

Health and Safety Policy for Mentalmate

At Mentalmate, we are committed to providing a safe and healthy environment for all attendees and visitors. Our policy outlines our commitment to health and safety, as well as the responsibilities of our instructors, volunteers, and attendees.

1. General Health and Safety

We will provide a safe and healthy environment for our attendees and visitors by ensuring that our facility is clean and free from hazards.

All attendees and visitors must comply with our health and safety rules and regulations.

We will regularly review our health and safety policy and procedures to ensure that they remain effective.

2. Risk Assessment

We will conduct a risk assessment of our facility and equipment to identify potential hazards.

We will regularly review our risk assessment to ensure that it remains up-to-date.

3. Training and Instruction

Our instructors and volunteers will receive regular training on health and safety procedures and practices.

Our instructors will provide instruction on safe practices to reduce the risk of injury.

We will provide attendees with instruction on how to use equipment safely and correctly.

4. Personal Protective Equipment

We will provide personal protective equipment, if needed, to our attendees.

All attendees must wear the appropriate personal protective equipment if necessary.

5. First Aid and Emergency Procedures

We will have a first aid kit on site and at least one volunteer will be trained in first aid.

We will have an emergency procedure in place in case of a serious injury or medical emergency.

6. Reporting Accidents and Incidents

All accidents and incidents must be reported to a volunteer immediately.

We will maintain records of all accidents and incidents and regularly review them to identify trends and areas for improvement.

7. Responsibility of Attendees

All attendees must take responsibility for their own health and safety while at our facility.

Attendees must report any hazards, accidents, or incidents to a volunteer immediately.

Attendees must follow our health and safety rules and regulations.

We are committed to providing a safe and healthy environment for all attendees and visitors. Our health and safety policy outlines our commitment to health and safety, as well as the responsibilities of our instructors, volunteers, and attendees.