

Are you staying safe in this heat and the pandemic?

The hot weather is among us, and we want to ensure you are all working safely during the heat.

To help you with this, we have put together some further guidance...

Internal Workspaces such as offices, shops, factories, health care services, etc...

- Stay Hydrated - Drink plenty of water, or water-based drinks.
- Take regular breaks, especially if you are now having to work in additional PPE such as face masks, shields or overalls. Ensure you follow the relevant guidance for the safe removal of PPE to avoid contamination.
- If you work near a window or door, make sure it is open and the room is ventilated as much as possible.
- HSE have confirmed the use of air-conditioning is permitted, as the risk of spreading COVID-19 is extremely minimal. Although most units can be used as normal, they have recommended any units which removes and circulates air to different rooms should turn off the recirculation and use a fresh air supply instead. If you are unsure about what system you are using, we would suggest you speak to your air conditioning supplier or engineer.

External Workspaces such as construction sites

- Stay Hydrated - Drink plenty of water, or water-based drinks.
- Take regular breaks, out of the heat. Try to work in shade as much as possible.
- Avoid strenuous jobs, where possible, during the hottest hours of the day.
- If you must work out in the heat try to keep your head covered.
- Wear sun cream

Working from Home

- Ensure you are sat in a well-ventilated room, to allow natural air to flow through. Open windows and doors if possible.
- Avoid working in rooms where heat sources could impact the room temperature. I.e.; kitchens.
- Stay hydrated – drink plenty of water, or water-based drinks.
- Take regular breaks – head outside and sit in the shade if that is the coolest place.

