Winter Safety – Clock the Time Change

Introduction:

The clocks went back an hour at 02:00 on Sunday 26th October. The Royal Society for the Prevention of Accidents says there is a surge in the number of accidents when the clocks go back. Casualty data shows more pedestrians are killed or injured in the afternoon and early evening rather than in the mornings, so please take extra care whether walking or driving during this period.

During the winter months the number of injuries also increases onsite. Particularly, where mobile construction plant can meet pedestrians and pedestrians are at risk of slips, trips or falls.

How the Clocks going back affect your Mind and Body

With the seasonal clock change, now is the time to assess the impact on working conditions onsite of darker evenings and winter weather. We need to reduce risks by planning ahead.

The time change affects our internal biological clock. It needs to re-synchronise, but this doesn't happen straight away. It usually takes up to three days for our brains and bodies to adjust to the one-hour shift. This can alter the quality of our sleep, making us more tired during the day. Reduced daylight and Seasonal Affective Disorder (SAD) can also affect people's susceptibility to fatigue and awareness both around construction plant onsite and during their daily commute.

It is therefore also important that leisure time is used to recuperate and avoid behaviours or practices that can contribute to fatigue and which could place colleagues and the public at risk.

Hazard Perception

Plant operators and vehicle drivers must take care when manoeuvring, only doing so when it's safe. They should ensure reversing aids are in good working order and windscreens clear of dirt.

This photograph illustrates the effects of low winter sun on general visibility! Lower lighting levels and adjusting to the clock change can present extra risk. Particular attention should be paid when approaching construction plant.

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Winter Planning

Why bother winter planning?

- Busy workload to deliver outputs
- Conditions are changing - light, weather, temperature
  - ***Its wet, its dark, its cold***

What can we do?

1. **Winter-proof our work areas**
2. **Plan any activities around the conditions**
   - Take into account the conditions and how they will affect the risk of the activity
   - STOP if anything changes

Winter Working Basics

Daily tools we use to manage the risks on site:

1. **RAMS**

- Amended to reflect the change in weather conditions and ways of working.
- Fully briefed and signed with everyone clear on how to complete the activity safely.

2. **Start of Shift Briefings**

- Everyone is clear on what's happening on site and any actions to be taken due to changing weather.

3. **Daily Debrief**

- What went well today
- What can we improve the next day?

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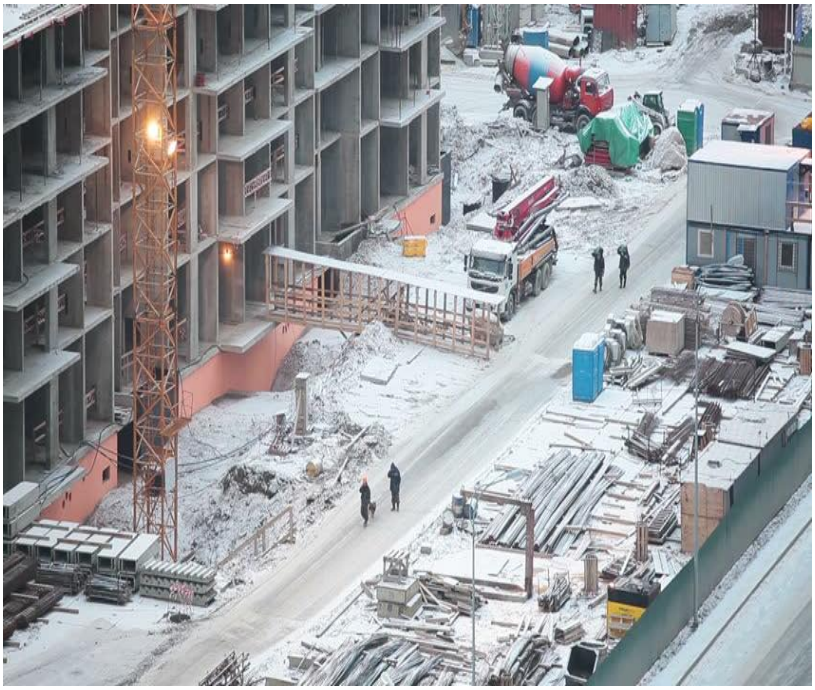
Winter Proof your work area

Walkways and work areas:

- Keep all walkways and work areas well lit, especially at dusk and dawn, and report any lighting that isn't working.
- Look out for any paths/roads where water is pooling and get these areas filled on before pools of water turn to ice.
- Keep sufficient supplies of the correct grit available and located around the site so it is readily available to keep paths and roadways safe.



Check all equipment more frequently

- Plant and equipment must be checked daily for oil, water, hydraulic fluid levels etc. and damage.
- Pipes and hoses are less flexible when cold – so will crack more easily.
- Lag pipes where possible.

Check that plant operators can see what's around them:

- Screen wash should be provided and used (where plant has this feature).
- Frost, snow, mud and dirt must be removed from windows and mirrors before plant is used.
- Check that reversing cameras are not distorted by the sun (especially when it is low in the sky). The same effect can also be caused by vehicle headlights or spotlights.
- Plant operators must always disable plant before pedestrians enter exclusion zones.

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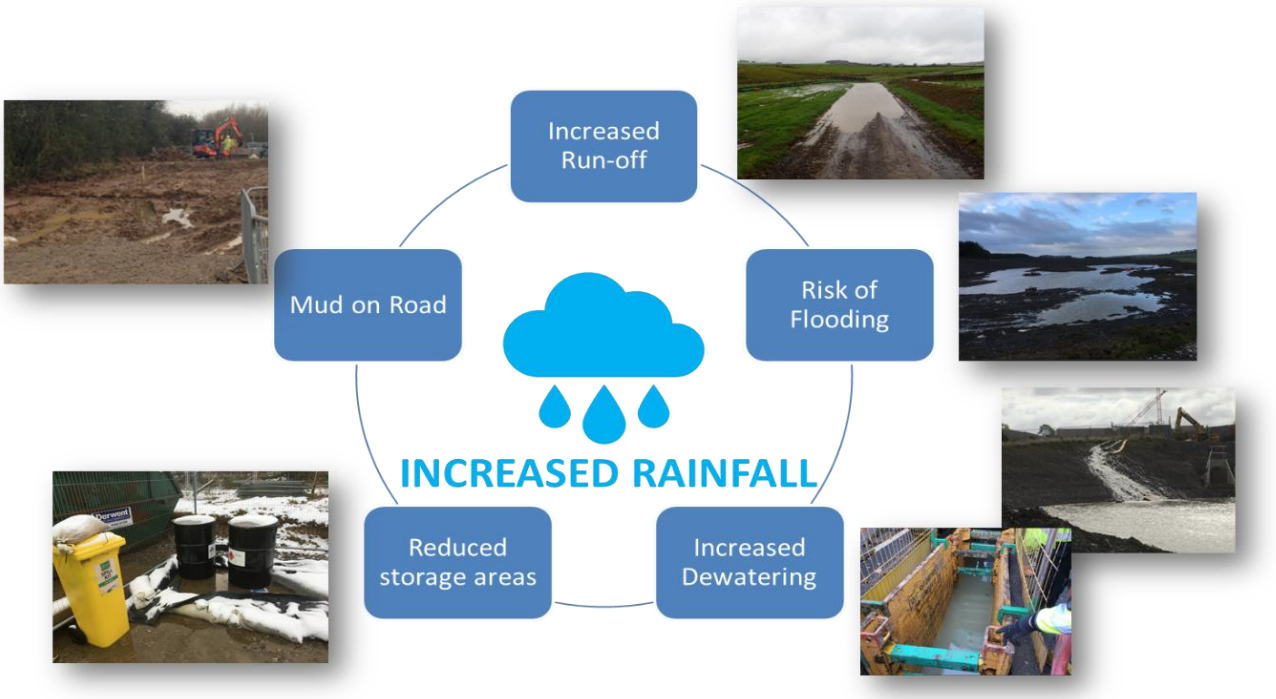
Winter Proof your work area

Your Health and Wellbeing / Mental Health Matters:

- Make sure you wrap up warm - almost half of all heat loss is through your head in cold weather.
- Hypothermia occurs when body heat is lost faster than it can be produced.
- Frostbite and immersion foot can occur at even moderately low temperature.
- Both Hypothermia and Frostbite can kill.
- The lower the temperature gets the more your concentration is affected – which can result in an increase of accidents.

Winter Working Environment



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Winter Working Recap

- Have you prepared your working areas for winter?

  - *Is there anywhere where water will collect and freeze over?*
  - *Is all task lighting suitable and sufficient*
  - *Are all walkways on site adequately lit and gritted?*
  - Have you ordered sufficient grit for walkways and is there a clear plan of who will do this and when?

- Plan your activities around the weather conditions

  - *How will the weather affect what we do on site?*
  - *Can excavations and Lifting operations be carried out in adequate daylight and not towards the end of the shift?*

MWH TREATMENT

Construction Delivery Toolbox Talk
CDTT40-05

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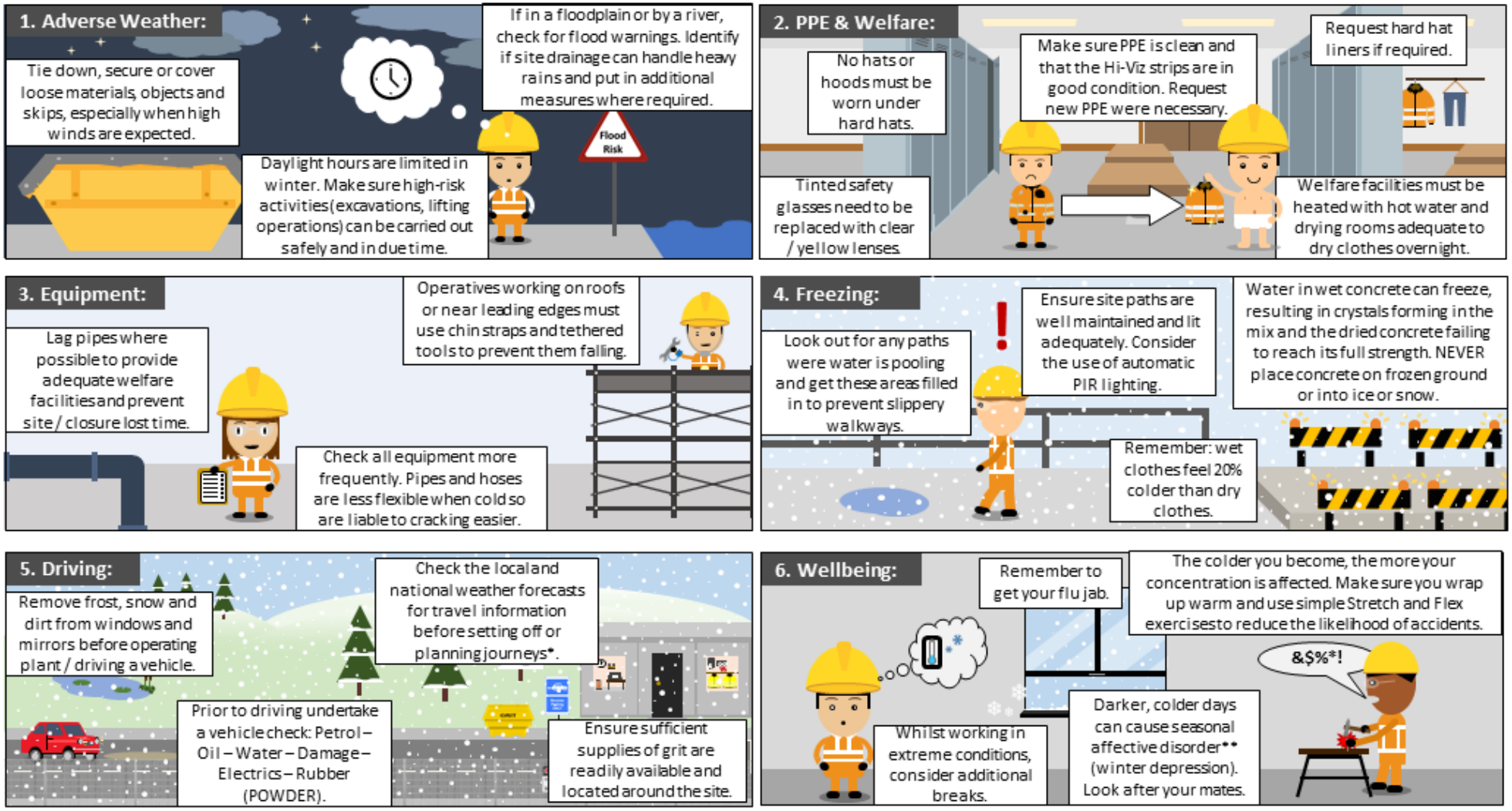
What do we need to do?



*Sign up to Met Office Weather Warnings - https://service.govdelivery.com/accounts/UKMETOFFICE/subscriber/new

**For more information on Seasonal Affective Disorder (SAD) visit: https://www.nhs.uk/conditions/seasonal-affective-disorder-sad/

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Questions

Q1: What date do the clocks go back in October?

Q2: Can you name some physical or mental signs of fatigue?

Q3: What type of observations or near miss events would indicate the potential for worker fatigue?

If in DOUBT STOP WORK and seek advice from your manager

Register of Attendees

Delivered By: (name / job title)	
Project No.:	
Project Name:	

Name (print)	**Company**	**Sign**	**Date**