

Working safely to weather and environmental conditions

- 🔧 Cover up and use sunscreen (SPF 30+) on exposed skin. Work in the shade if you can
- 🔧 Make sure you have stable footing and take care when working on uneven ground
- 🔧 Stay away from steep, slippery or “no-go” areas identified in the pre-start briefing
- 🔧 Avoid cold, polluted or fast rising water. If you get wet, change into dry, warm clothes
- 🔧 Stop work if there’s sudden adverse weather or fast-rising water
- 🔧 Never climb trees during restoration work
- 🔧 When working near roads stay at least 2 metres from the road edge, and wear high-visibility vests if provided. Comply with other specific traffic safety requirements identified in the pre-start briefing
- 🔧 Bee or wasp nests may be present (especially in warmer months) so avoid “no-go” areas identified in the pre-start briefing. Move others and yourself away from any new nests and inform the person in charge. Seek first aid if stung and let people know if you’re allergic

Accident procedures

If you or others suffer an injury:

- 🔧 Stop work immediately
- 🔧 Seek or give assistance
- 🔧 Let the person in charge know. They will have a first aid kit and will contact emergency services if required



Health and Safety tips

for Greater Wellington volunteers

Being safer together – Me tiakina tahi tātou



greater WELLINGTON
REGIONAL COUNCIL
Te Pane Matua Taiao



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These tips will help you and others be safe during volunteer restoration work (cleaning and clearing land, planting and plant maintenance) with Greater Wellington.

People, tools, the weather and environment you are working in create potential hazards, but with care and common sense we can all work together safely.

Pre-start briefing

Before a restoration event the person in charge, either a Greater Wellington staff member or restoration group coordinator, should brief volunteers about:

- 🔧 The work planned for the day
- 🔧 The equipment and how to use it safely
- 🔧 Any location-related hazards, including “no-go” areas (rivers, tidal areas, steep slopes, poisonous plants, identified wasp nests, etc)
- 🔧 Toilets and rest breaks
- 🔧 Emergency procedures (eg, first aid kit, first aiders and contacting emergency services)

Please arrive in time for the briefing or, if you're late, talk to the person in charge before beginning work.



Clothing and equipment

- 🔧 Wear strong shoes or boots, and suitable clothing
- 🔧 Bring wet weather gear if there is a chance of rain
- 🔧 Make use of the gloves provided or bring your own

Working safely with others

- 🔧 If you're new, team up and work alongside a more experienced person
- 🔧 Start work slowly, warm up, straighten up and stretch regularly to avoid injury
- 🔧 Keep yourself well hydrated and take regular rest breaks
- 🔧 Closely supervise any children in your care
- 🔧 Look out for others and help those that are getting tired or struggling
- 🔧 If you have allergies please carry your medication and let the person in charge know so they can keep an eye out for you
- 🔧 Always make sure you arrive in a condition to work safely. If the person in charge believes that you are not able to work safely you will not be permitted to take part



Using tools and undertaking manual work safely

- 🔧 Make sure you understand how to use the hand tools. If in doubt talk to the person in charge
- 🔧 If the tools are broken or need maintenance, don't use them. Let the person in charge know so they can be repaired or replaced
- 🔧 Keep at least 2 metres between you and other volunteers when using hand tools and more if using swinging tools, such as picks and grubbers
- 🔧 Take extra care when handling any rubbish. Extra protective equipment will be available if required
- 🔧 Get help when lifting heavy and/or awkward loads. Make sure you have good footing, keep the load close to your body and bend your knees to use your legs to lift

