

## Health and Safety Policy

### **Purpose**

This policy covers areas of health and safety within a u3a. It should not be confused with safeguarding. Where safeguarding is about protecting an adult's right to live in safety, free from abuse and neglect, health and safety is about minimising or removing the risk of accidents and injuries. All paperwork relating to any u3a event must be retained for 3 years.

[Health and Safety at Work Act 1974](#) only applies to paid workers, although volunteers must still be protected from risks. The u3a should ensure that reasonable care has been taken to avoid harming others and that participants are aware of the risks.

### **Insurance**

Rainworth & District u3a (hereafter referred to as we/our) is covered by the insurance provided by The Third Age Trust. Further details about the insurance cover can be accessed on the u3a website [www.u3a.org.uk/advice](http://www.u3a.org.uk/advice). If any activities are being considered that we are unsure if they are covered, we will contact the u3a Office for further advice. The Third Age Trust provides third party liability insurance however extreme sports and high hazard activities may not be covered. Please check before running an activity.

### **Risk Assessments**

Our u3a will ensure the Committee, Group Leaders or those responsible for a meeting or event complete a risk assessment(s). These will be used to identify any risks and explore how they could be mitigated. We are aware that some venues used for meetings/events may already have their own risk assessment, these should be reviewed and where mitigations identified, ensure they are actioned. E.g. a venue may state that no more than 5 chairs should be stacked together and or nothing placed in the way of fire escapes. Where relevant, clear instructions and guidance should be provided to anyone who requires it. Further information, guidance and templates about risk assessments can be downloaded from the u3a website: [www.u3a.org.uk/advice](http://www.u3a.org.uk/advice)

### **Responding to accidents/incidents and dealing with emergencies**

In the event of an incident/accident, the Chair/Secretary should be informed as soon as appropriate. Where a member is involved in an accident or incident whilst taking part in a u3a event, the Group Leader will ensure those who witnessed the event and were involved complete an incident report. This must be completed and shared with those who need to have access to it, including the Chair/Secretary, and kept on file. It will also need to be shared with the insurers in the event of an insurance claim.

### **Lone volunteering**

There may be occasions where members may be carrying out activities on their own. For example, opening a venue for a meeting, setting up for a meeting etc. Where this occurs the member should ensure someone else knows where they are and when they should be expected back and should also know who to contact in the event of an incident or accident and ensure they have, for example, their mobile phone with them and avoid activities at height e.g. using a ladder.

## **Manual handling**

All members should think about manual handling in advance to avoid injury to themselves and others. Members should not carry out any manual handling tasks if they are not able to manage them and should ask for help from other members.

## **Venues**

Where we use external venues who have their own policies and procedures and risk assessments, we will ensure these are followed. This will include making sure all members in attendance are aware of what to do in the event of a fire alarm/evacuation. If we are hosting an open day this will also include ensuring those who are not u3a members are also informed.

We will ensure this policy is kept up to date and reviewed annually.

## **Related documentation**

The following documents are available on the u3a website [www.u3a.org.uk/advice](http://www.u3a.org.uk/advice) to support u3as.

- Risk assessment templates – including templates for a range of different venues and activities including groups meetings at members' houses.
- Risk Management guidance
- Safeguarding Policy and Procedure Sample
- Insurance Cover Note 2023
- Insurance FAQs
- Insurance Overview

This policy was adopted on 6<sup>th</sup> September 2023

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