

Health & Safety Advice for Community Surveyors



This is a summary of some relevant Health and Safety advice. Please ensure you have familiarised yourself with this advice. If you would like more information, or are not sure about something, please ASK.

Sun Protection:

- Cover up. Clothing forms a barrier to the sun's harmful rays.
- Wear a hat with a brim or a flap that covers the ears and the back of the neck.
- Stay in the shade whenever possible, during breaks and especially at lunch time.
- Use a high factor sunscreen of at least SPF15 on any exposed skin.
- Drink plenty of water to avoid dehydration.
- Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding.

Current illness, condition or disability:

If you have a medical condition or are taking a medication which could affect your safety when carrying out a survey we would recommend always working with a friend or companion who is aware of your condition.

Lone working:

We ideally would like community surveyors to work in small teams for each site, but if you wish to survey on your own the following guidance should be followed.

- Ensure you have an agreed buddy system in place. (see below)
- Take a means of communication with you and ensure that your mobile phone is fully charged.
- Carry the green Emergency Information card with you
- If confronted by an aggressive person wherever possible try to leave the immediate area and seek assistance if required. Do not put yourself at risk.

Lone Working buddy system:

If for any reason you experience difficulty or have an accident while alone, your safety could be at risk – especially if there is a long delay before anyone realises that you haven't returned. A minor incident could develop into something more serious if it is not realised that you have failed to return and are not found quickly.

A 'buddy' system is a simple way of tracking your location and your expected return time. A buddy would normally be a partner, relative or friend who will have agreed to be your buddy and will have received instruction in the operation of the system below.

When working alone, you must observe the following rules:

- Ensure that your 'buddy' knows:

Where you are going and your travel plans including expected time of return.
Your mobile phone number
Your home phone number
Your car registration number and type of car

- Let your 'buddy' know if you make changes to your plans or move sites.
- Contact your 'buddy' to advise of your safe return.
- Ensure that you have arranged for a temporary 'buddy' to act for you in the event that your regular one is unavailable.

If you fail to return at the agreed time, your buddy should attempt to contact you on your phone numbers, and if necessary contact the police.