

Winter is on its way, the clocks have gone back, the days are getting shorter and the weather conditions change daily. Below are some handy tips that we can prepare for and follow to protect ourselves and other's working around us during the winter-time.

## Clothing

- Make sure you keep warm and dry at all times.
- Use several thinner layers rather than one thick layer.
- Use the correct waterproof clothing and footwear in adverse conditions.

## Welfare

- Hang wet clothes in the drying room, do not hang clothes directly over the heaters.
- Keep all doors and windows closed within the welfare facility to retain heat.
- In cold conditions make sure you have hot drinks during break periods and report to your supervisor anyone you notice suffering the ill effects of severe cold.

## Lighting

- The wearing of dark or shaded eye protection is **prohibited** during winter months.
- During dark mornings and evenings ensure sufficient lighting is available to carry out your tasks safely.
- Report any problems with task lighting to your supervisor.

## Slippery Conditions

- Remain vigilant and thoroughly check your working areas.
- Be aware of slippery surfaces from over night frost and snow.
- Report any slippery surfaces to your supervisor so the area can be gritted.

Make sure your risk assessments are reviewed and where required changed to incorporate the advice given above. Remain vigilant and if you have any concerns report them to your supervisor.