

Every employee and contractor, working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work

Don't forget to stay hydrated

WATER

COMPOSES 75% OF YOUR BRAIN

REGULATES YOUR BODY TEMPERATURE

MAKES UP 83% OF YOUR BLOOD

REMOVES WASTE

COMPOSES 22% OF YOUR BONES

CUSHIONS YOUR JOINTS

HELPS CARRY NUTRIENTS AND OXYGEN TO YOUR CELLS

MOISTENS OXYGEN FOR BREATHING

HELPS CONVERT FOOD TO ENERGY

PROTECTS AND CUSHIONS YOUR VITAL ORGANS

HELPS YOUR BODY ABSORB NUTRIENTS

MAKES UP 75% OF YOUR MUSCLES

(Image courtesy of : p://crossfitkoncepts.typepad.com/my_weblog/2012/06/summer-and-hydration.html)

Heat Exhaustion

Signs of Heat Exhaustion

- headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- temperature of 37C or above
- intense thirst

Treatment: You need to cool the person down.

- move them to a cool place
- remove any unnecessary clothing
- get them to lie down and raise their feet slightly
- get them to drink plenty of water (sports or rehydration drinks are ok)
- cool their skin - spray or sponge them with cool water and fan them (ice packs around the armpits or neck are good too)

Every few minutes, check that their breathing and pulse are ok. Stay with them until they are better. They should start to cool down and feel better within 30 minutes. **If not call 999.**

Lone Working

Although our experience shows us that lone working poses a low risk to our workforce we need to stay alert to avoid situations where complacency could lead to ANY risk being realised. Avoiding at risk situations is largely down to risk assessment and our Policy, HAS 022, lists aspects that should be taken into consideration in that risk assessment. Examples include:

- ⇒ Does the workplace present a special risk to the lone worker, e.g. machinery, chemicals, access and egress etc. ?
- ⇒ Does the work involve lifting objects too large for one person?
- ⇒ Is more than one person needed to operate essential controls for the safe running of equipment or transport?
- ⇒ Is there a risk of violence?
- ⇒ Are young, pregnant, disabled workers or those with a medical condition particularly at risk if they work alone?
- ⇒ Are there any other reasons why the individual (for example a trainee) may be more vulnerable than others?
- ⇒ Do the weather conditions or time of day pose a risk for a lone worker?
- ⇒ Are there phone dead spots which may hinder call for help?

Procedures to Protect and Monitor Lone Workers

- ⇒ Avoid lone working where there are known risks to lone workers;
- ⇒ Schedule work to avoid the hours of darkness where possible;
- ⇒ Line managers periodically visiting and observing people working alone; Regular contact between the lone worker and his/her line manager or work scheduler, using either mobile phones, telephones or radios;
- ⇒ Checks to ensure a lone worker has returned to their base or home once their task or shift is completed.

We are in the process of contracting for a monitored lone worker alarm system for our first responders, our Rapids. However, there is no substitute for careful risk assessment, regular contact with colleagues and/or accompaniment where necessary.

Upfront risk assessment is the best control available for lone workers

Make sure you use the advice on your personal safety card

LIVE LIFE SAFE

every day, every time

PERSONAL SAFETY

BE PREPARED, ASSESS THE RISK, PLAN

NORTHERN POWERGRID

Is the task safe to do myself? Am I entering an area I am unsure of? Do I know who I am meeting? Will anyone know where I am or when I should return? Is there likely to be violence? Can I escape unaided? Can I get assistance?	<table border="1" style="width: 100%; text-align: center;"> <tr><td style="background-color: #4a4a8a; color: white;">Consider</td></tr> <tr><td style="background-color: #2e8b57; color: white;">Accompaniment</td></tr> <tr><td style="background-color: #2e8b57; color: white;">Tell someone</td></tr> <tr><td style="background-color: #2e8b57; color: white;">Go in daylight</td></tr> <tr><td style="background-color: #2e8b57; color: white;">Escape route</td></tr> <tr><td style="background-color: #2e8b57; color: white;">How to summon help</td></tr> </table>	Consider	Accompaniment	Tell someone	Go in daylight	Escape route	How to summon help
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Report Incidents via 159 Ext 01977 605159	See Policy HAS 022						