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## Painters Safe Working Practices

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To comply with existing legislation, codes of practice and your employer's requirements on health and safety.

1. Take reasonable care for the health and safety of yourself and other persons who may be affected by your acts or omissions at work.
2. Do not interfere with or misuse anything provided in the interest of health, safety or welfare.
3. Take care to see that the public are not exposed to any hazards from work processes.
4. Use barrier cream before each work session and wash your hands before taking meals. Do not use degreasing agents, such as paraffin or other solvents to wash your hands. This can cause skin infections and cancer.
5. Wear the appropriate items of protective and safety equipment whenever risk assessment requires it, in particular:-
  - Goggles/eye protection – when there is a risk of splashed material getting in eyes.
  - Respirators - when wire brushing walls or work in dusty conditions.
  - Helmets - when workmen are overhead, where there is overhanging debris or when working under anything that could strike from overhead.
  - Fluorescent jackets - with reflective strips when working on or near the highway.
  - Ear protection - when working with or near to noisy equipment.
  - Gloves – when there is a likely hood of the hands being grazed or cut.
6. Where possible only use 110 volt portable electrical tools.
7. Before using a machine ensure that moving parts are securely guarded. Guards must not be removed during operational use. Under no circumstances must an unauthorised person remove guards **at any time**.
8. When using a ladder, secure the ladder at the top. The ladder must extend at least 3ft 6ins (1.1m) above the landing point.

9. Use the ladder or, where appropriate, scaffolding or some other safe means of access provided, where work cannot be safely done from the ground. Unauthorised persons must not interfere with or alter scaffolding.
10. Do not move tower scaffolds on wheels whilst anyone is on the scaffold. Wheels must be locked when working on them. A tower scaffold must not be extended or used at a greater height than three times its maximum width.
11. Do not leave a lighted blow-lamp unattended. Check before leaving your place of work that no fire risks are present as a result of your day's work, e.g. cigarette.
12. Do not use defective plant or equipment. Report defects to your immediate supervisor.
13. If an accident occurs ensure that an Accident Form is completed as soon as possible.
14. When re-filling plant equipment it must be allowed to cool down and carried out in a well ventilated area using the correct equipment and any spillage immediately clean up.
15. Dust must, where possible, be controlled by damping down.
16. Under no circumstances operate discs cutters unless you have been trained and authorised to do so.
17. Good housekeeping is vital for a safe working environment you must keep your work area clean and tidy.
18. Always be aware of 'sharps' and be careful when placing your hands where you cannot see.
19. A site specific risk assessment must be carried out before working in a confined space.
20. All hazardous material is to be assessed before use in accordance with the COSHH regulations. Refer to the guidance on the Control of Substances Hazardous to Health.
21. Be aware of the likelihood of asbestos when drilling or rubbing down, if in doubt contact your supervisor.