**FIRST AID AND ACCIDENTS**

We have a good track record on safety, but because of the work we do and where we work, safety is a particular issue.

**Some basic principles**

Follow instructions of the work party leader and listen to guidance from other CROWs. We don’t need heroes or martyrs!

Think before you tackle a job – are there particular risks? Have you used this tool before? If you are not sure, ask someone for advice.

Take breaks – repetitive actions will cause problems of stiffness and can cause skeletal problems.

Watch out for other people, intervene if you think they are about to do something risky.

If you have a condition that makes you vulnerable, you must tell us so that the people you are working with are aware.

CROWs is insured for third party risk

**First Aid**

We have qualified First Aiders, but you can’t guarantee they will be out every day. Because of this we want everyone to have some basic skills we try and provide some training and guidance to all volunteers.

We suggest that everyone with a smart phone downloads the Red Cross or St Johns Ambulance App. Both of these are free.

**First Aid kits**

The portable kit sacks have first aid kits in them. However, they are of no use if they are not taken to the work site! It is everyone’s responsibility to make sure that a portable kit sack is loaded with the tools.

**Location**

If someone has a serious accident that needs an emergency response, the emergency services will want the location. We suggest that everyone with a smartphone downloads a grid ref app (these are free).

Having the local OS map on your phone is also useful and CROWS will reimburse the cost of this.

**Accident book**

There is an accident book hanging up at White Ribbon. If you have any kind of accident, please tell someone and fill in a report in the accident book (or ask someone else to do it for you).

Not only is this a requirement of our insurance, if there is an accident, we need to learn from it.