

# Sustainable Living Initiative

## Health Safety Awareness Sheet - for volunteers

To be read by all new volunteers and signed

Hazard	Precautions
Countryside working practices	Appropriate clothing must be worn to reflect the weather conditions (ie waterproof clothing, hat, sun screen, etc.)
	Wear sturdy footwear- high-sided boots recommended
	Wear protective gloves when appropriate (to protect against thorns, etc)
	Do not wear a glove where there is danger of implement slipping out of workers' hand (ie if a swinging motion is involved)
	Wear goggles as appropriate to protect eyes
	Wear correct Personal Protective Equipment when using power tools
	Keep a safe distance between workers when using sharp or dangerous equipment (usually at least 5m)
	Never use a piece of equipment or hand/power tool if you have not had the appropriate training
	Use correct lifting techniques
	Wash hands before eating
	Bring a suitable drink with you (e.g. hot drink in a flask in cold weather)
	Treat and report any first aid incidents immediately
	At all times, be aware of visitors using the site you are working on.
Dangers of working in the countryside	Tetanus (up to date injection advised)
	Thorns, particularly those of blackthorn
	Stinging nettle
	Trip hazards
Health & Safety Risk Assessment	You must be aware of and pay due attention to the SLI risk assessment and any advice given at the beginning or during the task.

Name:

Position:

Signature:

Date: