



RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 52) WORKING IN A HOT ENVIRONMENT	Date: 03/06/2021
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenters name: Jason Wray	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
A. KULSINSKAS	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
K. KULSINSKAS	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
G. BURLAN	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
D. DUMITRANA	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Pushpinder. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Balbir. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
M. CUDALB	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
A. SCHITO	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
S. GILL	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Kulwinder. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk

Grant Claim information Note: Claims can only be made for your employees or labour-only sub-contractors.

No. Attended 10	Duration 30 mins	Total Time 5 hours	Employer Reference 2453745
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Toolbox Talk No. 52 WORKING IN A HOT ENVIRONMENT

HEAT STRESS

- Four environmental factors affect the amount of stress a worker faces in a hot work area: temperature, humidity, radiant heat (such as from the sun or a furnace) and air velocity. Perhaps most important to the level of stress an individual faces are personal characteristics such as age, weight, fitness, medical condition and acclimatisation to the heat.
- The body reacts to high external temperature by circulating blood to the skin that increases skin temperature and allows the body to give off its excess heat through the skin. However, if the muscles are being used for physical labour, less blood is available to flow to the skin and release the heat.
- Typical symptoms of heat stress are:
 - An inability to concentrate
 - Heat stroke (Victims of heat stroke will die unless treated promptly. While awaiting medical help, the victim must be removed to a cool area and his or her clothing soaked with cool water. He or she should be fanned vigorously to increase cooling. Prompt first aid can prevent permanent injury to the brain and other vital organs)
 - Muscle cramps (caused when workers drink large quantities of water but fail to replace their bodies' salt loss. Cramps may occur during or after working hours and may be relieved by taking liquids by mouth or saline solutions intravenously for quicker relief, if medically determined to be required)
 - Heat rash (also known as prickly heat. When extensive or complicated by infection, heat rash can be so uncomfortable that it inhibits sleep and impedes a worker's performance or even results in temporary total disability. It can be prevented by resting in a cool place and allowing the skin to dry)
 - Severe thirst – a late symptom of heat stress
 - Fainting (Victims usually recover quickly after a brief period of lying down. Moving around, rather than standing still, will usually reduce the possibility of fainting)
 - Heat exhaustion (results from loss of fluid through sweating when a worker has failed to drink enough fluids or take in enough salt or both. The worker with heat exhaustion still sweats but experiences extreme weakness or fatigue, giddiness, nausea or headache. Treatment is usually simple: the victim should rest in a cool place and drink an electrolyte solution (a beverage used by athletes to quickly restore potassium, calcium and magnesium salts). Severe cases involving victims who vomit or lose consciousness may require longer treatment under medical supervision)
 - Headache – moist skin

Of course there are many steps a person might choose to take to reduce the risk of heat stress, such as moving to a cooler place, reducing the work pace or load, or removing or loosening some clothing

PREVENTING HEAT STRESS

- Following a few basic precautions should lessen heat stress. A variety of ways of controlling the temperatures by using engineering controls can be adopted e.g. change the processes
 - Use fans or air conditioning
 - Use physical barriers that reduce exposure to radiant heat

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WORK PRACTICES

- Such as providing plenty of drinking water – as much as a quart per worker per hour – at the workplace can help reduce the risk of heat disorders. Training first aid workers to recognise and treat heat stress disorders and making the names of trained staff known to all workers is essential. Employers should also consider an individual worker's physical condition when determining his or her fitness for working in hot environments. Older workers, obese workers and personnel on some types of medication are at greater risk.
- Alternating work and rest periods with longer rest periods in a cool area can help workers avoid heat stress. If possible, heavy work should be scheduled during the cooler parts of the day and appropriate protective clothing provided. Supervisors should be trained to detect early signs of heat stress and should permit workers to interrupt their work if they are extremely uncomfortable.

ACCLIMATISATION

Getting used to the heat through short exposures followed by longer periods of work in an excessively hot environment can reduce heat stress. New employees and workers returning from an absence of two weeks or more should have a 5-day period of acclimatisation. This period should begin with 50 % of the normal workload and time exposure the first day and gradually building up to 100 % on the fifth day.

EMPLOYEE EDUCATION

- Is vital so that workers are aware of the need to replace fluids and salt lost through sweat and can recognise dehydration, exhaustion, fainting, heat cramps, salt deficiency, heat exhaustion and heat stroke as heat disorders. Workers should also be informed of the importance of daily weighing before and after work to avoid dehydration.
- Exposure to the sun can cause skin damage including sunburn, blistering and skin ageing and in the long term can lead to an increased risk of skin cancer. Skin cancer is one of the most common forms of cancer in the UK with over 50,000 new cases every year.
- People can avoid unnecessary exposure by such means as:
 - Wearing long sleeve shirts or loose clothing with a close weave
 - Wearing hats with a wide brim
 - Taking breaks in the shade whenever possible
- Sun protection is important and people need to realise that sun burnt skin is damaged skin. A suntan is not a sign of good health.

INDOOR WORKPLACES

You must provide:


- A reasonable working temperature in workrooms usually at least 16°C, or 13°C for strenuous work (unless other laws require lower temperatures)
- Local heating or cooling where a comfortable temperature cannot be maintained throughout each work room (e.g. hot and cold processes)
- Thermal clothing and rest facilities where necessary, e.g. for 'hot work' or cold stores
- Heating systems which do not give off dangerous or offensive levels of fume into the workplace
- Sufficient space in work rooms



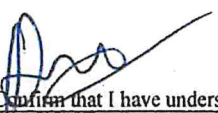
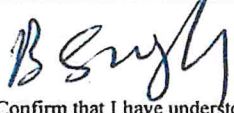
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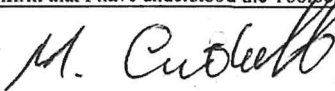
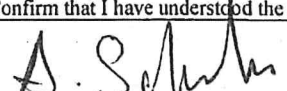

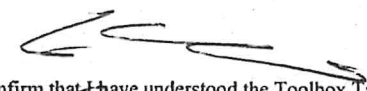
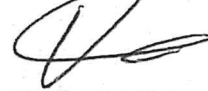


RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 44) SAFETY IN THE SUN	Date: 01/06/2021
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenters name: Jason Wray	Presenters Signature: 

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
A. KULSINSKAS	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
J. GODMAN	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
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J. SMITH	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
G. BURLAN	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
D. DUMITRANA	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Pushpinder. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Balbir. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk

C. GHERMAN	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
M. CUDALB	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
A. SCHITO	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
E. MARINOV	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Sukhdev. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk
Kulwinder. SINGH	Raphael Contracting Ltd / Apex Agency	 I Confirm that I have understood the Toolbox Talk

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Toolbox Talk No. 44 SAFETY IN THE SUN

FACTS AND FIGURES

- UV (ultraviolet) radiation from the sun is a major cause of skin cancer. Cases have doubled in the last 80 years.
- 40,000 people are diagnosed with skin cancer and 8,000 people die from it each year
- Sunlight causes the skin to produce a dark pigment called melanin; this is a sign that the skin has been damaged
- Long-term sun exposure speeds up the skin's ageing process, making it become more dry and wrinkled
- People working outside should consider exposure to UV radiation as an occupational hazard
- A suntan is perceived as healthy, but it may not be so

WHO HAS AN INCREASED RISK OF SKIN DAMAGE?

- People with pale skin, fair hair, freckles or a large number of moles
- People with a family history of skin cancer and those with excessive exposure to sunlight, such as outdoor workers
- The risk is less for people with dark hair and brown or black skin, however, prolonged sun exposure can be bad for all skin types. Do not be complacent.

SKIN TYPES

- TYPE 1: White skin, never tans, always burns, often people with red or fair hair, blue eyes, pale skin and freckles.
- TYPE 2: White skin, burns easily, but may tan eventually. May have fair hair, blue eyes and freckles.

Types 1 and 2 must take extra care to avoid strong sunshine or cover up with tightly woven clothing and wear a hat.

- TYPE 3: White skin, tans easily and burns rarely, often with dark hair and eyes and slightly darker skin
- TYPE 4: White skin, never burns, always tans, darker hair, eyes and skin

Types 3 and 4 should still take care in strong sunshine.

- TYPE 5: Brown skin
- TYPE 6: Black skin

Types 5 and 6 are at little risk of skin cancer but it can occur. These skin types can still darken and even burn in stronger sunlight.

SUN SAFETY CODE

- Take care not to burn, this can take as little as 10 minutes
- Cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas
- Seek shade during the hottest part of the day and take your breaks in the shade
- Apply high factor sunscreen generously and frequently to any parts exposed to the sun; SPF15 or above
- If you are concerned about moles changing shape or colour and itching, weeping or bleeding, see your GP immediately

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 discoloration. It is normal for moles to grow until you are about 18 years old, but as an adult you should show your doctor any moles which grow or change.

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