



Q1TUM 

The logo for Q1TUM, featuring the text "Q1TUM" in a bold, blue, sans-serif font, followed by a stylized orange symbol consisting of two interlocking loops.

Workplace hazards and  
controls

# Health, Welfare and work environment requirements

**Employers must provide:**

- **Supply of drinking water**
- **Washing facilities**
- **Sanitary conveniences**
- **Accommodation for clothing**
- **Rest and eating facilities**
- **Seat ( Ergonomics)**
- **Ventilation, Heating and lighting (Ergonomics)**

## What are the effects of exposure to cold?

- **Frost nip** – effects ear lobes, noses, cheeks and fingers – skin freezes and turns white
- **Chilblains** – Mild cold injury, causes redness, swelling, tingling and pain
- **Frostbite** – caused by extreme cold, tissue freezes can eventually lead to gangrene
- **Hypothermia** – decrease in core body temperature. This occurs when metabolic heat produced by the body cannot replace heat loss

**Hypothermia killed Jack in Titanic**

**(never forget)**

(definitely room on that board for him)

# Preventative measures for exposure to cold?

- Provide heaters
- Encourage drinking of warm drinks (cocoa etc)
- Introduce frequent rest breaks
- Suspend work until weather improves
- Educate workers on early symptoms of cold stress
- Provide PPE covering head, hands and feet
- Insulated feet to avoid loss through conduction
- Clothing should be light in colour to prevent heat loss through radiation
- Provision of heated tools
- Set minimum temperatures of workplace 16<sup>0</sup>C for sedentary, 13<sup>0</sup>C for physical work

## What are the effects of exposure to Heat?

- **Dehydration**– Body tries to battle water loss by trying to increase water intake, thirst, dizziness, dry mouth and dark coloured urine are signs.
- **Heat exhaustion** – When core temperature increases, leads to nausea, faintness and sweating, flushness and rapid heartbeat
- **Heat stroke** – Body can no longer cool itself and starts to overheat. When above 40°C cells in body breakdown and important parts of body stop working – Can result in death, symptoms are:
  - Rapid breathing,
  - Fits,
  - Loss of consciousness
  - Lack of coordination
  - Hallucinations
  - Anxiety

# Preventative measures for exposure to heat?



- Shading to protect from sunlight
- Avoid working at hottest times of day
- Provide frequent rest breaks
- Provide shaded areas for rest
- Provide free access to cool drinking water
- Encourage the remove of PPE when resting to promote heat loss
- Educate workers on early symptoms of heat stress
- Provide workers with fans, air conditioning or cooling units.

# Violence at Work

## Risk Factors.....

- **What Occupations may have a greater risk of violence ?**
- **What other factors may impact ?**

# Violence at Work

## Risk Factors.....

- **What Occupations may have a greater risk of violence ?**
- **Security**
- **Emergency services**
- **Medical services**
- **Financial / money handling collection**
- **Potentially most customer facing activities**
- **Armed forces**



# Violence at Work

## Risk Factors.....

- **What other factors may impact ?**
- **Colleagues**
- **Customers**
- **Contractors**
- **Public**

# Violence at Work

## Appropriate Control Measures.....

- **Training**
- **Avoiding lone working**
- **Communication**
- **Shields (bank clerks etc)**
- **CCTV / security**

## Types of substances misused at work?

- **Alcohol** – Even at low levels the body is affected by alcohol, alcohol can have a residual affect the day after consumption
- **Legal / Illegal drugs** – legal drugs can interfere with a users ability to use machinery tools and drive. Illegal drugs are banned substances that have various negative long term affects e.g. Cocaine, MDMA and Cannabis, they can stay in the system for up to 3 weeks.
- **Solvents** – From paints, glue, varnishes etc. inhalation of solvent vapours causes nausea, dizziness and headaches, making driving and operating machinery dangerous



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Violence at Work (1.2)