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| Company:<br>Thistle Trekking<br>LTD | <b>Health and Safety Policy</b>  | Compiled by: Scarlet<br>Trevett |
| Date completed:<br>November 2011    | All policies should be reviewed if changes are made to the trip, e.g. the group,<br>transport, ratios etc. | Reviewed/Updated<br>24.1.2019   |

#### HEALTH & SAFETY POLICY STATEMENT:

"Thistle Trekking LTD is strongly committed to encouraging our staff/participants to take part, but the health, well-being and safety of each individual is always our paramount concern."

#### HEALTH & SAFETY POLICY:

To support our Health & Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of all activities undertaken by the Thistle Trekking LTD.
- Create a safe environment by putting health & safety measures in place as identified by the assessment.
- Ensure that all staff are aware of, understand and follow the organisations health & safety policy.
- Appoint Scarlet Trevett to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all staff.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any activity.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.