Ross & District u3a
Health and Safety Policy

Prepared by	Groups Secretary & Deputy Groups Secretary August 2024
Adopted on	4 August 2024
By	The Committee
Policy Reviewed	August 2026
Policy Review Date	January 2027

Health and Safety Policy for u3as

Category: Risk assessments

Purpose

This is a document for u3as to adapt, agree and adopt to cover 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.**

Scope

Relevant to all u3as.

The 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.

The Policy

Ross & District u3a aims to provide and maintain safe and healthy conditions and environments for all members including during the meeting of u3a groups, monthly meetings and at events.

Insurance
Ross & District u3a 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. If any activities are being considered about which Ross & District u3a is unsure if they are covered, they 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
Ross & District 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. Ross & District u3a is 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 Ross & District u3a website https://ross.u3asite.uk

Responding to accidents/incidents and dealing with emergencies
In the event of an incident/accident the Groups Secretary of Ross & District u3a should be informed as soon as appropriate. Where a u3a member is involved in an accident or incident whilst taking part in a u3a event, Ross & District u3a will ensure those who witnessed the event and were involved complete an Incident Report (available to download from our website). This must be completed and shared with those who need to have access to it, including the Committee Chair 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 u3a members may be carrying out activities for Ross & District u3a on their own. For example, opening a venue for a meeting, setting up for a meeting etc. Where this occurs the u3a member should ensure someone else knows where they are and when they should be expected back. The u3a member 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 u3a 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 u3a members.

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

Ross & District u3a will ensure this policy is kept up to date and reviewed annually.

Related documentation

The following documents are available on our u3a website www.ross.u3asite.uk to support our members.

- Risk assessment templates (RAs) for a range of different venues and activities including groups meetings at members' houses are available as follows. The Groups Secretary also has copies ready to fill in for any new venue.

- Home based RA
- Personal Member RA
- Venue Based RA
- Walk Leader RA
- Incident Report form
- Risk Management guidance

The following documents are also on our website

- Safeguarding Policy and Procedure
- Insurance Cover Note
- Complaints Procedure