

Careers & Employability Service

Volunteering Health & Safety Considerations

To make sure you have an enjoyable experience and stay safe whilst volunteering here are some useful tips we urge all prospective volunteers to take into account:

- Check that the organisation you are volunteering with has Public Liability Insurance and risk assessments to cover volunteers.
- Check that the organisation has relevant policies regarding health and safety, equal opportunities, confidentiality and complaints and disciplinary procedures.
- Make sure you have a proper induction including a health and safety tour.
- If working with children, vulnerable adults and the elderly make sure you have a copy of their safeguarding policy and procedure and find out who their Safeguarding Officer is and how to contact them.
- Make sure you have a DBS (Disclosure and Barring Service, previously CRB) check if required.
- Ask questions if you are unsure about anything, it is important you know what to do in certain situations.
- Take advantage of any health and safety training offered to you.
- If you are using equipment that would potentially be dangerous, ensure you have been given instructions on its safe use and that you wear the required safety equipment/clothing.
- Volunteer drivers who use their car for their voluntary work should inform their insurance company that they are doing so.
- If you feel unsafe remove yourself from the situation.
- Inform someone of your whereabouts and timings of your volunteering.
- Make sure the organisation has an 'In case of Emergency Contact' for you.
- Keep a mobile phone with you if you have one.
- You have the right to refuse to do something you feel uncomfortable with or if you feel you have not had the proper training.
- Maintain boundaries, the people you are helping are clients not friends.
- Do not give out personal information about yourself or other volunteers.
- Do not condone or participate in any behaviour that is illegal, discriminatory or would put your safety or someone else's safety at risk.