

Working in Cold or Hot Environments.

No	Activity	Hazard	Person(s) in Danger	Control Measures	Residual Risk Rating
23	Working in extreme weather conditions	<p>Hot Weather Heat exhaustion Heat stroke Sunburn</p> <p>Cold Weather Hypothermia Frostbite Cold stress</p>	Employees Contractors Public Visitors	<p>Hot Weather</p> <ul style="list-style-type: none"> Ensure Protection is used e.g. sun screen, neck shield, head protection, ample water supply, take rest breaks in shaded areas, and where possible – work in the shade. During hot weather look out for the signs of dehydration in your colleagues. <p>Cold Weather</p> <ul style="list-style-type: none"> Ensure appropriate Personal Protective Equipment, keep warm, and avoid lone working. Consume plenty of warm fluids / food. Wet weather gear and suitable safety boots / shoes must be worn. Be aware of high winds when working at height or in open / exposed areas. <p>Flooding</p> <ul style="list-style-type: none"> Assess area for access and egress in the event of rising water. Take regular breaks in high temperatures to re-hydrate and remove heavy clothing in shaded areas. Always carry bottles of (or have access to) water and ensure that you drink at regular intervals. Select appropriate and layered clothing for cold conditions. 	Low