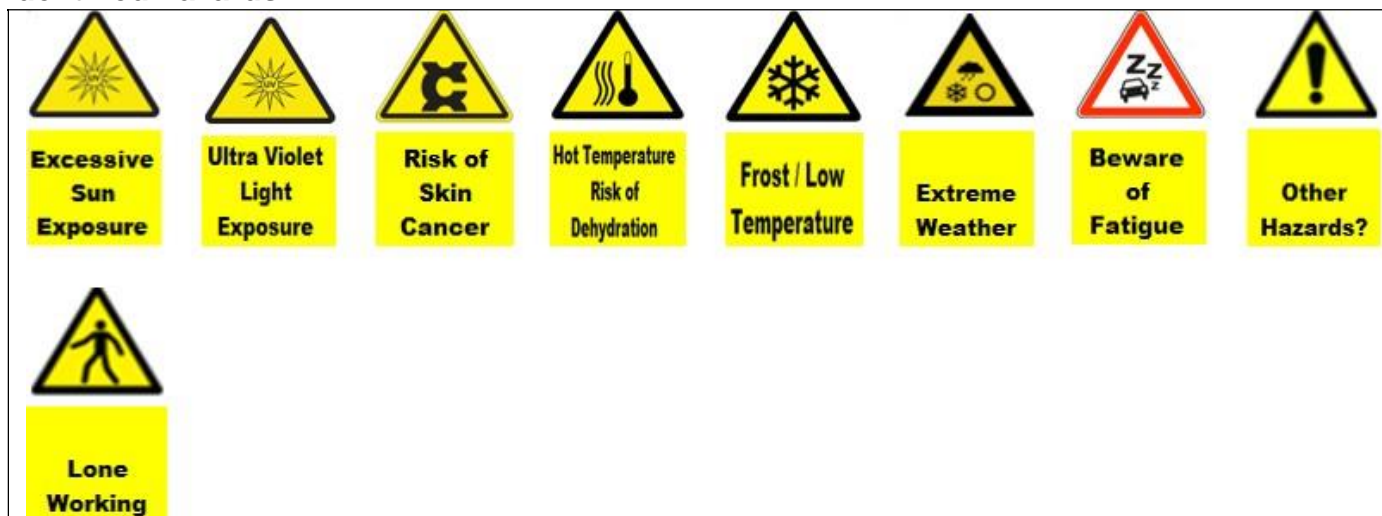


# Outdoor Working

## Identified hazards:



**At risk:** All staff and other persons in the work area.

## Risks controlled by:



This is classed as a **LOW** risk

## Please note:

Workers with cardiovascular problems and those with respiratory diseases or on certain medication need to be especially careful when working in very cold temperatures as the conditions can exacerbate their health problems. Nose and ears, fingers and toes are the body parts that are most likely to be affected by the cold, with the first symptoms often manifested as chilblains (itchy swellings on the skin). Employees may suffer from more colds, attacks of bronchitis and asthma, or painful, stiff joints and fatigue as they use more energy in an attempt to keep warm. Cold workers are also more likely to develop hand-arm vibration syndrome when using pneumatic or vibrating tools.

There is evidence that cold weather conditions can affect manual handling operations.

If you are in ANY doubt, contact your Health and Safety Manager.

## Outdoor Working

If cold-weather working cannot be avoided, wear appropriate clothing. Layering clothes is most effective. The outer layer is to be waterproof and windproof. Insulated headgear should also be worn. Two layers of socks will help protect the feet and toes. Mittens are warmer than gloves. Wearing a pair of gloves under a pair of mittens can help keep fingers warm and the mittens can be removed when extra dexterity is required.

Along with proper clothing, regular breaks being taken in a warm building, with access to warm drinks, is an effective method of ensuring better recovery and efficiency. Food containing plenty of carbohydrates and fats for energy and warmth prior to beginning work can also help. Wet clothing should be removed as quickly as possible as it can cause both accelerated heat loss and impair movement.

Work in high winds should be avoided whenever possible.

### Additional Measures:

Further Measures	Person Responsible	Date for Completion
In summer, keep your top on. Wear lightweight clothing made from tightly woven fibres.	FM Technician	Ongoing
In summer, use a high protection factor water and sweat resistant sun cream. Use and reapply as directed in manufacturer instructions.	FM Technician	Ongoing
In summer, wear a suitable hat that protects the head and neck.	FM Technician	Ongoing
In summer, take work breaks out of the sun.	FM Technician	Ongoing
In summer, be alert for signs of Heat exhaustion or heatstroke: tiredness and weakness, feeling faint or dizzy, a decrease in blood pressure, headache, muscle cramps, feeling and being sick, heavy sweating, intense thirst, a fast pulse, urinating less often and having much darker urine than usual. If noticed, GET HELP	FM Technician	Ongoing
In summer, schedule the work to avoid peak exposure to UV (12-3pm) where possible.	FM Technician	Ongoing
In winter, be alert for sign of hypothermia: shivering, cold and pale skin, slurred speech, fast breathing, tiredness and confusion. If noticed, GET HELP.	FM Technician	Ongoing
Drink plenty of fluids throughout the working day.	FM Technician	Ongoing
Check your skin regularly for any unusual spots or moles. See your G.P. urgently if anything is changing shape, size, and colour, itching or bleeding.	FM Technician	Ongoing
If there is any doubt concerning the task or safety, stop work and clarify.	FM Technician	Ongoing

# Outdoor Working

**Assessed by:**

Frank Burke, Tech IOSH, Space Solutions Facilities Management Health & Safety Manager

Name: K. Petty

Signature/s....*K Petty*.....

Date: 15/6/20

Name: G. Cruickshank

Signature/s *G. Cruickshank*

Date: 20.06.22