

DO YOU HAVE A HOLIDAY JOB IN THE RECREATION SECTOR?

How can you stay safe?

1 Safety first!

- ✔ Wear sturdy, comfortable **walking shoes**.
- ✔ When you are supervising children on **playground equipment**, keep your own **feet on the ground**.

2

Ergonomics is the best policy

- ✔ **Heavy job?** Split the load: use **tools** (such as a hand truck) or ask for **help**.
- ✔ Do not stack **heavy objects** over your head.

3 Look after your health above all else

- ✔ Ask a **first aider** for help with any **injury** (for yourself or someone else).
- ✔ **Bitten** by a child? Ask a first aider to **disinfect** the wound and let the **supervisor** know.
- ✔ **Wash your hands** as often as possible, and certainly after a **toilet visit** or **sneezing**.

4

Don't give insects a chance

- ✔ Avoid places with a lot of **bees** and **wasps**. If you suffer from an **insect bite or sting**, go straight to the **first aider**.
- ✔ Check your body for **ticks** on a daily basis. Have you been bitten? Then ask a **first aider or doctor** to remove it.

5

Check your own temperature

- ✔ Do you work **outside**; wear **clothing** suitable for the **weather conditions**.
- ✔ **Warm weather?** Wear **sun-resistant clothing** and use **sun screen**. Drink plenty of **water**. Try to stay in the **shadow**.
- ✔ **Cold (rainy) weather?** Wear warm (and waterproof) **clothing** and **shoes**. Find a **warm place** for your breaks.

6

Don't play with fire

- ✔ Make sure you know where the **fire extinguishers** are located.
- ✔ Inform yourself about the **evacuation route** and **assembly point** in the event of a fire.

7

A healthy mind leads to a healthy body

- ✔ Tell your **supervisor** at work in good time if you are feeling **stressed**.
- ✔ Take regular **breaks**.
- ✔ Do not forget to **eat** and **drink**.



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*Do you have any questions?
Ask your supervisor.*