



# GMB LONDON REGION

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GMB YOUR VOICE IN ASDA

October 2025

## Let's Keep Warm and Stay Safe!

Dear members,

It's that time of year again — cold mornings, frosty nights, and slippery paths! Let's all make sure we're looking after ourselves and each other through the winter months.

### Getting to and from work

- Take extra care on your way in and home — paths, car parks and roads can be icy or wet.
- Try to wear shoes with a good grip and keep your hands free (if you can) in case you need to steady yourself.
- Give yourself a few extra minutes for the journey — better to arrive safely than rush and risk a fall.
- If you spot icy areas around the site, let a manager or team leader know so grit can be put down.



### While you're at work

- Keep wrapped up warm, especially if your job involves working outside or in chilled areas.
- Layer up! Several thin layers keep heat in better than one thick one.
- Take extra warm-up breaks if you're getting too cold — don't wait until you're uncomfortable. It's fine to step away for a few minutes to warm up.
- Drink something warm and keep yourself hydrated — it helps your body cope with the cold.
- If you need extra clothing, gloves, boots or PPE, just ask your manager — everyone should have what they need to stay warm and safe.

### Looking out for each other

- If you notice a colleague feeling the cold or struggling, remind them to take five and warm up.
- Check in with your team — a quick "you okay there?" goes a long way.
- Report any unsafe areas, frozen floors, or hazards as soon as you spot them.

**Remember: Your wellbeing matters — we work better and feel better when we're safe!**

If you are impacted by this issue and would like support or advice, or you are seeking assistance on other matters, please contact our office directly at 01603 626492, or visit our GMB Members' Support Centre at [www.gmb-asda.com/support](http://www.gmb-asda.com/support)

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