

## The Theme for February 2021 is: Winter Working

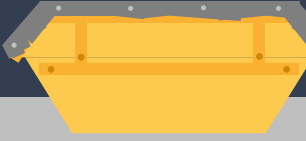
### Your Health and Safety

### Our Environment

### Quality Requirements

#### 1. Adverse Weather:

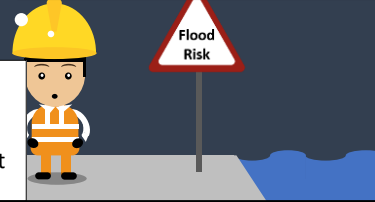
Tie down, secure or cover loose materials, objects and skips, especially when high winds are expected.



Daylight hours are limited in winter. Make sure high-risk activities (excavations, lifting operations) can be carried out safely and in due time.



If in a floodplain or by a river, check for flood warnings. Identify if site drainage can handle heavy rains and put in additional measures where required.

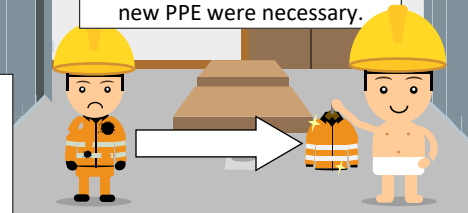


#### 2. PPE & Welfare:

No hats or hoods must be worn under hard hats.

Tinted safety glasses need to be replaced with clear / yellow lenses, unless risk assessed for drivers due to winter sun

Make sure PPE is clean and that the Hi-Viz strips are in good condition. Request new PPE where necessary.



Request hard hat liners if required.



Welfare heating is necessary but can be dangerous. Do not dry gloves or clothes on heaters. Inspect heaters regularly.

#### 3. Equipment / Planning:

Lag pipes where possible. Check all equipment more frequently. Pipes and hoses are less flexible when cold so are liable to cracking easier.

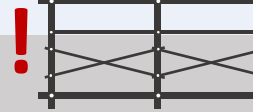


Use simple Stretch and Flex exercises to warm up before starting work.

Operatives working on roofs or near leading edges must use chin straps and tethered tools to prevent them falling.



Where possible delay hazardous elements of work until better weather conditions



#### 4. Freezing:

Look out for any paths where water is pooling and get these areas filled in to prevent slippery walkways.



Ensure site paths are well maintained and lit adequately. Consider the use of automatic PIR lighting.

Remember: wet clothes feel 20% colder than dry clothes.

Water in wet concrete can freeze, resulting in crystals forming in the mix and the dried concrete failing to reach its full strength. NEVER place concrete on frozen ground or into ice or snow.



#### 5. Driving:

Remove frost, snow and dirt from windows and mirrors before operating plant / driving a vehicle.



Prior to driving undertake a vehicle check: Petrol – Oil – Water – Damage – Electrics – Rubber (POWDER).

Check the local and national weather forecasts for travel information before setting off or planning journeys\*.

Watchout for low Winter Sun – remember your sunglasses

Ensure sufficient supplies of grit are readily available and located around the site.

#### 6. Wellbeing:

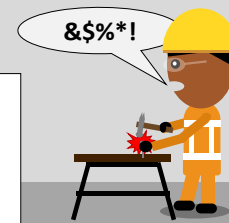
Educate workers to recognising early symptoms of cold stress.



Whilst working in extreme conditions, consider additional breaks and have hot drinks.

Darker, colder days can cause seasonal affective disorder\*\* (winter depression). Look after your mates.

The colder you become, the more your concentration is affected. Make sure you wrap up warm to reduce the likelihood of accidents.



\*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/>