

SANDBACH FOOTPATH GROUP

SFG 1 Health and Safety Guidelines (issue 3, 15 Nov 2015)

These guidelines are for the use by all members of Sandbach Footpath Group (called the Group) when involved in the Group's activities. This specially applies when any walks or rambles are taken around the woodland and wildlife areas, on PROW and footpaths and when practical activities such as vegetation pruning, path maintenance and other similar tasks are undertaken.

The Group only has Public Liability Insurance and **NO OTHER**. Members need to bear this in mind when becoming involved in the Group's activities. **THERE IS NO PERSONAL ACCIDENT INSURANCE.**

Members undertake activities for the Group on a voluntary basis and are responsible for their own safety when taking part in the Group's activities. They must take every precaution to ensure the safety of themselves and other members who are with them. The leader cannot take responsibility for members' adherence to the groups Health and Safety Guidelines at all times. If there is any activity that members do not wish to participate in, they should not do so.

The following should be observed at all time members are involved in group activities.

1. Be aware of others near to you, and the affect your activities may have on them.
2. Wear appropriate footwear, suitable for the activity being undertaken.
3. Wear protective gloves where appropriate.
4. Wear eye, head and ear protection where appropriate.
5. Only hand tools should be used, such as secateurs, saws, slashers, billhooks, shears, or loppers. Power tools should never be used.
6. Volunteers are responsible for ensuring:
 - i) That all tools are in a good condition;
 - ii) That vegetation clearance is not undertaken above head height without use of an appropriate safety helmet and eye protection; and
 - iii) That all volunteers know how to use the tools properly; and
 - iv) That members, using other members' equipment, ensure they are satisfied that the equipment is safe to use, and will do so at their own risk
7. Extra care should be exercised when handling dangerous items such as broken glass and other sharp objects and ensuring the correct disposal of hypodermic needles
8. Take care when lifting, using safe lifting techniques. Do not attempt to lift more than you can manage and ask for assistance when required.
9. If you take other people with you, you must make them aware of possible hazards. People under 18 must have the permission of their parent or guardian and be supervised at all times by an appropriate adult. In some cases, it may be wise to exclude the young people from the operation for their own safety.
10. Always take care to be aware of environmental hazards, such as working on rough or wet slopes, which could cause a fall. Special care should be taken when working near roads. Also, take great care near canals and rivers. Do not over reach into water or down slippery banks. There should always be a minimum of two people working on hazards such as slopes or near water.
11. Carry a mobile phone, so that, in case of accident, help can be summoned
12. After any work wash the hands thoroughly before eating.

TAKE THE UTMOST CARE AT ALL TIMES