



HOW TO STAY SAFE IN THIS HOT WEATHER



THIS IS THE IMPORTANT ONE

An **orange** hi-vis is part of your safety critical P.P.E, a **pink** one isn't!

Whilst the company believes wearing a pink hi vis contributes something to customer service, in this hot and humid weather it can in fact contribute detrimentally to your health, safety and wellbeing.

Knowing your rights as a worker is vital!

[The Health and Safety at Work Act](#), [The Workplace Health Safety and Welfare Regulations](#), and [The Management of Health and Safety at Work Regulations](#) protect workers against employers who put your safety at risk.

Heat can effect us in many ways. It can effect our concentration, it can makes us feel tired, it can put extra pressure on our body. Feeling tired, and not being able to concentrate also increases the likelihood of a workplace accident. There are lots of reasons you may feel uncomfortably hot at work, including but not limited to:

- The kind of work you are doing
- The location you are working in
- The machinery and equipment around you (that generates heat)
- You may have an underlying health condition such as the menopause, pregnancy or asthma.



In this hot and humid weather, here is what you need to know!

The Health and Safety at Work Act puts a general duty on all employers to put measures in place to ensure your health, safety and wellbeing. This of course includes, hot weather:

General duties of employers to their employees.

It shall be the duty of every employer to ensure, so far as is reasonably practicable, the health, safety and welfare at work of all his employees.

The Work Place Health Safety and Welfare Regulations puts specific requirements on employers in regards to ventilation, indoor temperature and supply and access to drinking water:

Ventilation

6.—(1) Effective and suitable provision shall be made to ensure that every enclosed workplace is ventilated by a sufficient quantity of fresh or purified air.

Temperature in indoor workplaces

7.—(1) During working hours, the temperature in all workplaces inside buildings shall be reasonable.

(2) A method of heating or cooling shall not be used which results in the escape into a workplace of fumes, gas or vapour of such character and to such extent that they are likely to be injurious or offensive to any person.

(3) A sufficient number of thermometers shall be provided to enable persons at work to determine the temperature in any workplace inside a building.

Drinking water

22.—(1) An adequate supply of wholesome drinking water shall be provided for all persons at work in the workplace.

(2) Every supply of drinking water required by paragraph (1) shall—

(a)

be readily accessible at suitable places; and

(b)

be conspicuously marked by an appropriate sign where necessary for reasons of health or safety.

(3) Where a supply of drinking water is required by paragraph (1), there shall also be provided a sufficient number of suitable cups or other drinking vessels unless the supply of drinking water is in a jet from which persons can drink easily.

The Management of Health and Safety at Work Regulations requires employers to assess the risks that arise out of the kind of work you do. This includes the environment you work in.

Risk assessment

3.—(1) Every employer shall make a suitable and sufficient assessment of—

(a)

the risks to the health and safety of his employees to which they are exposed whilst they are at work; and

(b)

the risks to the health and safety of persons not in his employment arising out of or in connection with the conduct by him of his undertaking,

for the purpose of identifying the measures he needs to take to comply with the requirements and prohibitions imposed upon him by or under the relevant statutory provisions and by Part II of the Fire Precautions (Workplace) Regulations 1997.