



CFRS Weekly Update – 10/7/26

Weekly Update – At a Glance

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**** 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

Reminders following adverse safety events

Following recent adverse safety events, staff are asked to note the following advice:

Ticks

At wildfire/rural incidents firefighters are exposed to the risk of ticks at this time of year. Ticks may attach themselves to exposed areas of skin to feed on blood. Brushing through vegetation such as heather or bracken where there have been sheep or deer is the most likely point of attack. In these circumstances make sure you have covered your legs and arms.



It is advisable to remove ticks by the correct method as soon as possible. Ticks will drop off after feeding. Infected ticks may cause Lyme disease. Symptoms of Lyme disease between three and 30 days are a rash and flu-like symptoms.

- ▶ Here is the NHS advice on Ticks: [Tick bites | NHS inform](#)
- ▶ Here is the NHS advice on Lyme disease: [Lyme disease - NHS](#)

Transport to the station when responding

Personnel are reminded to regularly check the roadworthiness and readiness of any modes of transport you use to respond to the station.

Equipment checks

Personnel are reminded to carry out visual checks of equipment before use. In urgent operational circumstances the equipment should have been checked during inventory checks. In other circumstances a visual check should be used to identify potential hazards/defects.

Reporting injuries/symptoms

Personnel are reminded that any injuries at work must be reported to supervisors as soon as possible, also any symptoms or feeling unwell at work which may affect your safe performance.

Low speed manoeuvres

Drivers and vehicle commanders must ensure that vehicle guides/bankpersons are used in any circumstances where a vehicle needs to pass through narrow spaces and close to obstructions, either forwards or in reverse. Safe procedures should be followed to ensure bankpersons are not put at unnecessary risk.

Duncan Taylor

Health and Safety Manager

Roadworks between J39–J40 M6

Overnight work will be carried out between Tuesday 14 July and Saturday 18 July to remove temporary speed cameras that will no longer be in operation on the M6, following the National Rail project to replace Clifton Bridge and repairs to Lowther Bridge. Outside of the closures the M6 will still operate a speed restriction of 50mph between J39 and J40.

Notice of full carriageway closures:

- ▶ Northbound from 10pm on Tuesday 14 July to 6am on Thursday 16 July
- ▶ Southbound from 1pm on Thursday 16 July to 6am on Saturday 18 July

Access will be maintained where possible for emergency vehicles through the closure.

For all vehicles that are not responding to an incident, a diversionary route will be established via the A6, that will be clearly signposted. This will also see temporary speed reduction measures installed along the route.

Dean Readman

Station Manager

Adverse safety event (ASE) training

A LearnPro package has been developed on adverse safety event (ASE) investigation.

This has been assigned as a refresher to all wholetime Watch and Station Managers, who are our investigators.

We are also widening the pool of ASE investigators to include wholetime Crew Managers. They too have been assigned the LearnPro package and will be invited to attend online training sessions for using the Health & Safety module in FireWatch to record ASE investigations and make recommendations to reduce recurrence.

Once trained, Crew Managers will be assigned the less complex ASEs to investigate. Initially, experienced investigators may be asked to provide mentoring to assist CMs.

Investigating the immediate and root causes of ASEs should give investigators a deeper understanding of why accidents occur, how to reduce them, and helping them to maintain a safer working environment.

Existing ASE investigators are free to attend the online FireWatch training sessions if they feel a refresher would be of use. Please contact Luke Russell luke.russell@cumbriafire.gov.uk for dates and availability.

Duncan Taylor

Health and Safety Manager

Don't just delete it – report it!

Think you've spotted a suspicious email? **Report it!** Every phishing email reported helps the whole service. Cyber criminals rely on people ignoring or deleting suspicious messages, meaning threats can go undetected.



By using the **Phish Hook** button on the top right of your tool bar, you help us identify attacks early, block malicious emails, and protect colleagues from becoming victims. If something doesn't look right, trust your instincts – **Stop. Think. Report.** One click to report could prevent a major security incident.

Remember: It's always better to report a genuine email by mistake than to ignore a phishing email that turns out to be real.

Fiona Little

Information Governance

Occupational Health appointments

If you are no longer able to attend your Occupational Health appointment please can you let us know as soon as possible.

Appointment availability is limited and by giving us as much notice as possible we can offer the slot to another colleague who is waiting to be seen. This helps us make the best use of available appointments and reduces unnecessary waiting times.

Thank you for cooperation and helping us ensure appointments are used as effectively as possible.

Melissa Taggart

Occupational Health and Wellbeing Coordinator

Business engagement booklet launched to support OBEs

The Fire Protection team has produced a booklet to help provide businesses with fire safety information. This booklet has been given out during businesses engagement events that have occurred across the county and has received positive comments.

Please could I ask that these booklets are given out during Operational Business Engagements (OBEs). The booklets have been sent to all wholetime stations, and you should have already received them.



Any questions please let me know by emailing [**brian.ing@cumbriafire.gov.uk**](mailto:brian.ing@cumbriafire.gov.uk)

Brian Ing

Station Manager – Fire Protection



Equality, Diversity and Inclusion

Culture and Values Board next meeting

The next Culture and Values Board meeting is taking place at **10.30am** on **Thursday 16 July 2026** in the **Community Room** at **SHQ Penrith**.

There is a Teams link for those unable to attend in person: [Join the meeting](#)

We hope to see as many of you as possible.

Culture and Values Board



Vacancies

Fire Protection Inspector

Salary: £40,777–£41,771

Locations: Countywide

Hours: 37 hours per week

Contract: Permanent

Closing Date: Friday 10 July 2026, at 11.59pm

Interviews: w/c Monday 20 July 2026

For more information: [CFRS0181 - Fire Protection Inspector | Cumbria Fire & Rescue Service](#)

Fire Protection Advisor

Salary: £36,363–£37,280

Locations: Countywide

Hours: 37 hours per week

Contract: Permanent

Closing Date: Friday 10 July 2026

Interviews: w/c Monday 20 July 2026

For more information: [**CFRS0180 - Fire Protection Advisor | Cumbria Fire & Rescue Service**](#)

Fire Protection Coordinator x2

Salary: £26,403–£26,824

Locations: Countywide

Hours: 37 hours per week

Contract: Permanent x2

Closing Date: 11.59pm, Sunday 12 July 2026

Interviews: Tuesday 28 July 2026 at Carlisle East Fire Station

For more information: [**https://www.cumbriafire.gov.uk/cfrs0179-fire-protection-coordinators-x2**](https://www.cumbriafire.gov.uk/cfrs0179-fire-protection-coordinators-x2)



Other

DBS renewals

As part of our compliance requirements, it is now time to complete the three-yearly DBS renewals.

Over the coming months DBS checks will be sent to you for completion. Please ensure that your DBS renewal is completed as soon as possible.

If you need any support or have any questions, please contact

[**HR@cumbriafire.gov.uk**](mailto:HR@cumbriafire.gov.uk)

HR team

NHS mobile cervical screening bus – Millom

The NHS Mobile Cervical Screening Bus will be visiting Millom this summer, offering eligible residents the opportunity to attend cervical screening closer to home on:

- ▶ 16 July and 13 August 2026
- ▶ 11am–4pm
- ▶ Millom Recreation Centre car park

The service is available on a drop-in basis, with no appointment required, making it easier for people to attend at a time that suits them. Cervical screening helps prevent cervical cancer by detecting changes before they become serious. It is offered to people aged 25 to 64 with a cervix, including women, trans men and non-binary people. Everyone with a cervix is encouraged to attend cervical screening when they are eligible. Screening is a preventative test that helps identify changes in the cervix before cancer develops. Eligible people are routinely invited for screening by the NHS, typically every five years.

It is important to note:

- ▶ Screening is still recommended even if someone has had the HPV vaccine
- ▶ People who have missed a previous screening appointment do not need to wait for a new invitation and can attend the mobile clinic

Anyone with a cervix may be eligible for screening, including trans men and non-binary people, depending on their GP registration

Early detection through screening prevents the majority of cervical cancer cases, making increased screening uptake a key public health priority.

Crews – please feel able to help raise awareness of these dates, particularly among communities that may face barriers to attending routine healthcare appointments.

Jemma Taylor and Helen Clark

HR Managers

To have your news included in this section please email:

CFRS.update@cumbriafire.gov.uk

