

HIGHBRIDGE COMMUNITY FARM - Safety for Members and Visitors

(last updated April 2022)

We have a “DUTY OF CARE” to ourselves and to each other. Safety is everyone’s responsibility.

Safety is mostly common sense and being aware of what is happening around you, and members are required to read and follow these specific guidelines.

Exercise care when entering or leaving the Farm from Highbridge Road, which has fast traffic and blind bends. Signal your intention to turn into the farm in good time.

We are part of a working farm, so please park considerately and carefully since large agriculture vehicles may be using tracks and all areas. We have to cross a farmyard to enter our plots and there are no designated walkways, so take care. Entry to and exit from the veg plots must be via the 3 personnel gates, one by the HCF sign, one near the polytunnels, and one opposite the fruit area. Always close gates to avoid children wandering out.

There is a deep pond outside our fenced area; children and people with learning difficulties need to be told that they can only visit with a responsible adult. If you see unsupervised children near the pond please get them away and back to their carer.

Children are encouraged to help, but ensure that they are given and allowed to use suitably sized tools only, and are supervised at all times.

Adults and children must wear suitable clothing, including appropriate gloves and footwear for any task they are undertaking e.g. open toed sandals are ok to do a bit of watering but not when using forks, spades, hoes etc. No bare feet or flip flops at any time. Hands and arms should be covered when working with foliage that may cause a reaction e.g. parsnip.

Avoid creating trip hazards, by keeping the site tidy at all times. Keep your working area clear of obstructions and clear up after any activity.

Return tools to the shed in a clean condition and stow them safely and tidily when you have finished with them.

Tools left temporarily on the plots, should be positioned safely - push spades and forks into the ground upright and push the tines (spikes) of rakes into the ground, making sure that the handles are not trip hazards. Always carry tools with the tines (spikes) behind you facing down.

Return hosepipes and string lines to their proper storage locations when not in use.

There are uneven surfaces on the site, so take care when moving around and do not make matters worse by allowing soil, stones or weeds to get onto on paths – always check paths are clear after doing any work.

Flowers are grown to encourage bees and pollinating insects. If you are allergic to bites and stings, carry an appropriate antihistamine and tell your team members what action to take if you are bitten or stung.

The IBCs (large white tanks) are filled with pond water, this is unsuitable for washing hands, fruit or veg. Tanks will be marked as such if containing rainwater which is OK for basic hand washing and cleaning soil off dirty tools and veg; however, all produce should be washed in mains water before eating, to remove any pond water residue. Mains water for drinking or thorough hand washing is available in the tea cabin.

If lifting any heavy items, ensure enough people are involved, bend your knees, keep your back straight and push up with your legs to lift. Avoid twisting whilst lifting.

If working in an area where canes and hazel (pea) sticks are used, cap canes with corks or plastic pots and wear suitable eye protection.

Only adult members who have had training by an authorised person may use the powered mechanical equipment or sprayer. Suitable eye, ear, hands, leg and feet protection must be worn when using these. The list of authorised persons is pinned up in the big shed.

Deer and rats are in the area. Rat bait boxes installed by the farmer may be around and must not be touched. Rat urine can cause Weil’s Disease; symptoms are severe headaches, red eyes and muscle pain. Deer ticks can cause Lyme’s Disease; symptoms are skin rash, headaches and muscle pain. So if you become unwell, inform your doctor that you might have been in contact with these infections.

FIRST AID BOXES are kept in the TEA CABIN.

IF AN AMBULANCE IS NEEDED THE FARM ENTRANCE POSTCODE IS

SO50 6HN - directions 50°59'15.0"N 1°20'06.1"W (50.987510, -1.335037)

What 3 Words – events.stews.bridge