

JUNE 2025

# PROHAS POST

WE KEEP SAFETY SIMPLE FOR YOU!



## HSE: WORKPLACE FATALITIES BREAKDOWN YOUR MID-YEAR SAFETY REVIEW

SUN SAFE ON SIT

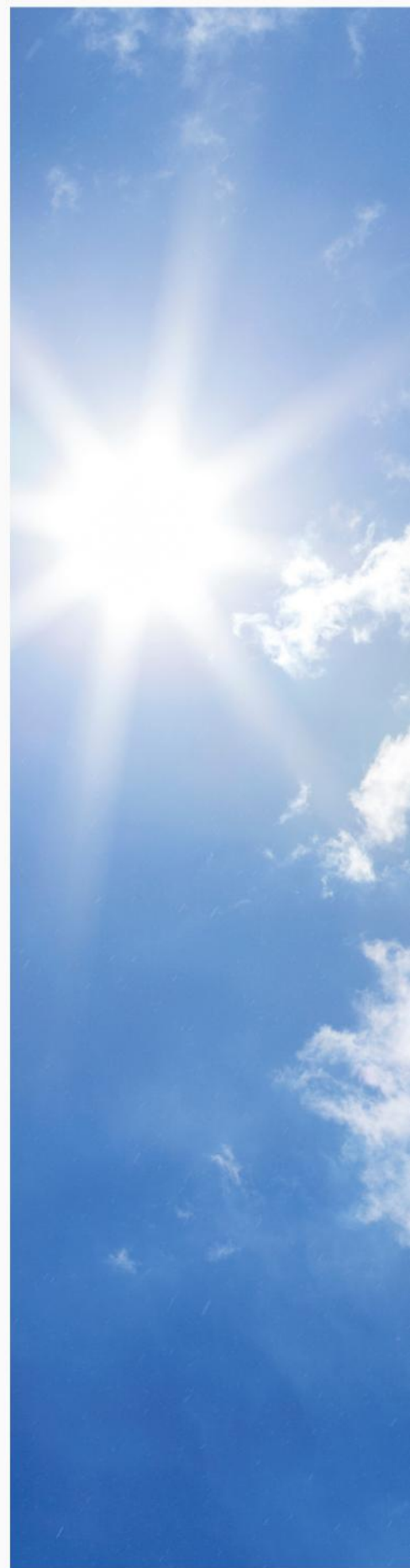
PRO PAT TESTING  
HEALTH & SAFETY MEMBERSHIP



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# HEALTH & SAFETY MEMBERSHIP

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HEALTH & SAFETY CONSULTANCY



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- ✓ **24/7 Access to Documents & Resources**
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- ✓ **HSE Health and Safety Updates**
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PER MONTH!

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PROHAS Safety provides clients with specialists with over 50 years of health and Safety experience. We provide specialist and tailored support to industries including aviation, logistics, retail, warehousing, motor trade, manufacturing, construction, trades, care sector, hospitality and leisure, among many home and work-based environments.

**We Can Also Provide Tailored Safety Solutions for Your Business.**  
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Book a free 30 minute Zoom call to discuss your health and safety pressure points and identify the actions you can take. After your free 30 minute Zoom call you will receive a report detailing recommendations for your business Health and Safety improvements.

## NEED ACCREDITATIONS??

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safetysupport@prohas.co.uk  
**0800 170 0504**



Centre 4, 17A Wootton Road, Grimsby, DN31 1HE



**PRO PAT TESTING FOR ALL YOUR ELECTRICAL  
APPLIANCE TESTING NEEDS**



## WHO ARE WE?

Pro Pat Testing, part of Prohas Health and Safety Consultancy, is your trusted provider for Portable Appliance Testing (PAT) across Lincolnshire and South Yorkshire. Our team of fully qualified and experienced PAT testers ensures thorough and reliable service. We guarantee delivery of all documents and test data within 24 hours, and we operate with complete flexibility – no restrictive annual contracts.



- ✓ **WE SPECIALISE IN MULTIPLE AREAS OF PAT TESTING**
- ✓ **WE ARE FULLY QUALIFIED AND EXPERIENCED**
- ✓ **WE GUARANTEE DOCUMENTS AND TESTING DATA WITHIN 24 HRS**
- ✗ **WE DON'T TIE PEOPLE INTO ON-GOING WORK OR YEARLY CONTRACTS**

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# SUN SAFE ON SITE:

## SKIN CANCER PREVENTION FOR OUTDOOR WORKERS

Let's face it working outdoors in the summer sun can feel great at first. Vitamin D, fresh air, golden tans... what's not to love? But that sunshine can pack a serious punch if you're not careful and we're not just talking about a bad sunburn.



### The Silent Risk: Skin Cancer

Skin cancer is one of the most common cancers in the UK. According to Cancer Research UK, over 80% of skin cancers are caused by too much UV radiation — most of it coming from the sun. If your job keeps you outside (construction, landscaping, delivery driving, etc.), you're in a higher-risk category.

### Spot the Danger Before It Spots You

UV rays can be harmful even on cloudy days, and they're strongest between 11 a.m. and 3 p.m. So that lovely mid-day break in the sun? Maybe grab some shade instead. And no, a tan doesn't protect you — it's literally your skin crying for help.





# SUN SAFE ON SITE:

## SKIN CANCER PREVENTION FOR OUTDOOR WORKERS

### So, What Can You Do?

- Slip, Slop, Slap: Slip on a long-sleeve shirt (light and breathable), slop on some SPF 30+ sunscreen, and slap on a hat — ideally one with a brim or neck flap.
- Reapply Often: Sunscreen isn't a one-and-done. Reapply every 2 hours, or more often if you're sweating buckets.
- Sunglasses Matter: UV rays can damage your eyes too. Go for wrap-around styles with 100% UV protection.
- Shade is Your Friend: Try to take breaks in the shade. If none's available, create your own with canopies or umbrellas.
- Know the Signs: New moles, weird patches, or any changes in your skin? Get them checked. Early detection saves lives.



### Let's Make It Normal

Workplaces can help by providing sunscreen, building shade structures, and encouraging sun-smart habits. The more we talk about it, the more it becomes second nature. And trust us — future you (with fewer wrinkles and less risk) will thank you.





# ALCOHOL, SUN & DEHYDRATION:

## THE SUMMER TRIO YOU DIDN'T ASK FOR

It's summer, the sun's out, and someone suggests a lunchtime pint or a cheeky drink after work. What could possibly go wrong? Turns out... quite a bit.

When alcohol, sunshine, and dehydration mix, your body's risk levels go up and not just in terms of dodgy sunburns or sleepy afternoons.

### Dehydration Station

Hot weather makes you sweat more. Alcohol makes you pee more. Combined? You're losing fluids fast and dehydration kicks in before you even realise it.

#### Symptoms include:

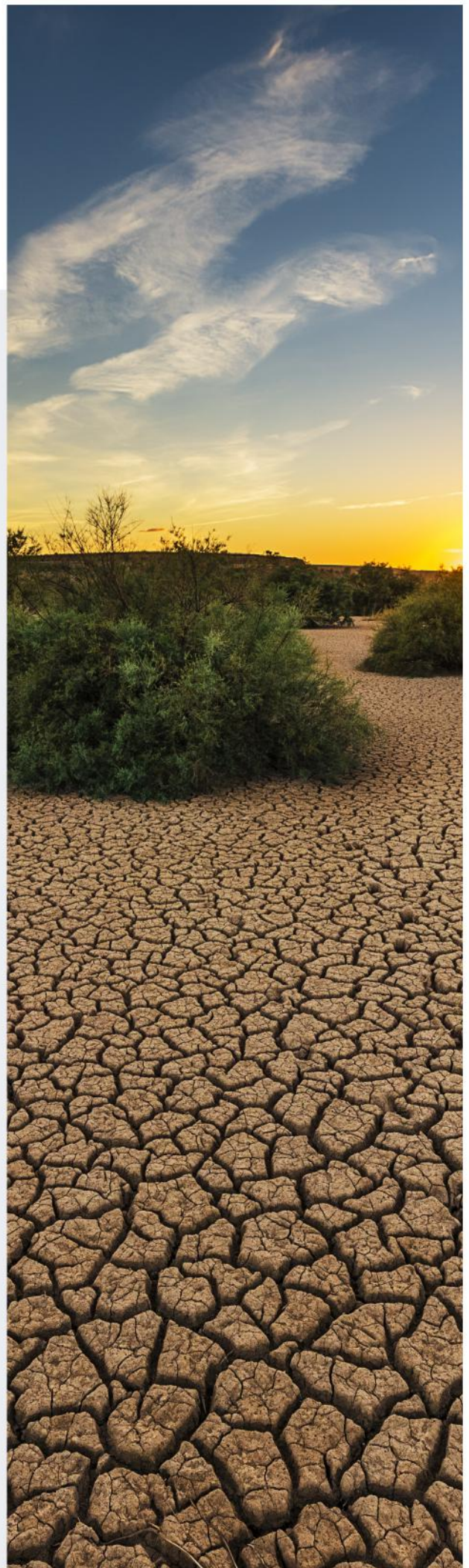
- Headaches
- Dizziness
- Confusion
- Fatigue

And if you're working at height, with tools, or around heavy machinery... yeah, not a great combo.

### Alcohol and the Heat Don't Mix

Even a small amount of alcohol can impair your body's temperature regulation. It widens blood vessels, increasing heat loss, which can leave you more vulnerable to heatstroke or sudden blood pressure drops.

Not to mention, alcohol makes you less alert and more likely to take risks especially dangerous in high-hazard environments.

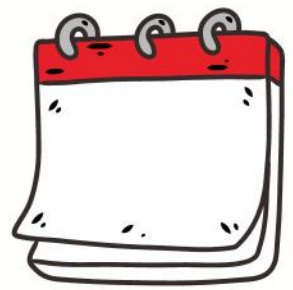




# HALFWAY THERE:

## YOUR MID-YEAR SAFETY REVIEW

What Can You Improve, and How Prohas Can Help



We're six months into the year already (how did that happen?), which makes it the perfect time to stop, take a breath, and ask: How's your workplace safety shaping up so far?

Whether you're a safety manager, site supervisor, or business owner, a mid-year review can highlight what's working, what's not, and where you need to refocus.

Start by looking at your numbers. Have there been more near-misses, minor accidents, or injuries than expected? Are hazard reports being submitted — or are people keeping quiet? Have training deadlines quietly passed you by? Stats alone won't tell the full story, but they're a great jumping-off point to spot any red flags or trends that need addressing.

Next, think about your processes and paperwork. Are your risk assessments still accurate, or have there been changes on site that haven't been accounted for? Is PPE being used correctly, and is it still fit for purpose in summer conditions? Don't forget about welfare either — the hot weather can bring its own risks, from heat stress to mental fatigue. This time of year, checking in on employee wellbeing should be part of your review too.

Now, here's the good news: you don't have to tackle all of this alone. Prohas Ltd. ([www.prohas.co.uk](http://www.prohas.co.uk)) can support your business at every stage of your health and safety journey. Whether you need a fresh set of eyes on your policies, help with site inspections, support with CDM regulations, or someone to act as your competent person — Prohas has it covered. They don't do one-size-fits-all templates either. Everything is tailored to your business, your industry, and your risks.

By taking the time now to review and reset, you're not just ticking a box — you're actively investing in your team's safety and your company's future. So, ask the hard questions, take action on the answers, and remember: if you're unsure where to start, start with Prohas.





# WORKPLACE FATALITIES

## A STARK REMINDER THAT SAFETY MATTERS EVERYWHERE



The Health and Safety Executive (HSE) has released its latest work-related fatal injury statistics for Great Britain (April 2024 to March 2025). While many of these tragic incidents occurred in high-risk industries like construction and agriculture, the findings offer an urgent reminder: no workplace is immune to risk — whether you're operating in hospitality, education, or an office environment.

### Key Findings You Should Know

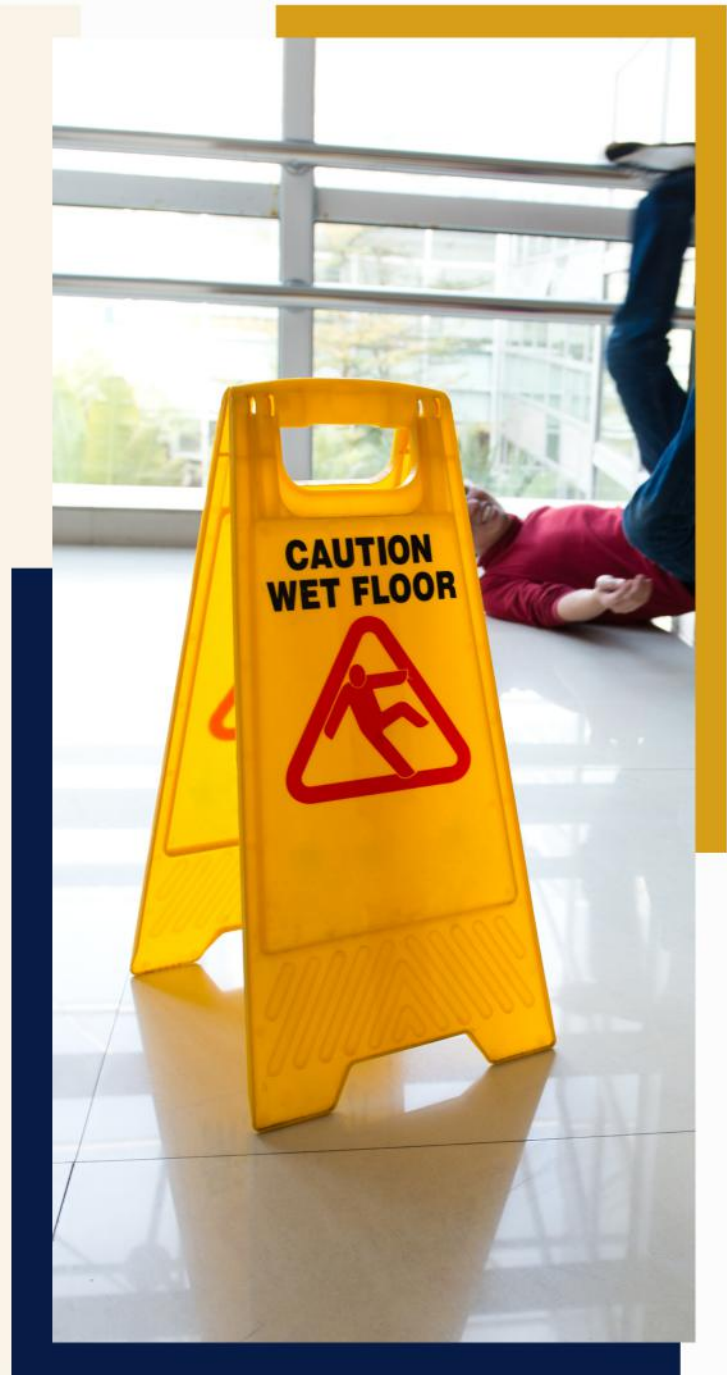
124 workers lost their lives in work-related incidents last year. While this is lower than the previous year (138), it aligns with pre-pandemic figures, showing that the danger hasn't gone away.

The most common causes of fatal injuries — including falls from height (35 deaths), being struck by moving objects (18 deaths), and collapse/overturning incidents (17 deaths) — can happen in any workplace, not just high-risk settings.

Tragically, 92 members of the public also died in work-related incidents. These were individuals not employed at the workplace — such as visitors, customers, parents, delivery drivers, or contractors. This highlights the critical importance of protecting everyone, not just employees.

### Mesothelioma Still a Major Threat

In 2023, 2,218 people died from mesothelioma, a cancer caused by past asbestos exposure. This remains a real concern in older buildings, especially in schools, offices, and hospitality venues. Effective asbestos management must remain a top priority in buildings constructed before 2000.



### What This Means for You

While these numbers are difficult to read, they serve a vital purpose — reminding us that good safety practices are everyone's responsibility. Even routine tasks like climbing a step ladder, moving supplies, or cleaning a spill can lead to serious harm without the right controls.



## Ask yourself:

- Are staff trained on slips, trips, manual handling, and working at height?
- Are your emergency exits, fire safety systems, and public areas regularly checked?
- Have you assessed how your operations might impact visitors, students, or contractors?
- Is your asbestos management plan up to date?



## Let Prohas Help You Strengthen Safety

At Prohas Ltd., we understand that managing risk isn't just about checking boxes — it's about creating a safe space for everyone who steps through your door. We support businesses in hospitality, education, and office environments to develop practical, legally sound, and easy-to-implement safety solutions.

From site audits and risk assessments to public safety planning and asbestos management, we'll help you identify blind spots and build a stronger, safer workplace for employees and the public alike.

**Need a second opinion or want to review your current safety setup?**

**Visit [www.prohas.co.uk](http://www.prohas.co.uk) to get in touch or schedule a consultation with our expert team.**

Let's work together to reduce these numbers and make sure everyone, staff, visitors, and the public gets home safely.

**For More Information Visit the HSE Website**

Head  
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Directly connect with your audience through targeted email campaigns. Our experts handle everything from content creation to analytics, maximising the impact of your email marketing efforts.

3

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# YOUR GUIDE TO GAINING ACCREDITATIONS

**We've got you covered!** Our team can assist with gaining accreditation such as CHAS, Construction Line, Safe Contractor and SMAS. Accreditation demonstrates your commitment to maintaining high standards of health and safety, and compliant to health and safety standards. Additionally, accreditation ensures that your organisation meets regulatory requirements and legal standards, reducing the risk of fines, penalties, and legal liabilities.

## Choosing the right accreditations for your business:



Join CHAS, the UK's leading compliance and risk management provider for contractors, and stay on top of ever-changing risk management standards. Become a CHAS Contractor today and access streamlined accreditation services and exclusive member benefits. Improve your organisation's visibility and gain pre-approval with our network of 2,500 CHAS clients across the UK.



With tens of thousands of buyers relying on the Constructionline platform to identify construction suppliers, membership is a must. Buyers use Constructionlines platform to quickly find suppliers that will enable them to complete a whole range of projects. Constructionline validate all of their members, providing those buyers with a pool of high quality suppliers that they can confidently engage with.



As a SafeContractor member you can also save on your business running costs with preferential commercial law rates and savings on fuel and business utilities and insurance. SafeContractor members prove their business is safe, stable and ethical. SafeContractor is a SSIP accreditation and meets PAS 91. SafeContractor ensure your health and safety paperwork is compliant with legislation and stored securely in their portal.



Smas Worksafe is a proud member of the Safety Schemes in Procurement (SSIP) scheme. Smas offer a range of services designed to elevate your business, helping you to meet compliance and manage risk effectively. Through tailored packages and training, we're all about helping businesses manage Health & Safety properly. Smas help you gain industry-recognised accreditations to meet regulatory requirements.

For more details about each accreditation service please contact us!

## WHAT CAN PROHAS DO TO HELP?

Selecting Prohas as your partner will streamline the process of obtaining your accreditation. With Prohas by your side, you can navigate the complexities of accreditation requirements effortlessly, ensuring a smooth and efficient accreditation journey. We will support and provide guidance throughout the process of gaining your accreditation.

## GUIDANCE AND SUPPORT STARTS FROM £350

+ VAT. Following signing up for a membership with the awarding body.

### CONTACT US

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# Our E-learning Courses and Bundles!

Introducing our new E-Learning courses! We have 9 new courses for you to choose from, they are perfect for gaining qualifications for you and your employees. We can deliver all the E-Learning you need to help your business prosper.

**We are excited to exclusively offer you 10 E-learning courses for £250 +VAT or Provide 10 employees with a course of your choice for £250 +VAT.**

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**CREATING A SAFER WORKING ENVIRONMENT FOR YOUR BUSINESS.**



## **Banksman Training**

This course, will cover common vehicle reversing accidents and the crucial role played by the banksman. It'll also look at the controls and actions that can reduce the likelihood of such accidents.



## **Children and Young People's Mental Health**

It starts by defining mental illness and mental health problems and their impact on children and young people. There's extensive coverage of the many types of mental illnesses found in this group, and how they can be recognised and treated.



## **Depression Awareness**

This online course will raise awareness of depression and how it can be recognised, diagnosed, classified and treated. It starts by looking at diagnoses before moving on to define the various types of depression, you'll also learn about other disorders.





### Managing Occupational Health

This course explains the key elements, procedures and activities involved in successful Occupational Health and Safety Management in the workplace.



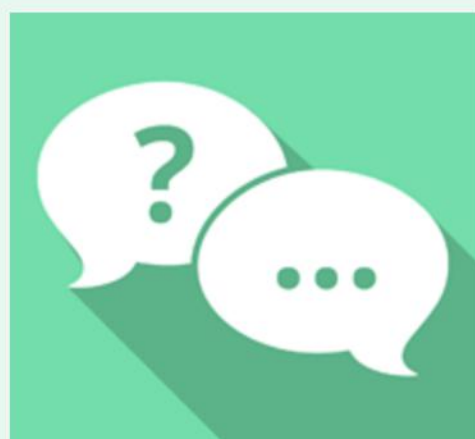
### Mental Health First Aid

The course introduces the subject and outlines the benefits of Mental Health first aid and workplace wellness schemes. It then goes on to cover the effects of stress on individuals and teams and discusses how stress and mental health are linked.



### Moving and Handling People

The course outlines the dangers and legislation that applies to moving and handling people as well as showing a range of techniques and equipment that can be used. The course also highlights the importance of proper risk assessments and care plans.



### Preparing for a Job Interview

The course also covers other things to consider in advance of the interview including planning how you will get there. It briefly covers some of the key differences between online and face to face interviews.



### Supervising Mental Health at Work

This course will look at supervising stress and mental health at work and show you how to create a good mental health culture in your workplace. The course starts by examining the negative effects of poor mental health on individuals and also considers the many benefits of mental health interventions by employers.



### Problem Solving in a Workplace

This course covers a range of problems that occur in the workplace - and how they can be recognised, controlled and solved. You'll learn about the three main areas in which problems can occur - people, tasks and resources.



# BEYOND HEALTH & SAFETY

## DISCOVER OUR FULL RANGE OF SERVICES



### PAT Testing

Ensure workplace safety with Prohas PAT testing. At Prohas, safety is our priority. Here's why thorough PAT testing matters: Peace of mind: Safe electrical equipment ensures the well-being of employees and tenants. Reduced risk: Regular PAT testing minimises fire risks and financial losses. Compliance confidence: Show commitment to a safe work environment and meet legal obligations.



### HR Subscription Service

Enhance your workplace with our HR subscription service. Get expert guidance on all HR matters and handle every situation confidently. Simplify your HR processes with 24/7 access to essential documents and information via our online portal. Stay compliant with the latest legal requirements and best practices.



### Accreditation Guidance

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Our fully-approved interactive video eLearning courses are ideal for you and your employees to gain valuable qualifications. We offer flexible eLearning to help your business thrive, with engaging courses accessible anytime, anywhere, on any device. Approved and affordably priced, our courses cover health and safety, business skills, management, leadership, hospitality, and more, providing the tools to educate and engage your team.

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# E-LEARNING COURSES

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Our fully-approved, interactive-video eLearning courses are perfect for gaining qualifications for you and your employees. We can deliver all the eLearning you need to help your business prosper.

**£35.00 plus VAT is the starting price for the courses or we can offer bundles on request.**

Our engaging courses can be taken at any time, in any place and on any device. All courses are approved and priced to offer the best possible value to your business. Our one-on-one tutor led e-learning courses are packed with all the information your employees need to keep your business safe and compliant and always up to date. Providing the tools to educate and engage your employees in subjects such as health and safety, business skills, management, leadership skills, hospitality and many more.



We provide E-learning courses such as First Aid, Fire Marshal Training, mental health awareness, business skills and many more course to choose from. **Contact us to learn more and sign up today!**

**Looking to improve your workplace with Health & Safety? We have a lot of new courses to help get you started!**

- Supervising Mental Health at Work
- Asbestos Awareness for Architects and Designers
- Banksman Training
- Children and Young People's Mental Health
- Depression Awareness
- Managing Occupational Health and Wellbeing
- Mental Health First Aid
- Moving and Handling People
- Preparing for a Job Interview
- Problem-Solving in a Workplace



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Free 30 minute  
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Points and Identify  
the Actions You  
Can Take



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**Receive a Free Report Following your 30 Minute Discussion**

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Simply scan the code with your mobile camera to bring up the booking link.



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Prohas Safety Support

### Creating a Safer Working Environment For Your Business.

PROHAS Safety provides clients with specialists who have collectively over 50-years' Health and Safety experience. We provide specialist and tailored support to industries including: aviation, logistics, retail, warehousing, motor trade, manufacturing, construction, trades, care sector, hospitality and leisure among an increasing number of home and work based environments.



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[info@safetyfortrades.co.uk](mailto:info@safetyfortrades.co.uk)



Safety For Trades

### Safety for Trades is your one stop safety shop offering the very best in safety support for all trade professionals.

Safety For Trades is the sister company of Prohas that specialise in all things health and safety for trades. Providing an in one package designed exclusively for trades, Safety for Trades provides the safety solution you have been looking for. Safety For Trades can assist your business to gain the accreditations you need too.



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### Providing safe PAT Testing and excellent customer service

Pro Pat Testing, part of Prohas Health and Safety Consultancy, is your trusted provider for Portable Appliance Testing (PAT) across Lincolnshire and South Yorkshire. Our team of fully qualified and experienced PAT testers ensures thorough and reliable service. We guarantee delivery of all documents and test data within 24 hours, and we operate with complete flexibility – no restrictive annual contracts.