



HEALTH AND SAFETY AT WORK

LOCAL RULES FOR OUTDOOR WORKERS & VOLUNTEERS

The rules and regulations for Health and Safety at work can sometimes be frustrating.

They can slow you up and make even a five-minute job take ages.

Never forget, they are for your own safety and you must observe them.

Do not take short cuts.

1. Always wear the hard hats, protective shoes and other safety equipment that has been issued to you.
2. Whatever task you are engaged on, remember your health and safety training. Has a risk assessment been done? Has a method statement been created?
3. Observe the safe working practices associated with that task.
4. When grave digging, ALWAYS use shoring, no matter how stable the surrounding soil or clay appears to be. Always make sure you have someone with you. Deep graves can be death traps.
5. When working at height, make sure you are as safe as possible. Accidents at height can kill people. Make sure you are strapped on to a secure anchor point.
6. When using any plant or machinery, make sure safety guards and bars are in place and functioning properly. NO EXCEPTIONS.

I Agree to abide by all policies put in place by Dinton with Ford & Upton Parish Council in respect to Health & Safety at Work whilst I undertake any work for the parish council/parish whether paid or voluntary.

I have seen, read and understood all policies of the council in relation to Health & Safety, Insurance and good working practices and abide by those policies and guidance.