



CLARE CASTLE COUNTRY PARK

The Old School

Callis Street

Clare

Suffolk CO10 8PX

Safety information for Volunteers working in the Park

PLEASE READ ALL OF THE FOLLOWING POINTS

The following sets out some of the more important guidelines for working safely with others in the Park. These do not claim to be comprehensive and in certain situations others will be needed:

- Work at a safe distance from others and always be aware of where other people and who is near you (whether other volunteers or anyone else)
- Look out for hazards and if you see people approaching a dangerous situation point the fact out to them
- Only use tools for the purpose for which they are designed. If in doubt ask the person overseeing the session whether the tools you have are suitable for what you want to do
- When not using a tool put it in a safe position where it will not be a danger to anyone and can easily be seen
- Use your legs, and not your back, when lifting things
- Wear goggles when working on things that could cause debris to fly around and make sure anyone else is at a safe distance from you
- Wear gloves and other suitable protective clothing for the work you do
- Do not undertake any task that may cause any injury to you and stop immediately if you think there is a sign of a potential injury
- Comply with any instructions the leader of the session gives

Always work within your capabilities and don't compete with others, similarly accept that others may work slower than you.

