

## HEALTH & SAFETY NOTICE

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Thames Water has the following Health & Safety requirements for all those who work on or visit an operational site - including visiting contractors. All visiting contractors are required to:

1. Wear hi-visibility vest/jacket and safety boots at all times.
2. Wear a hard hat, or have a written risk assessment stating that there is absolutely no risk of personal injury by not wearing a hard hat.

Please ensure all your drivers comply with this instruction. Any visiting contractors found not to be working to this instruction may be asked to leave site immediately.

## OCCUPATIONAL HEALTH & HYGIENE – Sewage & Sewage Sludges

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Please ensure that all of your operatives are aware of and comply with the following simple rules, attention to which will provide a very effective protection against infections and other ill health conditions associated with sewage and sewage sludges.

### Hygiene Rules

1. Always thoroughly wash your hands, forearms and face on finishing work and before any break in which you will be handling food and drink, or smoking.
2. Always remove any dirty work clothes before entering a messroom, the clean zone of a flushing vehicle or before eating.
3. All cuts and skin abrasions must be kept clean and covered with a waterproof plaster. For more serious wounds medical advice should be sought. All wound dressings should be changed at the end of the working day.
4. Avoid rubbing your nose, mouth or eyes during work.
5. Always wear the personal protective equipment (P.P.E.) prescribed for the job (overalls, boots, gloves, hard hat, etc.) and on completion of the job remove contaminated clothing and equipment, clean and dry it.

Such P.P.E. should not be stored in messrooms or the clean zones of vehicles. Separate accommodation for home clothing should be used.

Soiled overalls should not be taken home for laundering and heavily soiled overalls should not be re-used before laundering.

6. Where an operation is likely to expose you to significant amounts of spray you should consult your Supervisor who will seek advice from a Safety Adviser.
7. Any person who swallows sewage or sewage sludge or is totally immersed in the material should be referred to a casualty hospital.