

DECEMBER 2025

PROHAS POST

WE KEEP SAFETY SIMPLE FOR YOU!



**FEATURING
MCMANUS
CONSULTING**

CHOOSING YOUR COMPETENT PERSON FOR 2026

**CHRISTMAS DECORATIONS SAFETY
END OF YEAR COMPLIANCE CHECKLIST
REDUCING SLIPS, TRIPS & FALLS THIS SEASON
HEALTH & SAFETY MEMBERSHIP**

WWW.PROHAS.CO.UK

TABLE OF CONTENTS

2	Our Membership Service
3	Choosing Your Competent Person for 2026
4	McManus Consulting Christmas Cards
5	Reducing Slips, Trips & Falls This Season
7	Christmas Decorations Safety
9	End Of Year Compliance Checklist
10	Electrical Safety at Christmas
11	Pro PAT Testing
12	Positive Impact Marketing!
13	Your Guide to Accreditations
14	New E-Learning Courses and Bundles
16	Discover Our Full Range of Services
17	Our E-learning Courses
18	Book Your Business MOT
19	Contact Us



HEALTH & SAFETY MEMBERSHIP

CREATED FOR YOU BY
PROHAS
HEALTH & SAFETY CONSULTANCY



UNLOCK A SAFER, MORE COMPLIANT WORKPLACE TODAY!

- ✓ **Dedicated Expert For Your Business**
- ✓ **Full Suite Of Company Policies**
- ✓ **Continuous Employee Training**
- ✓ **Your Essential Safety Handbook**
- ✓ **24/7 Access to Documents & Resources**
- ✓ **Annual Compliance Reviews**
- ✓ **HSE Health and Safety Updates**
- ✓ **Digital Magazine On All Things Safety**
- ✓ **Email Support**

ALL THIS FOR JUST

£70

PER MONTH!

+ VAT



**A Safety membership Service Providing All Your Health and Safety Needs.
Helping Keep You Compliant and Your Employees Safe!**

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.
Please Contact Prohas for Your Bespoke Safety Package.

**JOIN NOW AND
PRIORITISE SAFETY!**



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??

We've got you covered. Our team can assist with gaining accreditation such as CHAS, Construction Line, Safe Contractor and SMAS.



PROHAS
HEALTH & SAFETY CONSULTANCY

VISIT OUR WEBSITE:
WWW.PROHAS.CO.UK
OR SCAN OUR QR CODE

CONTACT US TODAY:
safetysupport@prohas.co.uk
0800 170 0504



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

CHOOSING YOUR COMPETENT PERSON FOR 2026!

EVERY EMPLOYER MUST APPOINT A COMPETENT PERSON UNDER UK LAW. BUT WHAT DOES THAT REALLY MEAN?

A Competent Person is someone with the skills, knowledge, experience, and training to manage health and safety in your workplace. For many businesses, especially SMEs, outsourcing this role to specialists like Prohas is the safest and most cost-effective option.

We act as your Competent Person by:

- Completing and reviewing your risk assessments
- Providing unlimited advice
- Delivering training
- Managing your compliance documentation
- Supporting inspections and audits

Start 2025 confident that you've met your legal obligations.



Client Spotlight: A Year With Prohas

This year, Prohas supported businesses across construction, manufacturing, logistics, offices, and trades. From creating bespoke RAMS to delivering accredited training and helping clients achieve accreditations, we've been proud to support safe and compliant workplaces.

We want to thank all our clients for trusting us with their health and safety, and we look forward to helping you make 2026 your safest year yet.

GET IN TOUCH WITH OUR TEAM

Our team is here to help you stay compliant, confident, and inspection-ready all year round. **Speak with us today for tailored support.**

 **0800 170 0504**  **SAFETYSUPPORT@PROHAS.CO.UK**  **WWW.PROHAS.CO.UK**



McManus
CONSULTING
TECHNOLOGY AS A SERVICE

Yes – it's time to think about Christmas Cards!

Have you begun thinking about when, or maybe even why you should send cards this festive season?

Well, why not?

Posting one of our personalised, high-quality greeting cards, or postcards, sends a clear message to your family, friends and clients, that you are thinking about them and not just at Christmastime either!



Our postcards and greeting cards are expertly and sustainably produced in the UK.

Greeting cards are also enclosed in your own unique customised outer envelopes too.

The result?

A standout mailing for both you and your recipients!

Curious to know more?

Then contact us today to discuss your requirements:

01924 965735

enquiries@mcmanusconsulting.co.uk



WINTER WORKPLACE SAFETY:

REDUCING SLIPS, TRIPS & FALLS THIS SEASON

Winter may look charming on Christmas cards, but in the workplace it brings an entirely different story, wet floors, icy entrances, darker days, and a higher risk of slips, trips, and falls. These incidents account for over a third of all reported workplace injuries in the UK, and winter conditions only increase the risk. The good news? With the right controls in place, they're almost entirely preventable.



Why Winter Increases Risk

Cold weather impacts almost every type of workplace:

- Icy paths and car parks increase slip hazards.
- Rain, sleet, and snow get tracked indoors, making floors slippery.
- Reduced daylight reduces visibility around vehicles and on-site activities.
- Heavier clothing can limit mobility and make tasks harder.

If your workforce is outdoors or regularly moves between buildings, these hazards multiply quickly.

Key Steps to Reduce Winter Slips & Trips

1. Improve Lighting

Shorter days mean poorer visibility. Ensure walkways, entrances, and loading bays are well lit and that any broken lights are repaired quickly.

2. Grit, Salt & Clear External Areas

Apply grit to entrances, stairs, and footpaths before frost sets in. Assign responsibility so it doesn't get missed.



WINTER WORKPLACE SAFETY:

REDUCING SLIPS, TRIPS & FALLS THIS SEASON

3. Keep Indoor Areas Dry

Use absorbent mats at entrances and increase floor checks during peak wet weather.

4. Encourage Suitable Footwear

Slip-resistant footwear can make a significant difference, especially in construction, warehouses, and logistics environments.

5. Reinforce Housekeeping

Trailing cables, clutter and uneven flooring are winter's best friends and your worst. Regular site walkarounds are essential.



Supervisor Checklist

- Are all external routes gritted & checked?
- Are indoor floors inspected regularly?
- Do staff have appropriate footwear?
- Are lighting levels adequate?
- Has the team been briefed on winter hazards?

How Prohas Can Help

Our consultants can conduct winter-focused workplace inspections, update your risk assessments, and help you prepare practical, site-appropriate controls. If you need tailored advice, our team is here to keep you safe through the season.

WWW.PROHAS.CO.UK



CHRISTMAS DECORATIONS SAFETY

ELECTRICAL, FIRE & TRIP
HAZARDS YOU CAN'T IGNORE



The festive season brings lights, trees, wreaths, and plenty of cheer, but it also introduces new hazards into the workplace. Whether you're decorating a reception area, office, warehouse, or workshop, it's essential to make sure your festive setup doesn't compromise your safety standards. Poorly planned decorations can create electrical hazards, fire risks, and trip hazards that can put both staff and visitors in danger.



Fire Safety

Fire safety is especially important at Christmas, when decorations are often made from combustible materials. Keep trees, tinsel, and displays away from heaters, radiators, or other heat sources. Never block fire exits, emergency routes, or extinguishers with festive displays, no matter how tempting it might be to create a cosy scene. Avoid candles or anything with an open flame, battery-powered alternatives are a much safer option. Make sure your fire detection and alarm systems remain accessible and unobstructed.

Electrical Safety

One of the biggest risks during the festive period comes from electrical decorations. Overloading sockets or using damaged lights can lead to overheating or electrical fires. Always ensure that lights carry a BS kitemark and that cables are free from cracks, frays, or exposed wires. Avoid daisy-chaining multiple extension leads, and make sure any electrical items used have been checked before plugging them in, ideally PAT tested. If lights have been stored for a long time, inspect them thoroughly before use.



CHRISTMAS DECORATIONS SAFETY

ELECTRICAL, FIRE & TRIP
HAZARDS YOU CAN'T IGNORE



Trip Hazards

It's easy to forget that decorations can disrupt the natural flow of a workspace. Trailing cables, low-hanging ornaments, and rearranged furniture can all create trip hazards if not properly managed. Use cable covers or secure fixings to prevent wires from trailing across walkways. Ensure Christmas trees, presents, or decorative props don't block access routes or reduce visibility around corners and doorways. A festive display should enhance the environment, not hinder movement around it.



Festive Checklist

Before finalising your decorations, ask yourself:

- Are all decorations flame-retardant?
- Are electrical items in good condition and tested?
- Are cables secured and out of walkways?
- Are fire exits and extinguishers clear?
- Are displays safely positioned away from heat sources?

Prohas & PROPAT Support

If you're unsure about the safety of your festive setup, Prohas and PROPAT Testing can help. We can support you with electrical checks, festive safety guidance, and risk assessments to ensure your workplace stays both merry and compliant throughout the season. A little planning goes a long way, keeping your team safe while still embracing the magic of Christmas.



END-OF-YEAR COMPLIANCE CHECKLIST ARE YOU READY FOR 2026?

2026

The end of the year is the perfect time to step back and review your compliance. January brings audits, renewals, training needs and new opportunities so taking time now can save a lot of stress later.

Your Year-End Health & Safety Review



1. Are risk assessments up to date?

Especially if the business has changed processes, equipment, or staff roles.



2. Have staff received required training?

Manual handling, fire marshal, first aid and COSHH should be reviewed annually.



3. Are fire risk assessments current?

Legally required and essential, especially if the workplace has changed.



4. Is PAT testing up to date?

All electrical equipment must be safe under the Electricity at Work Regulations.



5. Are safety documents reviewed?

Policies, procedures, RAMS, ensure they reflect your current operations



Membership Reminder

Prohas Membership isn't just a support package, it's your year-round safety partner. Our plans take the stress out of compliance by providing annual reviews, updated documentation, and ongoing expert guidance to keep your workplace safe and inspection-ready.

Members gain access to, toolbox talks, templates, and advice, ensuring your policies, risk assessments, and procedures stay aligned with current legislation. Whether you're a small business or a multi-site operation, we help you stay ahead of your compliance duties and build a stronger safety culture.

Start 2026 the right way: safe, compliant, and supported. WWW.PROHAS.CO.UK

ELECTRICAL SAFETY AT CHRISTMAS: PAT TESTING REMINDER ⚡



Keep the Sparkle, Skip the Shock

Nothing says “holiday season” quite like twinkling lights, glowing heaters, and the hum of festive office décor. But before you plug in that dusty box of Christmas lights or switch on the portable heater that’s been in the cupboard since last winter, take a moment to think: is it safe?

Electrical fires and equipment failures are more common during the winter months, often caused by overloaded sockets, worn cables, or items that haven’t been checked in years. That’s where Portable Appliance Testing (PAT) comes in. A quick test by a competent person ensures that all your electrical devices are safe to use and not posing hidden risks.

WHY IT MATTERS?

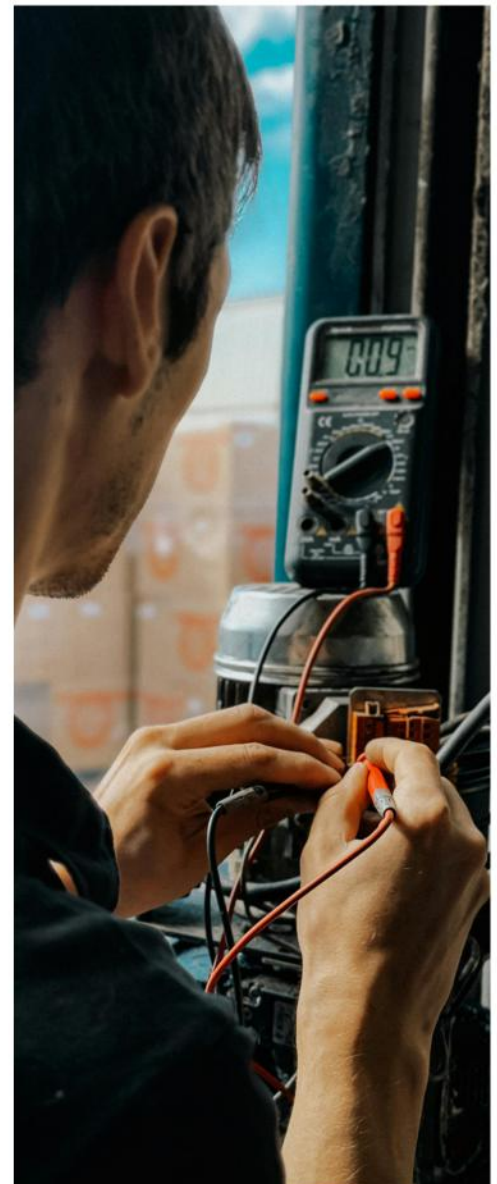
PAT testing might not sound thrilling, but it’s a simple step that prevents a lot of headaches (and potential hazards). A faulty wire or damaged plug can lead to electric shocks, power cuts, or even fires. Businesses also have a legal duty under the Electricity at Work Regulations to maintain safe equipment, and neglecting this can lead to fines or worse.

Quick Festive Safety Tips

Check before you plug in. If the cable’s frayed or the plug is cracked, bin it, don’t risk it. Don’t overload sockets. Extension leads are handy but know their limits. Switch off overnight. Lights and decorations look lovely, but they don’t need to stay on when everyone’s gone home.

Book a PAT test. Even a quick annual check keeps your workplace compliant and safe. WWW.PROPATTESTING.CO.UK

So, before you deck the halls, take a moment for a quick inspection or schedule that PAT test. After all, keeping your lights shining safely is the best way to enjoy the season, without sparks flying for the wrong reasons!





**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**

**IN NEED OF PAT TESTING SERVICES IN
LINCOLNSHIRE AND SOUTH YORKSHIRE?**

GET A QUOTE TODAY!



**BUSINESSES
PAT TESTING**



**LANDLORDS
PAT TESTING**



**HOME WORKERS
PAT TESTING**



**EDUCATION
PAT TESTING**

CONTACT US

 0800 170 0504

 info@propattesting.co.uk

CONTENT MADE EASY. YOU SHINE, WE SHOUT!



Your Trusted Partner in Digital Marketing.

At Positive Impact Marketing, we understand the power of a strong online presence. Elevate your business with our digital marketing solutions designed to enhance your brand, engage your audience, and drive meaningful results.

STAY CONSISTENT AND BUILD AWARENESS:

Your Complete Social Media Package:

Pricing starts from £195 (+VAT) per month, this includes 3 posts on social media, created, designed and fully customised before being strategically scheduled per week.

1

Social Media Management

Unlock the potential of social media with our comprehensive management services. We create, schedule, and monitor your social media content, ensuring a consistent and engaging online presence.

2

Email Marketing

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

Print Media Design

Capture attention offline with our stunning print media designs. Whether it's a brochure, flyer, or business card, our creative team crafts visually appealing materials that align with your brand identity.

LET'S MAKE A POSITIVE IMPACT, TOGETHER.

🏠 WWW.POSITIVEIMPACTMARKETING.CO.UK

✉ EMILY@POSITIVEIMPACTMARKETING.CO.UK

☎ 07904 870782



SCAN THE QR CODE ABOVE

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 £375

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

CONTACT US

 0800 170 0504

 safetysupport@prohas.co.uk

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.

To learn more about this offer contact us today!

✉ safetysupport@prohas.co.uk

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.



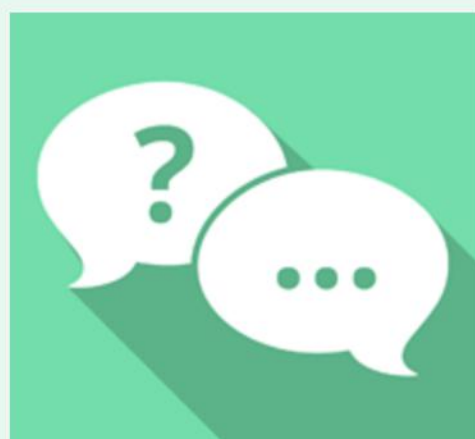
Mental Health First Aid

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

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.



E-Learning Courses

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.

CONTACT OUR TEAM TODAY...



PROHAS
HEALTH & SAFETY CONSULTANCY

VISIT OUR WEBSITE:
WWW.PROHAS.CO.UK
OR SCAN OUR QR CODE

safetysupport@prohas.co.uk

0800 170 0504



E-LEARNING COURSES

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

Book Your Free Business MOT

CREATING A SAFER WORKING ENVIRONMENT FOR YOUR BUSINESS.

Free 30 minute
Zoom Call to
Discuss Your Health
and Safety Pressure
Points and Identify
the Actions You
Can Take



Prohas Safety provides clients with specialists who have more than 20 years of Health & Safety and training experience across a number of industries.

After your free 30 minute Zoom call you will receive a report detailing recommendations for your business health and safety improvements.

Receive a Free Report Following your 30 Minute Discussion

Safety for Trades Accreditation

Our **Safety For Trades** team can assist with gaining accreditation such as CHAS, Construction Line, Safe Contractor and SMAS.



From £375

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

We make gaining accreditations for your business easy for you! keep your business on track and let us handle the accreditations you need to take your business toward success!



Book Your Business MOT Via the QR Code Link Now:

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



www.prohas.co.uk



safetysupport@prohas.co.uk



0800 170 0504

CONTACT US TO LEARN MORE:



www.prohas.co.uk



safetysupport@prohas.co.uk



0800 170 0504



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.



www.safetyfortrades.co.uk



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.



info@propattesting.co.uk



0800 170 0504



www.propattesting.co.uk

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.