

Walling can be dangerous, especially when there are a lot of people working together in close proximity. It is everyone's responsibility to look after themselves and their neighbours.

Safety

As requested in the course papers already sent to you all trainees are to wear stout shoes or boots. We reserve the right to stop anyone not wearing suitable footwear from continuing on the course. We also strongly recommend that you wear gloves and safety glasses.

Most accidents are due to trips and falls. Keep a one metre clear space on both sides between the wall and your building stone. Do not walk over the building stone. Do not walk backwards.

Take care when using the hammer to shape stone. Do not hammer on the wall. Take the stone away from the wall. Keep your back to the people working around you.

When lifting any stone make sure that you have a firm grip so that the stone does not slip out of your hand. When lifting heavy stones use both hands, bend your knees and keep your back straight. If a stone is too heavy ask for assistance from an Instructor.

When stripping the original wall it will be dusty and probably fragile. Wear safety specs. Dismantle the wall from the top down, in the reverse order to the way it has been built.

When clearing the footings ready for foundations do not swing the mattock wildly. Be aware of everyone around you.

When placing stone on the wall use both hands. Take care not to trap the fingers of yourself, your partner or your neighbour. Do not throw or drop stone onto the wall.

Health

Shout out if you find anything hazardous in the wall. It is not unusual to find broken glass. There will be a sharps bin for debris.

We have a First-Aider on site. If you are injured in any way please let us know immediately. We will either treat you or call for assistance.

Do you have a medical condition that we have not already been made aware of?

Any heart problems? Any slipped discs?

please state

Welfare

Dehydration is a potential problem and we recommend that you drink plenty of fluids but not alcohol.

The weather on all sites can be changeable so please wear appropriate clothing. A hat and sun cream is recommended throughout the day.

Simple clean toilet facilities are provided.

Signature

Please sign below that you have read the above and understood the H&S talk. If there is anything you do not understand, or wish to add, please bring this to the attention of the Instructor:

Name

Signed

Date

Official use

☐ Boots

☐ Gloves

☐ Glasses