



## HEALTH & SAFETY GUIDE TO SUNNINGDALE ALLOTMENTS

Under Civil Law, and as set out in the Occupiers' Liability Act 1957, all plot holders have a duty of care to anyone accessing their plot and pathways for which they are responsible. This includes both authorised and unauthorised visitors. Allotment sites and the activity of gardening is relatively risk free if people are aware of the hazards and make steps to ensure that they themselves, other people and wildlife are not put at risk. We encourage all tenants, their helpers and other visitors to follow these simple guidelines.

- Most injuries are easily prevented, when **DIGGING** reduce the risk of back strain by using the correct tool in the correct manner, particularly if you are not used to heavy work
- Wear **CLOTHING** which is appropriate for the task – especially sturdy footwear and gloves
- Protect the tips of **CANES** and other **SHARP OBJECTS** with an empty pot, tennis ball or similar to avoid injury to the face – especially your eyes
- To avoid trips, slips and falls, **PATHS** should be kept in good condition and free from obstacles (eg discarded tools)
- Plot holders should ensure that their plot and associated accesses are free from **HAZARD** including: sharp edges, exposed nails, improperly stored tools and or discarded dangerous materials
- Plot holders should acquaint themselves with the safe use and storage of tools. When using **POWER TOOLS** (eg strimmers, lawn mowers) wear personal protective equipment and always consider the proximity of others before and during operation
- Plot holders must acquaint themselves with, and strictly adhere to, the guidelines regarding storage, usage and disposal of **HAZARDOUS MATERIALS** such as glass, pesticides, fertilisers, etc
- If you must use **CHEMICALS**, speak to neighbouring plots first as they may be gardening organically
- Inform the Parish Council if evidence of **VERMIN** is observed so it can be treated
- Report **VANDALISM** or other evidence of intruders to the Parish Council
- Check notices for **BONFIRES** and adhere to the bonfire etiquette
- Take personal safety seriously and let someone know if you are **LONE WORKING** on the site

### Looking after Yourself

Be aware of risks to yourself and others from sharp objects, broken glass, waste timber and objects left lying around.

- Ensure that tetanus vaccinations are up to date, cover any cuts and grazes with a waterproof dressing
- Wear gloves when handling manure or chemicals and sturdy shoes
- Reduce risks of tripping / slipping by keeping plots tidy and carrying out necessary repairs quickly.

### Looking after Children on an Allotment

Bacteria, machinery, tools, glass, water storage containers, poisonous plants, weedkillers and pesticides are some of the dangerous things children may come into contact with on an allotment site. Parents or guardians must supervise children at all times and they must not visit the plot without an adult. If children put their fingers in their mouth after touching soil or even eat soil, they will be at risk from chemicals which may be in the soil or harmful bacteria from manure or other animal products. Encourage children to wash their hands after helping on a plot.

### Some hazards that may be found on the allotment

- **Water dangers** – can present a drowning risk, some bacteria can thrive in water and cause illness.
- **Chemicals** – products such as fertilizers, wood preservatives, pesticides and weedkillers are toxic substances. These need to be used correctly and can be dangerous to humans, pets and plants.
- **Pests** – as well as damaging crops rats and mice can carry diseases which can be harmful to humans

**This list is not exhaustive there are many other hazards on an allotment site.**