

Thank you for volunteering for the reserves team at

Leicestershire & Rutland Wildlife Trust!

We are all responsible for our own and each other's health and safety

Please read these reminders regularly before attending our work parties



**Leicestershire
& Rutland**
Wildlife Trust

Non-negotiable: 🛠️ Listen to the Tool Talk at the start of every work party

Safe working distances:

- 🛠️ Listen to and follow staff instructions
- 🛠️ Do not approach the operator
- 🛠️ Chainsaw – felling a tree: at least two tree lengths away
- 🛠️ Chainsaw – general operation: 5m / 16ft
- 🛠️ Brushcutter – at all times: 15m / 50ft
- 🛠️ Swinging tools: 2 tool lengths + your arm's length away

Crucial:

- 🛠️ **Tools** - only use tools provided by LRWT and that you have been trained to use
- 🛠️ **PPE** - wear appropriate PPE, provided by LRWT
- 🧑🧑 **No lone working** during a work party

Personal Protective Equipment (PPE):

- 👂 **Ear defenders** – within 15m of any petrol-powered machinery (noises exceeding 85dB)
- 🧤 **Gloves & eye protection** – these are provided for your comfort and safety, please wear them
- 👟 **Footwear** – wear sturdy footwear, steel toe caps if you have them, wellies are handy too

General Wellbeing:

- 🐝 **Insects** - report any stings or bites; any flu-like symptoms after being bitten, see your GP
- ☀️ **Hot weather** - sun cream, long sleeves and long trousers, drinking water and a hat
- ❄️ **Cold weather** - wear layers, bring waterproofs, dry clothing and extra hot drinks
- 🚑 **Emergency Contact Card** – complete and update where necessary, especially your health and medication
- 🚒 **Allergies** - alert a team member if you have an allergy and tell us where you keep your epi pen
- 🍽️ **Food & Drink** - please bring your own to our work parties. Always use hand sanitiser before eating
- 😓 **Let us know** – please tell us if you're not feeling well or if you're going home unexpectedly