



S | A | F | E

Stop and Think 'What are the hazards in this scenario?' 'What could go wrong?'

Assess the task, the work area, and the equipment.

Follow the procedures, protocols, and method statement.

Engage with your supervisor if an aspect of the task changes and requires deviation from the plan.

Worker Welfare Week

Welfare Units

- The contractor is responsible for providing an eating area, running water, WC facilities and drying facilities for all personnel.
- These facilities shall be in the immediate vicinity or for mobile works where this is not possible, they must be in a convenient, readily accessible location.
- All such facilities must be maintained to a reasonable standard, kept in a clean, hygienic condition.
- Arrangements for the dispose of waste on site must be in place, especially food waste which can attract vermin.



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Dust and Noise

- Regularly breathing construction dust can cause lung diseases.
- Respiratory protective equipment (RPE) must be worn where identified in risk assessment, should fit correctly and persons using them should be trained for their use.
- UÉ encourages our contractors to support the [Construction Sector Clean Air on sites Campaign](#)
- Hearing loss can be experienced due to prolonged exposure to noise.
- Noise Exposure limit values must not be exceeded. Where noise exposure action levels will be exceeded, steps must be taken to control the risk i.e hearing protection, which will be detailed within the risk assessment.

WORKER WELFARE

23-27 June

DUST



WELFARE UNITS



SUN CARE

HYGIENE



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Worker Welfare Week

Skin Cancer

- Outdoor workers can experience excessive exposure to the sun's UV radiation and, therefore, are at more risk from skin cancer.
- Take steps to protect your skin
 - Cover up your skin with loose clothing
 - Use high protection sunscreen with a sun protection factor (SPF) of 30 or higher.
 - Seek shade during the hottest times
 - Wear sunglasses that protect against UVA and UVB radiation.
- Examine your skin from head-to-toe every month. Look for signs such as moles that change in size, colour, or shape, new growths, and sores or patches that bleed and don't heal.
- Visit the HSE's National Cancer Control Programme: <https://www.hse.ie/eng/services/list/5/cancer/prevention/skin-cancer-prevention-sunsmart.html> for more information.



Worker Welfare Week

Hygiene

- Poor hygiene practises can lead to infection by biological agents.
- Wear gloves while working at all times. Any additional PPE required to reduce risk of infection will be identified on the risk assessment.
- Ensure to wash your hands regularly, especially before eating, drinking or smoking.
- Ensure to wash any cuts immediately and cover with dressings. Seek advice from the first aider on site.
- Avoid any mouth or eye contact with unclean hands/gloves.
- Use allocated eating facilities for eating and drinking, away from potentially contaminated areas.
- Keep personal clothing stored away from contaminated PPE and where necessary, dispose of PPE that has been contaminated.

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