

# OBez CIC's Health and Safety Policy

## Guidelines for working safely and collaboratively at Orchard Barn

Requests	Rationale	Rewards
<b>Respecting Nature</b> – Before starting a task, spend a few moments quietly with the place, the land, and trees. Identify silently why you are undertaking the task in hand. Reflect on what needs to happen and how to work as mindfully as possible.	Respects and enhances our interconnectedness with nature. Increases awareness of all levels of life.	Increased respect for nature and the uniqueness of the place. Increased enjoyment and connection with self and nature.
<b>Working safely</b> - Please work in a mindful way at all times for the safety of yourself and others.	Safe working practice and increased awareness.	Greater mindfulness, and personal well-being.
<b>Water</b> – Use a minimum amount.	Water currently has to be carried in. Increases our awareness of how we use water, and helps us modify our usage.	Ensure adequacy of future water supply. In future water will be harvested from the barn roofs and/or supplied from a bore or well (high water table)
<b>‘Waste’ water</b> – Don’t throw washing water away, use it for watering the vegetables.	Vegetables need water.	Greater awareness of water as a resource.
<b>Fires</b> – For heating a kettle, or cooking, make only a small, contained fire.	Although there appears to be an unlimited supply of stuff to burn, we don’t have to think that way. Think conserve!	Fuel lasts longer. Smaller fire – less smoke - lower air pollution.
<b>Prunings</b> - Thick stuff - trim off anything that secateurs or loppers will cut, and put thicker branches aside for fuel.	Thick wood is useful for use on fires.	Free fuel for fire.
<b>Prunings</b> – Thin stuff – cut up (chomp!) to a maximum of 6 inches in length, and put on compost heap straight away.	Compost works best if there is a greater surface area – chomping makes unwieldy prunings manageable.	Putting straight onto compost heap keeps the place tidy, and saves later work.
<b>Compost heap</b> – As far as possible please create layers of greenery, dried twiggy stuff, and manure, in sequence. Keep heap as squared-off as possible.	Improves rate and quality of composting. Keeping it square increases the capacity of the heap.	Great compost!
<b>Ground clearing</b> – Put collected weeds straight onto compost heap.	Keeps site clear, and saves work later. Teaches us the value of processing stuff as we go along!	Someone doesn’t have to collect it later! Creates useful compost.

**Recycle ~ Repair ~ Reduce ~ Re-use**

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<b>Hand tools</b> – Use hand tools rather than power tools wherever possible.	Less noise pollution. The journey of “doing” rather than “arriving”. Greater mindfulness. Greater connection with the land, and “feel” for the earth.	No need for ear defenders, thereby making it easier to work with others rather than in isolation. Slower but more thorough “progress”. The discovery that hand tools are very effective. Stronger muscles, and increased fitness. Green gym exercise! Increased satisfaction. Development of skills.
<b>Care of hand tools</b> – after use, please clean the tools you have used, and return them to the shed.	Avoids loss of tools, and makes them last longer.	Safety, economy, efficiency.
<b>Team work</b> - collaborate with others rather than work alone.	We can create much more together than individually. Greater communication. More community spirit. More connection with each other.	Development and recognition of strengths. Opportunities (if wished) to address difficulties. Empowerment of community. Looking after each other. Get to know each other.
<b>Getting to Orchard Barn</b> – please cycle or walk whenever possible, or share a lift.	More exercise. Reduces pollution from car use, increases social interaction.	Healthier body! Reduced car emissions. Getting to know other volunteers.
<b>Recycle</b> - wherever and whatever possible. Keep landfill to a minimum, think about where our ‘rubbish’ goes. Use recycling bins. Take landfill home.	Reduces landfill. Increases awareness as to what we do use. Increase percentage of waste materials that are recycled.	Less land-fill for future generations. Increased satisfaction that we are individually and collectively doing our bit for the environment.
<b>Purchases</b> – organic, local and sustainable. Reduce external packaging. Minimize transport to site.	Reduced chemical input to environment. Reduced transport costs. Supports sustainable production and local economy.	Reduced chemical input to self and environment. Reduced transport. Greater awareness of where things come from and making local connections.

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