

HOT WORK. COOL HEAD.

Welding and cutting: control the physical agents. Arc radiation, fume, heat, noise, fire.

11 m
(35 ft) clear of combustibles before you strike an arc, and a fire watch after the last spark for the period on your permit (NFPA 51B: at least 60 minutes).



- 1

HOT WORK PERMIT
No permit, no arc. Check the area, isolate flammables, and post a fire watch with an extinguisher to hand.
- 2

SHIELD THE ARC
Helmet with the correct shade filter (10–13 for most arc welding) over safety glasses. Screens protect everyone nearby from arc eye.
- 3

CONTROL THE FUME
Local extraction at source, always. Welding fume is a Group 1 carcinogen. Coated or galvanised metal needs extraction plus respiratory protection.
- 4

COVER YOUR SKIN
Flame-resistant overalls buttoned to the neck, leather gauntlets, apron and boots. UV from the arc burns skin as fast as it burns eyes.
- 5

PROTECT YOUR HEARING
Grinding, gouging and plasma cutting exceed 85 dB. Wear hearing protection and keep others out of the noise zone.
- 6

CHECK THE KIT
Inspect leads, earth clamp, regulators, hoses and flashback arrestors before each shift. Damaged gear is tagged out, not used.

Fume disease shows up years later. Protect yourself every time.

PERMIT
FIRST

SHIELD
THE ARC

EXTRACT
THE FUME

Noise Exposure Regulations, 2024: 85 dB(A) noise-rating limit. Physical Agents Regulations, 2024: heat and optical radiation. Hazardous Chemical Agents Regulations, 2021: welding fume. IARC Monograph 118 (2017): welding fume is Group 1, carcinogenic to humans. Fire precautions: General Safety Regulations reg 13J (2025 amendment). Distances: NFPA 51B (2019).

FREE SAFETY RESOURCES

www.ohseresolved.co.za

People · Process · Progress

