

Safety at Bravida





Our workplace is what we make it.
If you see a risk, take action!

Safety at Bravida

We operate in a high-risk sector, at a fast pace, with lots of different parties involved in hazardous environments. In this pamphlet you can read about the preventive measures you should take to avoid injury at work.

At our workplaces, we always carry out a written risk assessment before we start work, and we conduct a new risk assessment when working conditions change. Before we start, we also apply the STOP approach to ensure we are working safely.

Work safely

All risks can be prevented if we take a few simple measures.

1. When planning an assignment, liaise with the customer and investigate the risks in the workplace. Inform our employees who will perform the work about the identified risks in the workplace.

2. Always carry out a written risk assessment with the team for the work to be carried out, and carry out a new risk assessment if working conditions change.
3. Before you start the job, remember to use the STOP approach.
4. Report risks using BIA. Identifying risks can save lives; both your own and that of your colleagues. No deadline is more important than your safety.

As a Bravida employee you have a responsibility to act if you notice a risk, whether it affects you or a colleague.

The most common risks

Reporting unsafe conditions and unsafe behaviours in BIA gives us an overview of the risks we face in our daily work. It helps us take a proactive approach to preventing ill health and accidents at work. The following is an overview of identified risks in Bravida's operations.



CUTS



FALL AT SAME LEVEL



FALL FROM HEIGHT



ELECTRICAL INJURIES



ASBESTOS



NOISE



WORKING ALONE



ERGONOMICS



CHEMICALS



SILICA DUST



MOBILE PHONE

HEAD INJURIES/
FALLING OBJECT

STRESS



TRAFFIC ACCIDENTS



VIBRATION



EYE INJURIES



STOPP

STOP

THINK

OBSERVE

PLAN/PROCEED

Work safely, think first

You should have received information. Stop and think before you start work.

1. Coordinate with the customer. When planning an assignment, liaise with the customer and investigate the risks in the workplace. Inform our employees who will perform the work about the identified risks in the workplace.
2. Always carry out a written risk assessment with the team for the work to be carried out, and carry out a new risk assessment if working conditions change. The checklist is available in the BIA app, Handyman and the printed 'Riskbedömning'. The risk assessment must be available at the workplace while work is in progress.
3. Before you start the job, remember to use the STOP approach.
4. Use mandatory personal protective equipment. Mandatory protective equipment at Bravida consists of:
 - A hard hat with chin strap
 - Safety footwear
 - Protective goggles
 - Cut resistant gloves level 5 (B, D)
 - High-visibility clothing

This equipment may be adjusted based on the written risk assessment. You may also need hearing protectors, personal fall protection equipment (PFPE) or respiratory protection equipment (RPE).

If your work does not require full protective equipment and you are considering not using mandatory protective equipment, this must be documented in a written risk assessment by your manager. Identifying risks saves lives. If you identify a risk, report it in BIA. It helps us take a proactive approach to preventing ill health and accidents at work.

The easiest way is to report risks using the BIA app. Brain and BrApp contain information about how to get started.

If the task feels dangerous, say STOP and stop working. Contact your manager or safety officer.





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All accidents are preventable

Cuts, falls and electric shocks are the most common effects of occupational accidents at Bravida.

The following pages provide instructions on how to work safely and prevent accidents.



How to prevent cuts

Always use protective gloves

These injuries mainly result from employees cutting themselves on materials, suffering cuts on hands/fingers from drills or screws or using the wrong tools for the wrong task.

At Bravida it is mandatory to wear cut resistant gloves with level 5 (B, D) protection at all work-places.



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How to prevent falls

Falls are categorised as fall from height and fall at same level.

Avoid fall from height

Fall protection should always be used when work is being carried out at a height of over two metres. Fall protection should also be used at lower heights if there is a risk of injury. Fall protection training is required for work at a height of over two metres.

Types of fall protection

- Guardrails and scaffolding
- Mobile or fixed work platforms
- Safety cages
- Safety nets
- Personal fall protection equipment (PFPE)

As a manager at Bravida, you are responsible for ensuring that your employees have the right competence for the protective equipment they will be using.

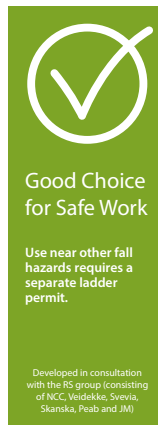
Avoid fall at same level

Fall at same level refer to someone falling over, slipping, tripping or putting their foot through a surface.

- Ensure your work area is tidy
- Avoid carrying materials in both hands so you can't see where you're walking
- Investigate the walking surface to check that it is solid

Working from ladders

Ladders may only be used for brief tasks, max. 15 minutes. For extended periods of work, a work platform or scaffold tower should be used.



At Bravida, we only work from ladders that meet 'Bra arbetsmiljöval' health and safety requirements. This ensures the best conditions for working from ladders for our employees.

For brief tasks using a ladder:

- Adjust height according to the task
- Always ensure you are correctly balanced and have a firm hold
- Always ensure your body is facing towards the work area
- Always wear safety footwear
- Always ensure ladder steps are clean
- Ensure that ladders are standing on an even surface



Wrong approach

- Wrong height of step ladder
- Unsteady posture
- Standing too high up on a ladder
- No safety footwear
- Unsecured tools
- Slippery stepladder
- Uneven surface
- Faulty stepladder
- Faulty ladder legs



Always check the voltage yourself before you start work to ensure the component you are working on is disconnected. Don't rely on anyone else!

How to prevent electrical accidents

An electrical accident can have serious consequences. The following safety rules must always be followed during electrical work.

Electrical work requires a mandatory written risk assessment to be undertaken for each task.

Use the right personal protective equipment and tools. Certain tasks require you to have additional protective equipment, e.g. when working where there is a risk of arcing.

If someone suffers an electric shock

- Turn off the power
- Check the condition of the injured person
- Get help from those nearby and contact medical specialists and tell them the person has suffered an electrical injury
- Check the injured person and begin first aid if necessary
- For serious accidents call 112!

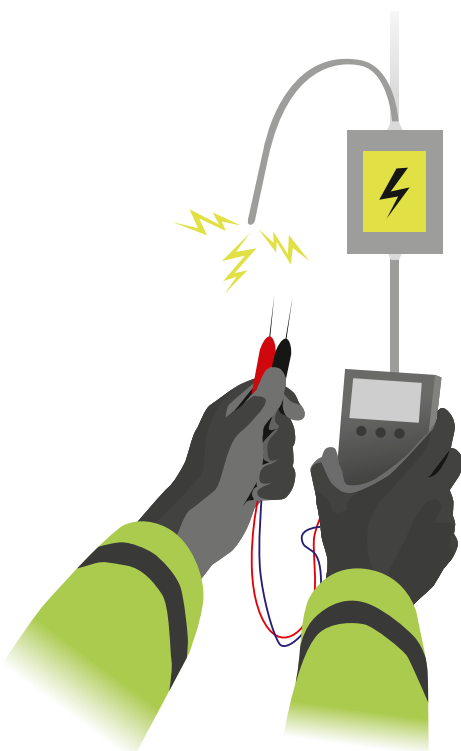
Basic safety rules

Work with no live current has five basic safety rules:

1. Disconnect the component.
2. Protect against coupling.
3. Always use a voltmeter to check the component is disconnected. Never rely on anyone else.
4. When working with high voltage and with low-voltage overhead cables: earth and short-circuit.
5. Shield live components in the vicinity. Put up signage and protect.

Seek immediate medical attention after an electrical accident

It is important to get checked by medical personnel following an electrical accident. For a medical examination in the event of an electrical injury, use the checklist on your 'Larmkort' pocket guide – Action in event of an electrical accident.



If an accident occurs

1. Give first aid/cardiopulmonary resuscitation (CPR). If necessary, call on those at the work site who can provide first aid/CPR. Apply cooling immediately in the event of burns.
2. Call 112, SOS Alarm and dispatch a guide for emergency services vehicles. In the event of a serious environmental incident, prevent discharge or limit the extent if this is possible and presents no risk.
3. Secure the incident site from further incident and for investigation. Cordon off.
4. Ensure someone accompanies any injured people to hospital. Note the name and telephone number of the person who accompanies them.
5. Inform your line manager.
6. An appointed contact within Bravida is responsible for any contact with the media, the Swedish Work Environment Authority and the police. See the "Checklista allvarlig olycka" on Brain.

Report all risk observations, near misses and accidents using BIA

It is important to report all risk observations, near misses and accidents in BIA, whether significant or minor, regardless of the reason why it occurred. It helps us take a proactive approach to preventing ill health and accidents at work. It is by working together that we achieve a good work environment.

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