
Risk Element

- Hypothermia;
- Frostbite;
- Personnel Injuries;
- Loss of awareness to risk Access and Egress;
- Use of Access Equipment, Mobile Scaffold, Ladders (fixed / portable);
- Falling from Height;
- Lone Working;
- Manual Handling;
- Electrical Isolation;
- Electrical Tools and Equipment;
- Slips and Trips;
- Lighting;
- Spillages.

Precautions to Eliminate/Reduce Risk

- Awareness of risks of cold store working and to recognise symptoms of cold;
- Time limits for employees working in the cold;
- Rest periods for employees to spend in warm up rooms;
- A health monitoring system is in place to ensure employees with medical or other conditions are not exposed to and or affected, by the cold;
- The use of appropriate personal protective equipment;
- Use of drying facilities, when available;
- Ensure suitable access and egress to and from work area;
- If access equipment is required, ensure suitable equipment is used. Inspect before use and only competent personnel are to erect and modify mobile scaffolding;
- Use of suitable PPE;
- 2 people working. Second person / site to be aware of workers location. Keep in contact with colleagues / office via mobile phone / alone working alarm (Stay safe lone worker system);
- Use manual handling techniques;
- Isolate units at distribution board and lock-off and tag-out (LOTO);
- Ensure adequate normal and emergency lighting is available and working in bad light. Ensure work area is kept clean and tidy and free of trip hazards;
- Any spillages to be cleaned up immediately in line with current spill procedures. Any large spills must be reported.

Personal Protective Equipment (PPE)

Frozen environment -5 °C and below, 235 gm chill protective clothing including:

- Thermal undergarments to personal preference;
- Jacket and salopettes, or all-in-one coverall, both with knee protection;
- Cold-store gloves with thermal liners;
- Insulated safety boots with thermal socks;
- Thermal balaclava / thermal hood.

Actions in an Emergency

- Remove personnel from danger area if safe to do so;
- Engineer / Site to alert service office immediately;
- Service Manager / Supervisor to inform HSQE function;
- Accident / Near Miss / Dangerous Occurrence reporting procedure to be initiated if required.

Safe Working Method

- Before works carry out a suitable “Engineers Site Point of Work Risk Assessment (POWRA)”;
- Good general health is important when working in the cold;
- Protect bare skin. Cover all areas that may become exposed;
- Adhere to 40 / 20 working principle, maximum 40 minutes working, minimum 20 minutes warming break;
- Use low-temperature personal protective clothing (PPE) when needed;
- Ensure PPE is according to the job and not only the temperature;
- Ensure your clothing is kept clean and in good repair;
- Avoid excessive sweating. Reduce the numbers of layers you are wearing when highly active and add layers when you are less active;
- Dry your clothes both inside and out when on a break, away from the cold store and at the end of the day. Open or adjust cuffs and closures on your clothing to allow moist air to vent out, wearing a size larger rather than snug / tight clothing can help this venting;
- Drink enough water. Cut down on tea and coffee as they contain caffeine which acts as a diuretic and can lead to dehydration, drink water, soup or hot chocolate;
- Drinking alcohol can affect the blood flow to your hands and feet, alcohol must never be consumed when working;
- Smoking reduces blood flow to the skin and increases the risk of freezing and non-freezing cold injuries, smoking must only be done in allocated areas;
- Prescriptive and non-prescriptive medicines might affect your ability to regulate your body temperature in cold environments;
- Do not touch cold metal or plastic objects and surfaces with bare hands or skin;
- Be aware that cold hands and feet indicate a drop in body temperature;
- Get out of the cold if you experience extreme drowsiness, loss of balance, extreme shivering or slower than normal breathing, as these are early signs of hypothermia;
- Always consider safety first, the safety of you and your colleagues is paramount.

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