

Dear All

With the first glimpse of summer, we are reminded that the sun may actually put in an appearance this year. With that in mind a few words of about working in the sun would seem appropriate.

The obvious problem is sun burn. Not only can it be painful, but it can also cause skin cancer.

### Check your skin

The first warning sign is often a small scabby spot which does not clear after a few weeks. Look for changed or newly formed moles or any skin discolouration. It is normal for new moles to appear until you are about 18 years old. As an adult you should pay particular attention to any growths which appear on the face, especially around the nose and eyes, or on the backs of the hands; you should show your doctor any moles which change in size, colour or shape, or start to bleed.

If you notice any of these signs consult your own doctor.

The best way to avoid sun burn is to cover up. Ordinary clothing made from close-woven fabric, such as a long-sleeved work shirt and jeans will stop most of the harmful UV rays.

A safety helmet will provide some shade for your head.

A hanging flap may also protect the back of your neck.

Keep your shirt or other top on, especially while you are working around midday.

Don't be tempted to leave it off, even if your skin tans easily and does not burn.

The other major problem is heat stroke.

The best ways to protect against heat stroke is as above protect the back of your neck and keep drinking water. All sites should supply water and will let you take water on to the roof with you.

## Smoking on Site

Smoking on site is generally unacceptable. Unless you are in a designated smoking area, you must presume it is not allowed.

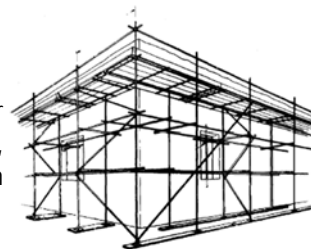
We understand that it may seem silly to ban smoking where gas guns or lighted pots are in use, but these are subject to hot works permits under strict guidelines.



A disposed cigarette may potentially cause a fire. In any case, we must follow site rules, so do not smoke unless you are in the smoking area or outside the jurisdiction of the site.

## SCAFFOLD ALTERATIONS

If the scaffold is in your way or compromising your progress, you need to tell the main contractor immediately.



You must never attempt to alter any scaffolding yourself. It is potentially extremely dangerous. The majority of sites employ a system whereby anybody caught changing the scaffold, receives a red card. If you receive a red card on Willmott Dixon sites you are banned from all Willmott Dixon sites for a year. This would make it almost impossible for us to employ you!

If anyone has a health & safety concern or something to contribute to our newsletter, please feel free to speak to Greg Ellis on 07956 235880.