



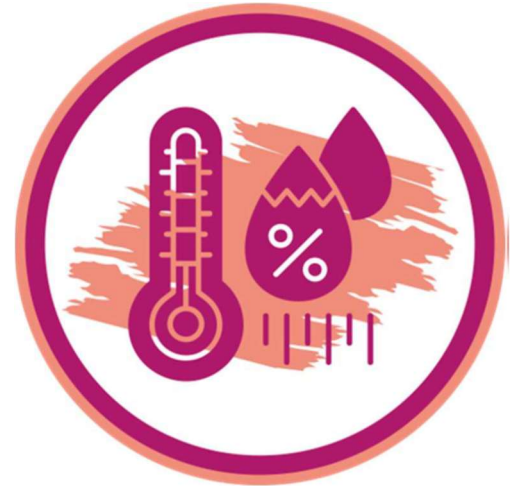
24.12 Low Humidity Environments: A Guide for Exposed Employees

Introduction

Some types of work may need to be undertaken in clean and dry conditions. When working in these (Low Humidity) areas for extended periods, there is the potential for workers health to be affected in several ways.

Why might you need to be assessed?

Your employer may identify that you work or regularly enter low Humidity areas during your work.



How these conditions might affect your health:

- **Skin** – could give rise to skin dryness, cracking and skin irritation. These problems may lead to rashes and sore areas.
- **Breathing** – may cause drying out respiratory tract mucous membrane leading to sore throat, irritation of lungs and an increased likelihood of respiratory tract infections.
- **Vision** – very dry conditions may increase the speed at which fluid evaporates from the eyes leaving them dry and itchy. It may also cause problems with the wearing of some types of contact lenses.
- **Dehydration** – these conditions may lead to a greater than normal fluid loss. This depletion could have a negative effect on other, unrelated, medical conditions.

How can you help reduce the risks?

Ensure that you take regular (sanctioned) breaks and keep hydrated.

If you feel that you may be suffering symptoms due to these working conditions, it is important that you raise your concerns with your manager at the earliest opportunity.

If you are not sure how much extra fluid you need to drink, the colour of your urine can be a good indicator. If it is a light straw colour or almost colourless, you are probably drinking enough.

If you have an underlying health condition that may be made worse by working in low humidity conditions, it is important that you raise this with your employer or Occupational Health Advisor so that appropriate action can be taken.



What happens if a health problem is identified?

Your Occupational Health Advisor may ask for permission (in writing) to share some of your health information with your employer and give them advice on how to manage your case. You will have ultimate control over which details are shared.

If you have concerns about how that information is stored or used, please refer to the OH Provider's Data Processing Statement(s).

Dependant on findings, you may need to be referred to your GP or another health care professional for medical review.

Urine Concentration Chart

The colour of your urine is a good indicator that you are drinking enough fluid during the day.

Compare this diagram to the colour of your urine:

1 – 2

You are adequately hydrated

3 – 4

YOU MUST DRINK MORE!!

5 – 8

Your HEALTH COULD BE AT RISK if you don't start to drink More fluids.



<https://www.southtees.nhs.uk/wp-content/uploads/2022/08/Urine-colour-chart.pdf>

A copy of this & other documentation can be found from <https://mohs.co.uk/resources> or using the QR code at the top of this page.