

Health, Safety and Wellbeing topic - Winter Wellbeing

Things to look out for



Adverse weather

High winds, frequent and heavy rain, snow and frost in mornings, cold temperatures

Reduce the risk:

- reading weather reports / look out for weather warnings
- wrap up warm,
- ensure all windows are clear of frost before driving off,
- complete all vehicle checks eg checking tyre tread depths



Environment

Slippery and wet floors, poorly lit areas such as car parks and loading areas, lack of streetlights on roads, fallen branches, flooding.

Reduce the risk by:

- Dynamic risk assessment,
- ensure vehicle lights work,
- use other vehicles to light poorly lit areas,
- adhere to speed limits and driving to the conditions,

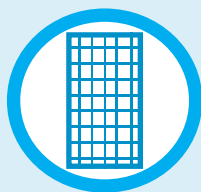


Footwear

- Inappropriate footwear

Reduce the risk by:

- Wear appropriate footwear for the conditions,
- Check soles of footwear are not slick or worn out,
- Report faults with protective footwear to management and buy new protective footwear if needed.



Roll cages

Collision with objects, trapping hands and feet, overbalancing cage

Reduce the risk:

- Assess the routes
- Never move faster than walking
- Never tilt or tip the cage



Manual handling

Lifting too much, loads slipping or moving, lifting with cold muscles, moving cages, unsteady base, poor postures, difficult grips due to layers of clothing

Reduce the risk:

- Check the route for hazards
- Use a trolley if needed
- Stretch your muscles before lifting
- Follow training guidance

And remember to watch out for each other.
There is always time to prevent someone being hurt

Report all near misses

Prevent accidents