

Hotwells and District Allotment Association
HEALTH, SAFETY and WELFARE
Important advice to all plot holders, other users and visitors

Following a recent risk assessment of working on allotment plots, we urge all users and visitors to follow these simple guidelines:

1. Please wear **CLOTHING** which is appropriate for the task – especially footwear and gloves.
2. When **DIGGING**, reduce the risk of back strain by using the correct tool, utilise leg and arm strength to the full, and avoid twisting.
3. To avoid trips, slips and falls, **PATHS** should be kept in good condition and free from obstacles (eg discarded tools).
4. **CHEMICALS**
 - All chemicals (eg pest and weed controls) should be stored in clearly labelled containers and out of the reach of children
 - Always follow the manufacturers' instructions
 - Wash all cans, sprayers etc used for chemicals away from the communal taps and water tanks to avoid contamination and risk to others
5. When using **POWER TOOLS** (eg strimmers and rotovators), wear personal protective equipment – earmuffs, goggles/visor, gloves, boots and leg covering. Always consider the proximity of others before and during the operation of any power tool.
6. If you have a **POND** on your plot, please ensure that it can be clearly seen with its edge delineated and nearby trip hazards removed.
7. **CHILDREN** - we want you to be safe and enjoy gardening! Please stay with a family member or friend and do not play where you might be at risk from cars or other vehicles. Please leave the taps and water tanks alone.
8. **BONFIRES**
 - please compost as much material as possible to reduce the need for lighting a bonfire
 - avoid burning 'green' material as this is likely to produce excess smoke
 - under no circumstances use any form of accelerant (eg petrol, barbecue lighter fluid)
 - take account of the wind direction to avoid smoke nuisance/danger to nearby houses, traffic and other allotment users
9. **DOGS** must be under the full control of their owners at all times. To remove the health risks associated with dog mess, please encourage your dog to 'go' before arriving at the site.
10. **GLASS, ASBESTOS** etc: please dispose of safely – ideally by removing it from the site. Report possible asbestos finds to the site rep as soon as possible.
11. Minimise the risk of **INFECTION** from cuts by ensuring that your anti-Tetanus protection is up to date. Keep a supply of basic **FIRST AID** equipment in your shed, or carried with you.