1. VISITING CLIENTS PREMISES	
HAZARDS	PRECAUTIONS / PROCEDURES
Clients:	Fill in the visitors book at reception
Work activities/processesLocation	Comply with the clients procedures /rules for contractors: > Site induction > Access and egress requirements > Fire and evacuation > Personal protective equipment > Prohibited areas

2. PORTABLE APPLIANCE TESTING	
HAZARDS	PRECAUTIONS / PROCEDURES

4. LIGHTING	
HAZARD	PRECAUTIONS / PROCEDURES
Low levels of lighting Slips, trips and falls (resulting in serious injury)	No work is to be carried out without adequate lighting: > Ensure that the lighting levels are adequate to enable the inspection and test to be carried out safely
	 Where necessary obtain and use 110v portable task lighting

5. HAND TOOLS	
HAZARDS	PRECAUTIONS / PROCEDURES
Using hand tools Inappropriate use (resulting in a major injuries) Defective /damaged tools	Hand tools should be kept in good condition and inspected prior to use The correct tool should be used for the task Defective tools should not be used

6. HAZARDOUS SUBSTANCES	/MATERIALS
HAZARDS	PRECAUTIONS / PROCEDURES
Exposure to toxic, harmful, irritant or corrosive substances causing acute and/or chronic ill health	Comply with the clients procedures /rules for contractors
Fire and/explosion	Adhere to information, mandatory and/or warning signs
	Keep out of all hazardous areas

7. NOISE	
HAZARDS	PRECAUTIONS / PROCEDURES
Noise induced deafness Tinnitus (ringing/noise in the ear) Stress Fatigue Inability to concentrate	Comply with the clients procedures /rules for contractors Adhere to mandatory signs e.g. "ear protection zone" (ear protection must be worn whilst working in the zone)
	Note:
	As a rule of thumb, if you need to raise your voice to talk to another person who is standing approximately 1m away then ear protection should be worn

8.	EXPLOSIVE ATMOSPHERE /	HIGHLY FLAMMABLE SUBSTANCES
HAZARI	DS	PRECAUTIONS / PROCEDURES

Arcing from electrical equipment Fire and/explosion	Comply with the clients procedures /rules for contractors
	Comply with permit-to-work procedures where applicable
	You intrinsically safe equipment when required and available
	Adhere to information, mandatory and/or warning signs
	Keep out of all hazardous areas

9. CONFINED SPACE/AREA	
HAZARDS	PRECAUTIONS / PROCEDURES
Excess and/or lack of oxygen Toxic gases /vapours Fire and/explosion Engulfment Slips trips and falls	Avoid entry wherever possible. Do not enter a confined space unless trained to do and then: Comply with the clients procedures /rules for contractors Devise a safe system of work Comply with permit-to-work procedures where applicable You intrinsically safe equipment when required and available Adhere to information, mandatory and/or warning signs

10. MANUAL HANDLING	
HAZARDS	PRECAUTIONS / PROCEDURES
Muscular skeletal disorders	Avoid, assess, reduce

Strains/pulled muscles and ligaments Back injuries Cuts and bruises	 Avoid, use mechanical means if at all possible Assess, the weight, reduce into smaller packages/loads Decide if one or two persons are required for the lift Use kinetic handling techniques Where the correct personal protective equipment
---	--