

Tactical Security Options Ltd Tool Box Talk

Subject: Heat Wave 18.07.22

This TBT is a refresher on the stated subject, SOPs, when working for TSO and or any other role, employed by TSO, Subcontracted to, or on behalf of our customers and clients as agree with by TSO. Please read and acknowledge this instruction as part of your AIs, then confirm acceptance of this sop and or information briefing.

Thanks in-advance Dave Pattinson

Training TBT Programme

Tactical Security Options Ltd is a responsible employer and we take our obligations to our staff very seriously. This is why we have set out this tool box talk for the above subject. Please ensure you read and understand this TBT, any questions ask your line manager and put it in writing by the use of email to alan@tacticalsecurityoptions.co.uk and cc the email to the following members of management.

dave@tacticalsecurityoptions.co.uk and stacey@tacticalsecurityoptions.co.uk

Once you have read and understand the TBT, sign and date it, then return to dave@tacticalsecurityoptions.co.uk if you do not sign it, we will think you have agreed by it, and confirm automatically that you agree. If you don't agree, you have seven working days in writing to contact TSO.

I/we confirm I/we have read and understand this TBT sop, and will agree to follow these instructions until told otherwise by the management of TSO in writing.

TBT Heat Wave 18.07.22

This TBT is a refresher on the stated subject, SOPs, when working for TSO and or any other role, in these conditions.

In the coming days our country is about to be hit by unprecedeted heat wave, here is a few hints and tips to keep healthy during the hot weather.

The use of electrolytes are an essential requirement for heath as is water, which is the most abundant constituent of the human body and regular fluid intake of around 1.2 plus litres daily is essential for the body to function properly. Once mild dehydration sets in, each day becomes more dangerous and requires more effort to replenish and repair.

However people can forget to drink water, or don't have easy access to it, and not be prepared when going to work. I have always a grab bag with me when going to work, with everything in it. In the event of weather changes, long duration of shifts on a set post, lass of or poor access to facilities.

Ensure you have a breakfast, lunch and tea; this will help aid in replenishing your electrolytes. Slow down and seek the shade as much as possible, and stay out of the direct sun were reasonably and practicable if possible to do so. We can get fluids from foods and drinks, not only water but also drinks like squash, fruit juice, soft drinks, milk, tea and coffee.

Luke warm or warm drinks will not shock your body like cold drinks, as these will create even more sweating or even shock, especially if you've become dehydrated or overheated.

Your health is very important, so take it seriously. If you don't then it can have an impact directly on you, your work colleagues, the client, members of the public and others, SO PLEASE BE PREPARED AND TAKE KIT WITH YOU, even if you think you won't need it, TAKEW KIT.

Use appropriate sun protection on your skin, take wet wipes with you to refresh yourself and even take tooth brush and paste with you. Take your lunch with you, or salads, cucumber, yogurts, water melon, soups, fruit, liquid based foods and a few extras that you can nibble on. Berries, grapes, oranges, nuts etc.

In your grab bag or kit, take with you a change of clothing, refresh your socks, and take things to make you feel comfortable for your shift. Ready to eat food, and snacks, water and warm drinks,

mobile phone charger for emergencies, any essential medication that you regularly need to take. Spare sun glasses or contact lenses, cash and bank cards, a list of emergency telephone numbers, mini first aid kit.

Declaration by Employee and Employer

I certify that I agree with the above TBT.

I certify that the above information will assist me in my role, and I will carry out unless informed otherwise by a member of the management from TSO.

I acknowledge that if I do not carry out or follow these instructions within my role, it may result in disciplinary action being taken against me. I give my employer permission to verify the above information.

Signed:.....(employee) Date:.....

Acknowledged:  (For Employer) Date 18.07.22