In winter we can reduce our health and safety risk by taking some simple steps, both while at work and travelling to and from our site or office.

A serious injury occurred this autumn where a vulnerable worker suffered a fractured ankle after tripping on an uneven surface, in a poorly lit area. The likelihood of slips trips and falls increases further during winter, so take special care in the bad weather and keep a Zero Compromise approach to Slips and Trips.

**Reduce YOUR risk of harm during winter**

We all have a part to play in keeping each other safe in winter ensure you do your bit to help keep your sites, offices and workplaces safe by reporting any unsafe conditions.

- Make sure that there ample stocks of grit and salt to treat road and pedestrian pathways in icy conditions
- Make sure leaves are swept up on pedestrian paths and parking areas on site
- Make sure site lighting is working, poorly lit areas could lead to a trip incident
- Make sure your heating systems are working in the office and areas of site where the temperature is critical to maintaining the continual running of plant
- Keep up to date with the weather forecast and don’t undertake unnecessary journeys in bad weather conditions
- Ensure site drains are not blocked causing to standing water on site roads and walkways as this is a potential slip hazard

- Carry out regular inspections (SHE6C) of the site or office
- Have a contingency plan in place for winter working and ensure that anyone working outside are contacted regularly
- Assess visits to remote sites where access may be an issue
- Check your own cars, plant and vehicles to make sure they are ready for winter.
- Ensure YOU and your teams take regular breaks out of the cold and wet in extreme weather conditions
Monthly safety focus
Operations

Take Care this Winter

During winter the weather can suddenly and dramatically change the environment we work in or experience on the way to and from work – ensure you keep an eye on the forecast.

**YOUR normal body temperature 37°C!**

Did you know Hypothermia occurs when the body temperature falls below **35°C**? This could lead to violent shivering, impaired consciousness, loss of fine-motor coordination, especially in the hands, slurred speech, illogical behaviour, loss of emotional cognition - an 'I don't care' attitude which could result in poor decision making.

Looking after yourself in Winter

There are some simple things that **YOU** can do to ensure that you keep yourselves fit and healthy this winter:

- **Drink plenty of fluids** – Make sure you keep hydrated as wearing extra layers mean that your likely to get dehydrated.
- **Layer up** - Wear warm clothing underneath waterproofs – that way you can take them off in offices where it will be warmer.
- **Eat regularly and include plenty of carbohydrates** the body needs a reliable and constant energy supply to generate heat.
- **Keep a spare clean and dry set of work wear with you at all times.**
- **Don’t stand in water for long periods of time** water conducts heat away from the body 25 times faster than air.
- **Prevent your skin peeling and cracking in cold weather by using a protective cream.** The creams replace the natural oils in your skin, which becomes dried up due to exposure to cold weather.
- **Take advantage of our offer of a free flu injection.**
- **Make sure you have a pair of the snow grip Bambi shoes in your vehicle** – ask your line manager to order some for you.
- **Check on neighbours and vulnerable people over the winter months**
- **Keep a torch ice scraper and de-icer with in the vehicle at all times.**

The festive season will soon be here and that means Christmas Parties! Have FUN but remember, if you have been drinking late into the previous evening you may be still over the legal drink drive limit in the morning be aware – **Take Care** and don’t get caught out.

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Zero incidents
Zero harm
Zero compromise

Keeping you healthy and safe, every day at work