

Weekly Update – At a Glance

- Wildfires update – teams and information required
- IRS Plus – Gaining Entry
- Coffee and quiz event for mental health awareness
- Funeral of the late retired LFF David Parkinson
- Cyber attacks: Simple, easy steps you can take to keep safe
- iTrent login
- Charity car wash at Kendal
- ICT assets survey
- Annie Mac's Wealth of Health: Desk-based exercises to maintain health at your workstation

**** Please note that the above information should be shared with all staff on parade.**

Detailed information for each of these headlines can be found below.

Risk Critical / Operational

Wildfires update – teams and information required

This article is being published again after featuring in Weekly Update in early April due to the ongoing hot and dry weather. During March, Ulverston day duty staff, Amber and Purple watch were given the two-day initial basic wildfire operations course. This means

Ulverston day duty staff are now one of our wildfire teams to be called upon in the event of a wildfire incident.

The days went well and both shifts really engaged and interacted during the training.

In light of the recent dry weather we have had in Cumbria, and the incidents we have been deployed to, can crews be reminded of the importance of information required when dealing with vegetation/wildfires:

- Area affected
- Fire behaviour, including flame length
- Suppression tactics, direct or indirect
- Wildfire prediction is being used, F0-F3
- LACES safety protocol, this should be implemented at all wildfire incidents and form part of an informative message to NWFC when in place

When making up for resources we are utilising our wildfire stations and equipment, which are located at:

- Millom, 4x4 and Mule with fogging unit
- Silloth, 4x4 with Argo Cat
- Keswick, Vario 4x4 appliance
- Appleby, 4x4/Unimog
- Ambleside, 4x4
- Windermere, 4x4 and Mule with fogging unit
- Sedbergh, 4x4 with Argo Cat
- Ulverston, 4x4
- Grange, Bowser (currently based at Ulverston due to work being carried out at Grange)

Please can all crews also familiarise themselves with the wildfire plans we have, which cover certain areas of land in Cumbria and over the border.

These hold important information regarding key contacts, access points, RVPs, hazards, and water supplies and can be found [here](#).

Martin Slack

Group Manager, Service Delivery – Cumberland

IRS Plus – Gaining Entry

Please note that when completing an IRS Report for Gaining Entry incidents, the incident type at question 3.3 should be entered as 'Effecting entry/exit' and then the appropriate option should be selected from the dropdown list, as show in the screenshot:

Special Services incident type

▶ Other rescue/release of persons

▶ Animal assistance incidents

▶ Hazardous Materials incident

▶ Spills and Leaks (not RTC)

▶ Making Safe (not RTC)

▶ Lift Release

▼ Effecting entry/exit

- For child
- For medical case
- For person in distress
- For able bodied person not in distress
- No persons involved
- Other

▶ Removal of objects from people

▶ Removal of people from objects

▶ Suicide/attempts

▶ Medical Incident - First responder

OK

As always if you have any queries when completing an IRS report please contact opsplanning@cumbriafire.gov.uk and we will happily assist you.

Operational Planning department

Equality, diversity and inclusion

Coffee and quiz event for mental health awareness

Apologies that the Mental Health Awareness Week coffee and quiz event had to be cancelled on Thursday, 15 May.

The good news is that it will now take place on **Wednesday, 21 May at 11am.**

Please click on the following link: [Join the meeting now](#)

Invites will also be sent via email next week!

It will be a short stop in the day to reflect on mental health and well-being and to have a little bit of fun while enjoying a quiz.

Join together to create a team or join individually and if possible wear something **green** to show your support!



Green is the international symbol for mental health awareness, often represented by a green ribbon.

Here's why green is used for mental health awareness:

- **Symbolism:** Green is associated with nature, growth, renewal, and hope, which are all positive attributes linked to mental well-being
- **Call to action:** Wearing green is a visual cue to show support and encourage conversations about mental health
- **Visibility:** Green is a vibrant and recognisable colour that makes it easy to see and remember the message of mental health awareness

Kelly Drury

Watch Manager, Equality, Diversity and Inclusion

Other

Funeral of the late retired LFF David Parkinson

It is with great sadness that we inform you of the sudden passing of retired LFF David Parkinson.

David joined on 1 December, 1983 and served his community at Windermere Fire Station for more than 20 years.

He is remembered fondly by all who served with him. He was always there to support the new starters with a great sense of humour and never without a smile.

Much of the Parkinson family have followed in David's footsteps: two of his sons, Shane and Jamie; Shane's wife, Lorraine; and more recently Shane's son-in-law, serving at Ambleside.

David has left a massive void but his legacy continues in his serving family members.

The funeral will take place at Beetham Hall crematorium on Tuesday, 27 May at 9.30am.

Stuart Hook

Area Manager – Service Delivery

Cyber attacks: Simple, easy steps you can take to keep safe

Over this past week there has been an increase in cyber attacks against several retailers within the UK. These include Marks & Spencer, the Co-op and Harrods.

While the full impact of these incidents is yet to be released, it is highly likely that customer data has been compromised.

If you shop at these stores either in person (with a loyalty card) or online there is an increased risk that your information has been compromised.

Staff should also be aware these cyber attacks were caused by fraudulent telephone calls pretending to be from the organisation's ICT help desk to employees. Please practise caution when receiving any calls pertaining to be from the Cumberland ICT Service Desk(s) and assure yourselves that the call is valid before providing personal or security information (never disclose passwords).

[Co-op fends off hackers as police probe M&S cyber attack - BBC News](#)

There are a number of steps you can take to protect yourself and family online. It is important you act now to reduce the risk of becoming a cybercrime victim.

Step 1 Ensure you have **UNIQUE** passwords for all your online accounts, based on three random words, numbers and a special character.

Reason: If you have the same passwords for multiple accounts, when one is compromised the hackers will have access to all your other online accounts. Don't make it easy for hackers / scammers.

Step 2 Apply **multi-factor authentication (MFA)** to all your online accounts. This is the two-step process that asks for a second form of authentication before allowing access, making it much harder for cyber criminals to gain access.

Reason: Ultimately all passwords can now be compromised. Having strong passwords increases the time and resources required to compromise an account. Having MFA applied further reduces the risk of a compromise.

Step 3 **Take ownership of your online footprint** and regularly review your online presence and accounts. Delete all unwanted accounts and ensure you proactively review the security settings of online systems; for example, Facebook, LinkedIn, and Gmail / Hotmail.

Reason: Criminals are increasing their activities with a focus on vulnerable accounts. These include accounts with weak passwords, or which have no MFA applied.

Step 4 Ensure you validate any requests from individuals to provide access to information or ICT systems. Have you authenticated the request? Is it really from the person they say they are or are they impersonating a council officer?

Reason: The cyber incidents last week were effective as malicious actors were able to successfully impersonate employees and gain unauthorised access to confidential information and ICT systems and applications.

Don't wait to become a victim. Act now and proactively manage your online presence.

Links to further information:

[You & your family - NCSC.GOV.UK](#)

[Top tips for staying secure online - NCSC.GOV.UK](#)

[Cyber Aware - NCSC.GOV.UK](#)

[Cyber Incident Member FAQs - Co-op](#)

If you have any queries or wish to raise a concern, contact security@cumbriafire.gov.uk

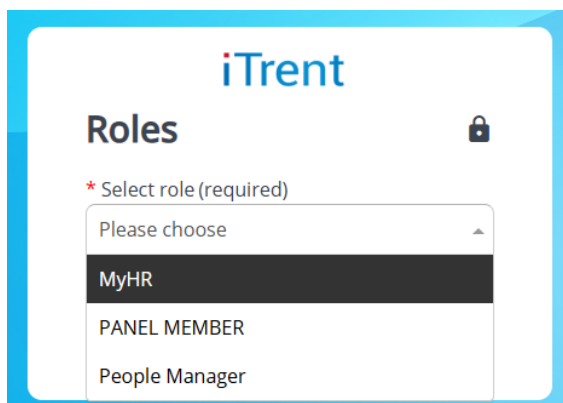
Ian Smith

IT Security Manager, Cumberland Council

iTrent login

When logging in to iTrent you will now be required to select a role.

Select *MyHR* for your personal information, i.e., to book leave, look at wage slip, or *People Manager* to manage your people, i.e., approve leave, book sick, etc.

A screenshot of the iTrent login interface. At the top, the iTrent logo is displayed. Below it, the word 'Roles' is shown next to a lock icon. A red asterisk and the text '* Select role (required)' are positioned above a dropdown menu. The dropdown menu is open, showing four options: 'Please choose' (the default text), 'MyHR' (highlighted with a dark background), 'PANEL MEMBER', and 'People Manager'.

Roles
* Select role (required)
Please choose
MyHR
PANEL MEMBER
People Manager

Joanne Cullen

Project Delivery Lead, Fire Transition Team

Charity car wash at Kendal

White Watch at Kendal held a charity car wash in aid of the Fire Fighters Charity at Kendal Fire Station on Saturday, 10 May.

We were ably assisted by some Kendal on-call crew members, Area Manager Dave Love, and Station Manager Dean Readman, who all provided much needed resilience as we received three turnouts during the event.

We raised **£869.83** in cash and more in contactless payments (we are still awaiting the value of these donations).



The figure is particularly impressive as Kendal Fire Station is not on a main thoroughfare – a special mention to FF Harry Denny from Blue Watch Kendal for dressing up as Welliphant and standing on the main road drumming up custom.

Andy Wills

Crew Manager, White Watch, Kendal Fire Station

ICT assets survey

We are working with ICT to capture an accurate record of all ICT assets that have been assigned to staff and stations.

We need to capture an accurate list which is as up-to-date as possible because we need to understand: what ICT equipment we have; who it has been assigned to; what risks there may be due to ageing equipment; and where this equipment is currently.

In some instances equipment has been reassigned or passed on but records have not been updated, or they have been ordered as part of a wider project and are assigned to the individual who lead the project rather than the staff they have then been issued to.

In the first instance, please can you capture all the equipment that has been assigned to you.

Computer mice, power cables and keyboards are not part of the survey – at this stage, we are mainly looking for assets assigned to individual staff such as laptops, phones and monitors.

What is an asset tag?

The asset tag is an identifying blue sticker with a barcode that ICT puts onto devices that are issued to staff.

On mobile phones this will be under the case or may be under the battery.

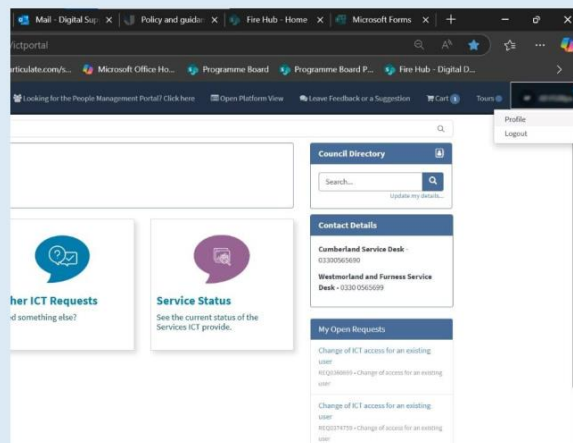
If you cannot find or there isn't an asset tag, please complete the form with as much information as you can.

This is your "Asset Tag" – it's the identifying number that ICT use to record all devices.
It may not be easily found on some devices

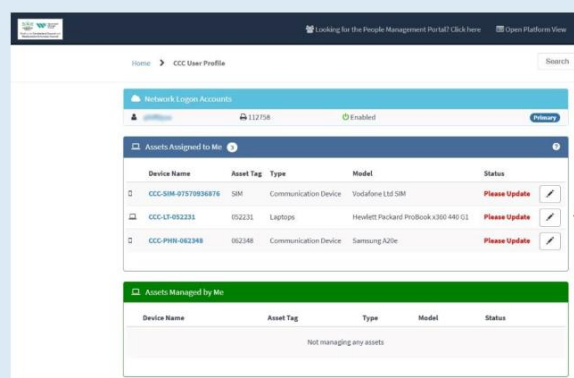


To find what has been assigned to you – you can also go to ICT Servicedesk and open your personal log from there.

FIRST:



Click here,
select "profile"



Edit any
errors here.

Please complete one form for each piece of equipment that you are recording:

<https://forms.office.com/e/LtyPwjGRkb>

If you have any questions regarding the survey, please email

digitalsupport@cumbriafire.gov.uk

Digital Support team

Annie Mac's Wealth of Health: Desk-based exercises to maintain health at your workstation

Sitting at a desk for prolonged periods can take a toll on your body.

According to health experts from the NHS, Bupa, the Chartered Society of Physiotherapy, and the Fire Fighters Charity, incorporating regular movement into your workday is essential for preventing musculoskeletal problems and maintaining overall well-being.

Why movement matters

The NHS emphasises that adults who spend long periods sitting have a higher risk of developing health issues including obesity, type 2 diabetes and cardiovascular disease.

Breaking up sitting time with short movement breaks can help mitigate these risks.

Simple desk-based stretches

The Chartered Society of Physiotherapy recommends these exercises that can be performed without leaving your desk:

- **Neck stretches:** Gently tilt your head towards your shoulder, holding for 20 seconds on each side. Next, turn your head slowly from side to side.
- **Shoulder rolls:** Roll your shoulders backwards in a circular motion 10 times, then forwards 10 times.
- **Wrist and hand stretches:** Extend your arm with palm facing up, then gently pull fingers back with your other hand. Hold for 20 seconds and repeat with the other hand.
- **Upper back stretch:** Interlock your fingers and push your palms away from your body, allowing your upper back to stretch. Hold for 20 seconds.

Movement breaks

Bupa advises taking a brief movement break every 30 minutes. Their recommended exercises include:

- **Chair squats:** Stand up from your chair and lower yourself back down without fully sitting. Repeat 10 times.
- **Calf raises:** While standing, lift your heels off the floor and slowly lower them. Repeat 15 times.
- **Desk push-ups:** Place hands on the edge of your desk, shoulder-width apart, and perform push-ups at an angle. Aim for 10 repetitions.

Posture improvement

The Fire Fighters Charity, which provides rehabilitation services to fire service personnel, suggests these posture-enhancing exercises:

- **Seated posture check:** Sit tall with shoulders relaxed, feet flat on the floor, and lower back supported. Hold this position, noting how it feels, then relax and repeat.

- **Shoulder blade squeeze:** Pull your shoulder blades together gently and hold for 5 seconds. Release and repeat 10 times.
- **Core activation:** While seated, engage your abdominal muscles by drawing your navel towards your spine. Hold for 10 seconds while breathing normally.

Incorporating movement into your workday

The NHS recommends:

- Setting a timer to remind yourself to move every 30 minutes
- Taking phone calls standing up
- Walking to colleagues' desks instead of emailing
- Using a standing desk for portions of your day, if available

When to seek help

According to the Chartered Society of Physiotherapy, you should consult a healthcare professional if you experience:

- Persistent pain or discomfort
- Numbness or tingling in limbs
- Pain that radiates to other areas of your body
- Symptoms that worsen despite performing these exercises

By incorporating these simple exercises into your daily routine, you can help reduce the negative effects of prolonged sitting and promote better musculoskeletal health while at work.

Annie McInerney-Thompson

Recruitment, Fitness and Engagement Coordinator

To have your news included in this section please email:

CFRS.update@cumbriafire.gov.uk

