



INSULATION INSTALLATION AND MAINTENANCE

Safety Guide

Construction Trade

4

Key Benefits

16

Control Measures

3

Checklist Items

KEY BENEFITS

Energy Efficiency

Reduces heating and cooling energy requirements.

Cost Savings

Lowers energy bills for building occupants.

Environmental

Reduces carbon footprint of buildings.

Sound Reduction

Improves acoustic performance of structures.

KEY HAZARDS & CONTROL MEASURES

Respiratory Hazards

- ✓ Wear appropriate respiratory protection (FFP3 for fibrous materials)
- ✓ Ensure adequate ventilation in work areas
- ✓ Use extraction equipment when cutting insulation
- ✓ Dampen materials before cutting where possible

Skin Irritation

- ✓ Wear long sleeves, gloves, and eye protection
- ✓ Use barrier cream before handling materials
- ✓ Wash exposed skin thoroughly after work
- ✓ Provide separate clean changing facilities

Confined Spaces

- ✓ Assess loft/roof spaces before entry
- ✓ Ensure safe access and egress routes
- ✓ Use portable lighting and ventilation
- ✓ Work in pairs in confined areas

Manual Handling

- ✓ Use mechanical aids for heavy boards
- ✓ Team lift for awkward materials
- ✓ Plan storage to minimize carrying distances
- ✓ Take regular breaks during repetitive tasks



RISK ASSESSMENT
WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

Customizable

Add your branding & tailor to your needs

- ✓ Instant PDF & print-ready documents
- ✓ Store and update assessments online
- ✓ Add your logo & organization details
- ✓ Reuse and duplicate assessments
- ✓ Works on any device

Start Free at riskassessmentwizard.com

No credit card required - Try it free today