



Is your **worksite safe?**

- ▶ **Monitor the Weather:** Stay updated on long-term forecasts and be prepared for potential disruptions due to cold or adverse weather conditions.
- ▶ **Lighting:** Ensure all work areas are well-lit, especially access routes, scaffolding, and high-traffic zones. Report any lighting defects immediately.
- ▶ **Frost Management:** Verify that there is sufficient supply of grit available to cover walkways, scaffolds, and deck areas. Where possible, grit these areas the night before frost is expected.
- ▶ **Walkway Maintenance:** Keep walkways free of trip hazards. Regularly check for debris or obstructions.
- ▶ **Water Management:** Identify areas where water may pool, as these can freeze and become hazardous. Take steps to drain or cover them during cold spells.
- ▶ **Welfare Facilities:** Make sure that heated welfare areas are available for drying clothes, storing gear, and making hot drinks. Report any exposed pipework that should potentially be insulated to prevent freezing.
- ▶ **Weather Protection:** Consider temporary weather protection like shelters and windbreaks for work areas to improve comfort and safety, taking line of sight into account.
- ▶ **Safety Scanning:** Always perform a 360-degree safety check for at least 20 seconds before starting work and include discussions in your Toolbox Talk (TBT)
- ▶ **Secure Equipment:** Ensure that container doors and other large equipment are properly secured at all times to prevent accidents.





**STAY WARM
STAY SAFE
STAY SEEN**



PPE in Winter

- ▶ **Wear the Right PPE:** Always ensure you have the appropriate personal protective equipment to stay safe in winter conditions.
- ▶ **Head Protection:** Use a winter liner under your hard hat to prevent heat loss. Remember, hoodies are not permitted as they can interfere or become entrapped with safety gear.
- ▶ **Footwear:** Wear suitable safety footwear with good grip.
- ▶ **High Visibility:** Ensure you're easily seen by wearing high-visibility PPE. Keep your clothing clean, as dirt reduces both insulation and visibility.
- ▶ **Hand Protection:** Wear gloves that meet the PPE standards to keep your hands warm. This also reduces the risk of developing Hand Arm Vibration Syndrome (HAVS) when using vibratory equipment.
- ▶ **Eye Protection:** Tinted safety goggles are available for specific and approved roles/tasks.
- ▶ **Hard Hat Security:** It is a mandatory requirement that you ensure your hard hat is fitted with a chin strap to keep it secure in windy conditions.



Slips, trips and falls in Winter

TO MINIMISE THE RISK OF SLIPS, TRIPS AND FALLS DURING WINTER:

- ▶ **Exercise Caution:** Be extra careful in cold, wet, or slippery conditions.
- ▶ **Surface Awareness:** Watch for frost, moss, and algae on access routes, scaffolding, and sheeting that can make surfaces slick.
- ▶ **Stick to Designated Routes:** Always use designated access paths to navigate your worksite safely.
- ▶ **Clear Access Routes:** Ensure that all access routes and your work area are free from trip hazards.
- ▶ **Use Handrails:** Whenever available, utilise handrails for additional support and stability.
- ▶ **Footwear Matters:** Wear appropriate safety footwear with good grip to prevent slipping.
- ▶ **Keep Hands Free:** Whenever possible, keep your hands free while walking to maintain balance.
- ▶ **Maintain Housekeeping Standards:** Keep your work area tidy and organised to reduce clutter and potential hazards. Use your Toolbox Talk (TBT) to discuss specific winter-related hazards.

DID YOU KNOW?

In 2023/24, slips, trips, and falls accounted for **31% of non-fatal workplace** injuries in the UK, with falls from height adding another 8%.

According to Health and Safety Executive UK



Wellbeing in Winter



CATCH IT

Germs spread easily. Always carry tissue and use them to catch your cough or sneeze



BIN IT

Germs can live for several hours on tissues. Dispose of your tissues as soon as possible



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can

While colds, flu, and viruses tend to circulate during the winter, maintaining good hygiene practices, such as regular handwashing and sanitising, can significantly reduce the risk of illness.

Stop Germs From Spreading

Catch It, Bin It, Kill It