

TEMPLATE

| Type of work, work equipment, workplace | Risk factors/ shortcomings/ loads (factor) | Factor related explanations and references  | Regulations and working instructions   | Measures: Technical, Organizational, Personal  | Implementation (who) (when) |
|---|--|---|--|--|-----------------------------|
|   | Microclimate                               | - Is it possible to regulate the temperature in the cabin and passenger area within the range of thermal comfort? | Hygiene Norm HN 69: 2003<br><br>Regulations on Employee Supply with Personal Protective Equipment. | <p><b>During exposure to cold:</b></p> <ul style="list-style-type: none"> <li>- Reduce cold loads;</li> <li>- Avoid draught;</li> <li>- Install sources of heat (use air-conditioned vehicles);</li> <li>- Limit frequent changes of workplace microclimate (heated driver cabins);</li> <li>- Comply with the recommended duration of heat and cold exposure;</li> <li>- Use appropriate clothing;</li> <li>- Install premises for clothe changing and warming up (21 C, dry, without draughts);</li> <li>- Provide for warming up breaks;</li> <li>- Supply with cold resistant clothing and arrange drying facilities.</li> </ul> <p><b>During exposure to heat:</b></p> <ul style="list-style-type: none"> <li>- Provide for measures to protect from direct sunshine (blinds, light absorbing glazing);</li> <li>- Install natural ventilation (fans, air showers) in the event of excessive air rotation or high air flow velocity;</li> <li>- Install air-cooling systems (use air-conditioned vehicles);</li> <li>- Reduce thermal radiation (covers, safeguarding shields, screen etc.);</li> <li>- Reduce the amount of work involving groups of bigger muscles (arms, legs and carcass muscles);</li> <li>- Provide for cooling breaks ;</li> </ul> |                             |

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|--|------------------------------|---|-------------------------|--|--|
|  |                              |   |                         | - Supply personal protective equipment to employees.   |  |
|  | Lighting                     | <ul style="list-style-type: none"> <li>- Is the vehicle equipped with required lighting equipment (fog lights, parking lights)?</li> <li>- Is lighting equipment regularly maintained?</li> <li>- Are dimensions of the vehicle clearly discerned in the darkness?</li> <li>- Is the workplace in the vehicle and at the vehicle sufficiently illuminated (not too dark, no sources of dazzling)?</li> <li>- Do all indicators function?</li> <li>- Are all necessary indicators installed?</li> <li>- Are indicators sufficiently bright, not blinking or dazzling?</li> <li>- Are numbers on the panel of appropriate size, contrast and brightness?</li> </ul> | Hygiene Norm HN 98:2000 | <ul style="list-style-type: none"> <li>- Use high quality lighting system;</li> <li>- Install additional high and low beam lights and fog lamps;</li> <li>- Provide regular maintenance;</li> <li>- Mark the vehicle's contour with contrast or reflective film;</li> <li>- Ensure sufficient natural illumination and survey;</li> <li>- Provide for effective protection from direct sunlight, blazing and heat radiation;</li> <li>- Supply with additional "working lamps" (e.g. for reading of maps);</li> <li>- Supply with appropriate navigation panels, replace inadequate panels.</li> </ul> |  |
|  | Need of space/traffic routes | <ul style="list-style-type: none"> <li>- Do vehicles drive only on the roads and in the areas where safe driving conditions are ensured and which have the adequate load capacity?</li> <li>- Are vehicles driven on slopes (downhill and uphill) only under safe conditions to avoid sliding and turning over?</li> <li>- Are vehicles parked at pits, ditches and edges within safe distance?</li> <li>- Are vehicles exposed to danger of moving, falling or turning over in places of dumping or unloading?</li> </ul>  |                         | <ul style="list-style-type: none"> <li>- Plan the route so that safe driving conditions are ensured;</li> <li>- Maintain safe distance from pits, slopes and edges;</li> <li>- Provide for and use trailers of appropriate size for heavy-duty trucks.</li> </ul>  |  |