



THE YORKSHIRE DRY STONE WALLING GUILD®

Walling Safety

Safety Glasses

Safety Glasses are supplied for all students attending courses and are free to take away. They are invaluable when using hammers/chisels protecting eyes from flying fragments. They are also useful when dismantling walls especially in windy conditions as dust blows in your eyes

Sun Protection

Outdoor workers are at considerable risk from skin cancer and should apply a high level of sunscreen SPF 30 before starting work and also at each subsequent break. UV levels are highest when skies are clear, even if temperatures are low. Do not be misled by the cooling effect of the wind as this does not reduce the UV levels

Dehydration

Dehydration can be a serious problem when working outdoors and particularly on warm and sunny days

Dehydration is usually caused by not drinking enough fluid. The body loses fluid via sweat during periods of physical work and also when there is hot weather. Consequently if this lost fluid is not replaced then dehydration could ensue

Dehydration can be easily prevented by taking rest periods in shade and drinking plenty of suitable drinks. The ideal drink is water-tap water or bottled mineral water. Coffee and tea are not suitable as they have a diuretic effect and can therefore cause further dehydration

It is therefore advisable to bring with you for a weekend course at least two 1.5 litre bottles of water as not all of our training sites have café facilities

Clothing

Base layers like a thin tee shirt that wicks moisture away from your body and keeps your skin dry they are made of polyester or a thin type of wool.

Middle layer keeps you dry and warm at the same time by passing on the moisture from the base layer. In cold weather a fleece is an ideal fabric to wear. In warm weather a man made fibre shirt with built in sun protector is the best option these are available from outdoor/walking shops i.e. Rohan they are not cheap £30+ but buy them when they have a sale or end of stock lines. The important feature is the built in sun protector

T shirts are not ideal as they do not provide any protection for your neck. Polo shirts are a little better as you can turn the collar up giving your neck a bit of protection



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Top Layer the main goal of this outer layer is to protect its wearer against all external conditions. The ideal fabric for an outer layer is not only breathable, but also wind & waterproof. Goretex is the main material and is expensive but army surplus shops stock a range of jackets in this material

A wide brimmed hat is a must for sunny conditions again look for one with built in sun protection i.e. Tilly Hats not cheap £50 but you only have one life

Gloves

Leather gloves tend to be bulky and expensive but will do a good job of protecting hands. Latex/rubber gloves good in wet conditions but are bulky and tend to make your hands smell

Cotton gloves with a latex covering of palms and finger are very good as they let the hands breath and are available in a range of sizes. They are stamped with a mechanical test code ie 3142 in this case the levels are:

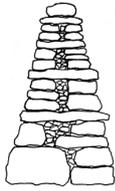
- Abrasion resistance level 3
- Cut resistance level 1
- Tear resistance level 4
- Puncture resistance level 2

This gives a data score of 3142 the maximum is 5 on each section

Footwear

Footwear falls into 3 sections:

1. Leather boots with steel or plastic toecaps are the best all rounder as they support ankles and have a good tread. Expect to pay £50+ for a top quality boots ie Buckler 3003 these are top quality boots that are 100% waterproof. Don't be tempted to buy cheap boots as they tend to be made of poor quality material with little in the way of lining
2. Lightweight fabric boots are fine for summer use but do tend to let water in as they are constructed of smaller sections of fabric that are stitched together and it tends to be the stitching that allows water in.
3. Wellington boots the newer range of neoprene lined boot are 100% waterproof and very warm and are ideal in wet winter weather ie Muck boots and Buckler. In general, Buckler have a superior tread and are cheaper than the Muck boots and is what you need on a wet grassy bank. They are not cheap at £45+



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