

## FRIENDS OF THE FAL HEALTH AND SAFETY GUIDELINES



**The safety of our volunteers and the public is of paramount importance.  
We therefore ask volunteers on our workdays to adhere to a few simple rules.  
Please familiarise yourself with our TCV Guides which can be found on our website under  
FOTF Gallery + The Conservation Volunteers**

1. **Next of kin details.** Please provide the Secretary (Sarah Roberson) with a name and phone number for the person you would like to be contacted in the case of an emergency.
2. **Working methods.** Please work in the way that we show you. The methods we use will be those being the safest and least risk. If you are shown a particular method to use or told to work a certain way, please do so, even if you have done it another way in another group. Note that we focus on using traditional methods wherever possible without the over use of power tools.  
When working near the Public Footpath in the work area, please keep all tools and debris off the path and be respectful of walkers and mindful of dogs.
3. **Avoid becoming isolated.** Please work in pairs and at the very least, within sight of someone else. Please do not wander off to the very edge of a work area by yourself. We will be working near the river which at certain times of the year will be very deep and fast flowing and the utmost care must be adhered to, please do not take unnecessary risks and stay in pairs or in sight of someone. If something happened to you, we might not notice until it's too late.
4. **Tidy work areas.** For the sake of the public using the area – and for our own reputation – please leave work areas tidied up. Always clear up after you and make sure you have left enough time to do so. If you are using tools belonging to the group, please make sure they are cleaned & returned and if any tools are damaged or have a defect, please let a group leader aware. This is to ensure the safety of the next person to use that tool or to replace if necessary.
5. **Leaving early.** If you need to leave early, please find a group leader and tell them that you are leaving before you go. This will save us from hunting for someone who isn't actually there.
6. **FOTF Group Leaders** are within their rights to ask people to leave if they do not adhere to these guidelines.

**Group Leaders are currently: Fran Swanson Sarah Roberson**



