

**Volunteers H&S Advice Card - Safety comes first!**

**1. If you volunteer, you are responsible for your own and your co-workers safety at all times.**

- Remember – fire burns, sharp tools cut, heavy tools bruise, you can trip, trees are heavy, mud is slippery.
2. You are responsible for using the correct tool for the job and using it safely. If you do not know how to use your tools, it is up to you to tell the Leader.
  3. You are responsible for ensuring nothing in the working environment is detrimental to your health and informing the Leader if you have health problems.
  4. Safety equipment is available - hard hats, safety goggles, high viz jackets. It is your responsibility to use them.

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**5. You are responsible for the following, to maintain a safe working environment:**

- a. Try to work in pairs to watch out for each other.
- b. Remove trip hazards when starting to work - smaller branches, twigs and plants (brash) must be stacked for insects or burned.
- c. Fires not usually allowed within the wood but please follow advice if there is one.
- d. Be very aware at all times when you or others cut timber that it does not fall on yourself or others.
- e. Be aware when timber is being carried to avoid causing or having accidents.
- f. Remember where you leave tools and always be sure to retrieve them when work is done.

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