- Free Legal Advice
- Skydives open again

[Perennial Coronavirus COVID-19 news update \(16 July 2020\).docx](#)

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 4th August 2020