

Worker Welfare Week Guidance Notes

2025

WORKER WELFARE

23-27 June

DUST



WELFARE UNITS



N CARE



HYGIENE

Introduction



- **Worker Welfare Week** – 23rd to 27th June 2025
- The campaign aims to ensure a consistent approach to worker welfare is being implemented across UÉ projects and programmes.
- The main areas of focus across the week are:
 - 1) **Welfare facilities**
 - 2) **Skin Cancer**
 - 3) **Dust and noise**
 - 4) **Hygiene**

- The Am I SAFE Team have asked our Delivery Partners to lead out on two key asks under this campaign:
 1. Run awareness sessions throughout the week on the main topics listed on previous slides to support this campaign. One topic per day. Sessions can be shared via toolbox talk, safety moment, knowledge share, progress meetings, site demo, etc.
 2. Project teams to check and ensure the welfare facilities on your sites are suitable considering both static and mobile works.
- The ask would be for all project **Person In Charge of Works (PICW) and/or Works Supervisor (WS)** to deliver the messages each day. **ALL** members of project delivery team should attend

Guidance Notes *cont.*



- Am I Safe Team have included some suggested content and material in the following slides, but all Contractors are welcome to use their own information, slides, processes, requirements, etc provided the main topic headings are maintained
- Members of the UÉ Infrastructure Delivery Team will endeavour to visit and attend as many of our active sites to support any sessions/events our contractors have planned during this week. The priority will be given to smaller, short term and mobile work sites.
- Records of attendance, photos, feedback, queries can be emailed to amisafe@water.ie or share your events via your company's social media channels

Welfare Facilities

- Minimum Requirements for Health, Safety, Quality and Environment on Uisce Éireann Capital Projects and Programmes (ref PS-HS-PR-029 rev 3) - **Section 6.5.9 Welfare Facilities**
- **> 5 workers on a project;** Part 14 of the Safety Health and Welfare at Work (Construction) Regulations 2013 (SI 291) must be applied
- Please see following slide for suggested checks that could be carried out by project team on welfare facilities

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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.

WORKER WELFARE
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WELFARE UNITS

SUN CARE **HYGIENE**

SA|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 superior if an aspect of the task changes and requires deviation from the plan.

Welfare Facilities Checklist

PS-HS-PR-029	Questions	Answers
6.5.9.2	> 5 people on site?	
6.5.9.1	Eating area provided?	
6.5.9.1	Means of shelter & drying clothes available?	
6.5.9.1	Hot & Cold running water provided?	
6.5.9.1	Toilet available for use?	
6.5.9.1 & 6.5.9.3	Facilities located on site or within 10mins away?	
6.5.9.5	Acceptable standard and clean?	

Skin Cancer

Practical Tips for working in warm or hot conditions this summer

- Drink plenty of water and often – hydrate before, during and after work
- Apply Sunscreen frequently
- Make the most of the shade
- Take frequent breaks
- Wear light coloured clothing



[Sun Protection - Health and Safety Authority \(hsa.ie\)](https://hsa.ie)

[Be summer ready.pdf \(hsa.ie\)](#)

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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/enq/services/list/5/cancer/prevention/skin-cancer-prevention-sunsmart.html> for more information.

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WELFARE UNITS
SUN CARE HYGIENE

QR code

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.

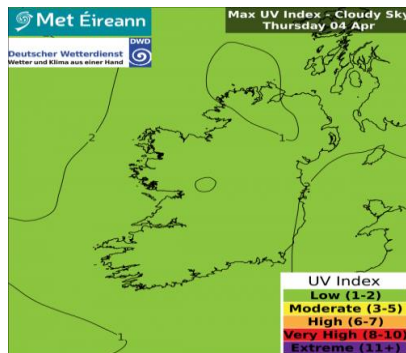
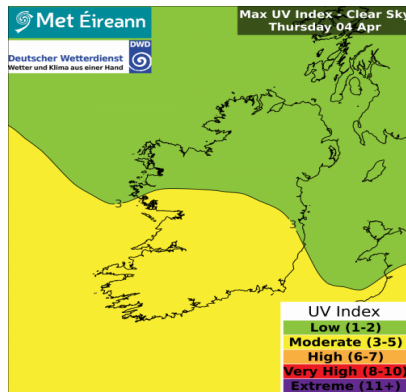
Engage with your supervisor if an aspect of the task changes and requires deviation from the plan.

Skin Cancer cont. - UV Exposure

Knowing when the sun is most dangerous can prevent over exposure and risk of skin and eye damage.

UV is always strongest during the middle of the day, typically between 11:00am – 3:00pm

The UV index will vary depending on time of day, cloud cover and where you are located. UV is not always strongest when it is hottest. Please follow the link to view a live UV Index for Ireland.



UV Index and Advice

Index	Level	Advice	Description
1	Low	No Protection Required	You can stay safely outside.
2	Low	No Protection Required	
3	Moderate	Protection Required	Seek shade during midday hours. Apply sunscreen and cover up with protective clothing.
4	Moderate	Protection Required	
5	Moderate	Protection Required	
6	High	Protection Required	Avoid being outside during midday hours. Make sure to seek shade. Always wear sunscreen and protective clothing i.e. Shirt, hat.
7	High	Protection Required	
8	Very High	Extra Protection Required	
9	Very High	Extra Protection Required	
10	Extreme	Extra Protection Required	
11+	Extreme	Extra Protection Required	

UV Index and Advice chart

[UV Index - Met Éireann - The Irish Meteorological Service](#)

Be Skin Aware!!



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It is important to regularly check your skin for signs of changes no matter your working environment.

It takes less than five minutes to check your skin for new or changing signs of skin changes.



Tips on being SKIN aware

- Avoid over exposure to the sun
- Wear protective clothing
- Apply high factor sunscreen
- Avoid the use of sunbeds

KNOW YOUR SKIN

Get to know your skin, check it regularly and call your GP TODAY if you notice any of the following:

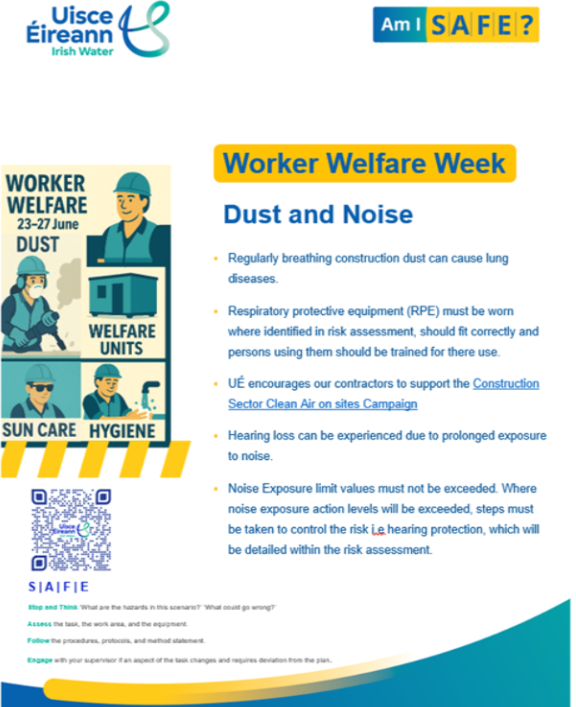
- A change in the size, shape or colour of a mole you already have.
- A mole that is often itchy or bleeding.
- A new mole that looks different to other moles that you have.
- A change to a normal patch on your skin, like a new dark spot.
- A dark coloured line or patch under your nail.

Examples of skin cancer types and what to look out for!



Dust & Noise

- [Csp silica info sheet employees print 5 dec22.pdf](#)
- [Crystalline Silica Dust Information Sheet](#)
- [Sound matters occupational noise.pdf](#)
- [Gen Apps Toolkit :Layout 1](#)
- [Section 5 noise at work.pdf](#)
- [Noise - Frequently Asked Questions - Health and Safety Authority](#)



The poster is titled 'Worker Welfare Week' in a yellow box. Below it, the main heading is 'Dust and Noise'. The poster features four illustrations of workers in different scenarios: one with a respirator, one with a dust mask, one with a respirator and a dust mask, and one with a respirator and a dust mask. The text 'WORKER WELFARE 23-27 June DUST' is at the top left, and 'WELFARE UNITS' is at the top right. Below the illustrations, the text 'SUN CARE' and 'HYGIENE' are visible. A QR code is located at the bottom left, with the text 'SAFE' below it. At the bottom, there are three lines of text: 'Stop and Think: What are the hazards in this scenario? What could go wrong?', 'Assess: the task, the work area, and the equipment.', and 'Follow: the procedures, protocols, and method statement.' The poster is set against a background of a construction site with a yellow and blue color scheme.

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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 **Le** hearing protection, which will be detailed within the risk assessment.

SAFE

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.

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Dust Exposure

Due to the nature of the role dust is very common on construction sites, therefore being aware of how to avoid and control the dust is essential, below are tips to reduce the dust:

- Before you start the work look at using different materials and less powered tools as an option.
- Wear respiratory protective equipment.
- Rotate those completing the task.
- Use screens to enclose the dust where possible.
- Good ventilation to remove dusty air from the working area.



Noise Exposure

Chapter 1 of Part 5 of the [Safety, Health and Welfare at Work \(General Application\) Regulations 2007](#) (S.I. No. 299 of 2007) as amended from 12 November 2007 by the Safety, Health and Welfare at Work (General Application) (Amended) Regulations 2007 ([S.I. No. 732 of 2007](#)) sets down the minimum requirements for the protection of workers from the health risks associated with noise in the workplace.



Warning

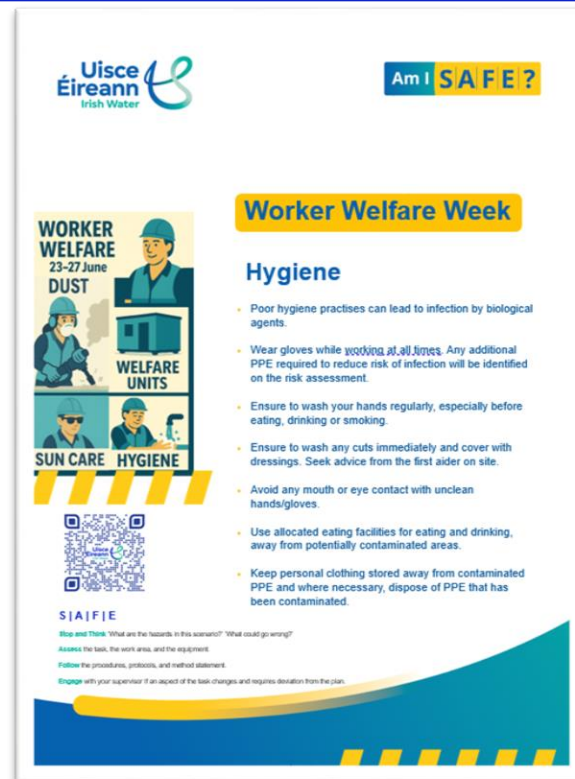
**Noise level
emissions of
85dB(A) or above**

**Ear protection
must be worn**



Hygiene

- Apply good hygiene at all times during your workday
- Ensure that you cover any cuts, abrasions, rash, etc before you commence work
- Projects should always provide suitable handwashing and cleaning facilities for their workforce
- Ensure required gloves for task you are completing are worn when provided by your Employer



The poster is titled 'Worker Welfare Week' and 'Hygiene'. It features the Uisce Éireann logo and the 'Am I SAFE?' slogan. The poster includes a QR code and a list of hygiene practices. The QR code is labeled 'SUN CARE' and 'HYGIENE'. The list of practices includes: Poor hygiene practises can lead to infection by biological agents; Wear gloves while working at all times; Ensure to wash your hands regularly, especially before eating, drinking or smoking; Ensure to wash any cuts immediately and cover with dressings; 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.

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.

Am I SAFE?

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 statements.

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



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.

Thank you.

For further information or to get in contact
please email **amisafe@water.ie**