**Volunteer Health and Safety**

**Volunteer Health and Safety Briefing (updated 20 April 2017)**

We want you going home fit and well (but tired) so that you are able to continue to help.

To help make sure this happens, we need to highlight the risks you may face, and how to deal with them. Please report any incidents or near misses to Edgecumbe Hall. We have first aid.

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| **Hazard** | **Risk** | **Controls** |
| Water and silt contaminated by human waste, chemicals, other waste, sharp objects | Illness through exposure, cuts | * PPE; gumboots, paper overalls, cut resistant gloves, hygiene, alcohol gel as required. * Wear protective gear. * Wash hands, especially before eating. * Maintain separation between safe and contaminated zones |
| Slips, trips, holes | Injury | * Good footwear, check terrain, probe ahead if unsure. |
| Manual handling, tools, fatigue | Sprain or strain, cuts, serious injury | * Work to your limits, seek help, take breaks. * Use 15kg per person as weight limit guide * Make sure you know how to use a tool safely. |
| Dead stock/pets | Mental trauma | * Ask for help. * Talk to those around you to help unload. * Remove yourself from the situation, or potential. |
| Other people | Frustration, grief | * Empathy, walk away if feeling threatened. |
| * Machinery, vehicles and contractors working, including on and adjacent to roads | * Injury, death, work conflict | * Stay outside machine operating range plus a buffer (eg 4m minimum) * Make eye contact with operator when passing or working in area * If temporarily walking or driving within bucket range of excavator/grappler/loader (eg to get past machine on roadside), ensure operator has machine stationary and has acknowledged that s/he knows you are there * Talk to contractor, establish a safe way of working together if possible. Stay clear if not possible. |
| Wandering stock/pets | Bites | * Contain if safe to do so. Animals will be stressed and hungry so stay clear if aggressive, call SPCA |
| Asbestos from building materials including linoleum flooring, textured ceilings and exterior wallboards | Inhalation of particles causing chronic respiratory disease | * DO NOT assist in the removal of lino flooring, textured ceilings or old-style exterior wallboards where asbestos is possible. * Ensure old carpets and underlays are damp before handling (they are all damp at the moment anyway) |