



The Blaxhall Commons & Open Spaces Charitable Trust

Work Parties: Health and Safety Advice for Volunteers

The Trustees advise that the following precautions should be taken when participating in BCOST work parties:

- Wear protective gloves (e.g. gardening gloves).
- Wear sturdy footwear.
- Wear clothing which covers the arms and legs, including strong sleeves if working among brambles or thick/thorny vegetation.
- Carry a mobile phone, especially if working alone or away from other people. Note that the nearest A&E department is at Ipswich Hospital, Heath Road, Ipswich IP4 5PD.
- Take particular care when working along or close to roads or tracks where there may be vehicles (including farm vehicles). When working in such areas, wear high visibility clothing. Hi-vis vests are available to borrow on request.
- Ensure that any hand tools you bring with you are in good condition. Always use the appropriate tool for any job.
- If using a ladder, check its condition before use. Place ladder on firm, level ground at a 75 degree angle, and secure in position where possible. Ladders should not be used when working alone.
- Take particular care when handling any sharp materials (e.g. canes, barbed wire, glass, cans and other metals).
- When litter picking, always use the pick-up stick where possible. Be alert to the possible presence of toxic or corrosive materials, and of potentially infectious materials such as used face masks, tissues, nappies, etc. Any suspect materials should be handled using protective gloves and the pick-up stick, and if necessary double-bagged for safe disposal.
- When clearing waste materials, be alert to the possible presence of toxic materials such as herbicides and pesticides, and corrosive materials; any suspect containers should be handled using protective gloves and double-bagged, unopened, for appropriate safe disposal.
- Take care when lifting or bending, and avoid twisting, stretching or straining.
- Avoid carrying excessive weight and over-exertion – work within your means. Take regular rest breaks during sessions.
- Adders are known to be present at Jasper's Pightle and may be present at Stone Common and elsewhere around the village. Take care when lifting heaps of drying vegetation or materials lying on the ground, as adders may be sheltering underneath. Take care not to reach with the hands into thickly vegetated areas, and when lifting sheet metal or other materials which have been lying on the ground, as adders may be present.

NOTE: All volunteers participating in BCOST work parties do so at their own risk. Persons under the age of eighteen may participate in BCOST work parties only if accompanied at all times by a parent or other responsible adult.