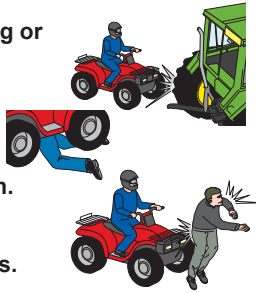


Safe & Well Guidance Notes

SAFE USE OF ATVs (ALL TERRAIN VEHICLES)

Understanding the Hazards

- Overturning or falling off.
- Collisions.
- Trapped underneath.
- Hitting pedestrians.



Training

- Safe use e.g. Lantra, EASI, BORDA.
- Towing safely.
- Safe use of attachments.
- Ensure suitable for task.



Head Protection and Clothing

- Ensure eye protection can be worn with helmet.
- Chin strap.
- Wear a helmet (motor cycle or cycling).
- Clothes cover arms - keep hands warm.
- Ankle protection.



Route Planning and Stability

- Know the terrain.
- Plan your routes.
- Check hidden obstruction / hollows.
- Allow for changes in ground conditions.



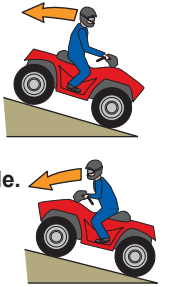
Safety Checks and Maintenance

- Check tyre pressure psi 2-7.
- Brakes give safe straight stop, clean and maintained.
- Smooth throttle in all steering positions.



Safe Riding

- Going downhill slide weight back and low gear.
- On slopes keep weight on uphill side.
- Going uphill slide weight forward steady speed.
- Use body weight to turn.



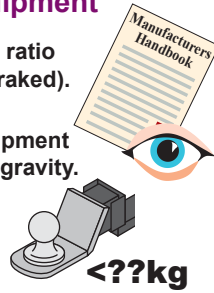
Safe Riding

- Avoid sudden increase in speed.
- Never put foot on ground when moving.
- Don't carry excess weight or dangerous loads.
- Park across slopes.
- Don't carry passengers.



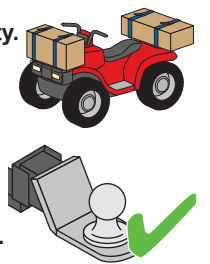
Towing Equipment

- Check weight ratio (braked / unbraked).
- Mounted equipment low centre of gravity.
- Don't exceed draw bar load limit.



Towing Equipment

- Use ballast to maintain stability.
- Secure loads on racks.
- Don't use ropes or chains only hitch point.



Using Sprayers

- Use rear mounted spray booms.
- Maintain low centre of gravity.
- Don't hold spray lance when moving.



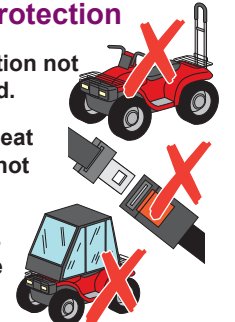
Children

- Never carry them - it's illegal.
- Only over 13s can use an ATV for work and it must be appropriately sized.
- Check manufacturers minimum age restriction.
- Check child's weight ratio to ATV.



Roll Over Protection

- Crush protection not recommended.
- Lap straps / seat belts should not be fitted.
- Weather cabs should not be fitted.





Sources of Information

<http://www.hse.gov.uk/agriculture/index.htm>

<http://www.nfuonline.com/home> (for health & safety support select Risk Management Services)

<http://dcfarmconnect.co.uk>

DCD website: www.dairycrestdirect.co.uk

Key Contacts

Company

Phone No.

Health and Safety Executive (HSE)

0845 300 9923 (RIDDOR accident reporting)

White Gold

0845 873 1410

Dairy Crest - Farm Business Unit

0800 121 4766

National Farmers Union (NFU)

024 7685 8500 or for members 0870 845 8458

DCD Office

01458 835060

General Questions

1. Have you assessed the risks on your farm?
2. Have you acted upon the results of your assessment?
3. Have you briefed your family, workers (including temporary or relief staff) and any contractors?
4. Have you displayed the **Guidance Notes?**
5. All involved in working on this farm, need to sign and date this form to confirm that they have read and understood the **GUIDANCE NOTES**, as all are responsible for a safe and working environment - as we all depend on each other!

Name

Signature

Date

Notes: Actions Taken



REMEMBER - RUSHING, FRUSTRATION, FATIGUE AND COMPLACENCY CAUSES ACCIDENTS!

YOUR FAMILY NEEDS YOU

