

## **Health and Safety at Starfish**

It's vitally important to Starfish Foundation that your time here volunteering with us is a secure one. Your health and safety is of paramount importance to us. With that in mind, here are some general guidelines that will help to ensure this. Katja, our volunteer coordinator, deals with health and safety matters. If you have any queries, please don't hesitate to contact her.

- Please make sure that you let Starfish know about any long term medical problems or mental health issues before you volunteer with us.
- Always wear sensible footwear on our sites to avoid trips and falls.
- Please dress accordingly for the weather – bear in mind that in winter time it gets quite cold at night.
- It is mandatory to document any damages or accidents on shift in the incident handbook whilst you are volunteering with Starfish. Even during your private leisure time, we must be informed of any incident that occurs because it may compromise your affiliation with Starfish.
- Please keep yourself updated on our fire and evacuation plans.
- Do not use any construction equipment or tools that you are not trained to operate.
- Be aware that although rarely seen, there are venomous snakes on Lesvos. Please report any sightings immediately and inform medical teams if you have been bitten.
- Starfish provides access to medical attention and first aid kits at all of our sites. Please ensure that you know where they are situated by speaking to Katja, the volunteer coordinator.
- Do not endanger yourself or others by being intoxicated on shift.
- If you are concerned about your mental health, please speak to our volunteer manager as we can arrange psychological support. Your wellbeing is of the utmost importance to us
- Refrain from violence or aggressive actions which may lead to violence.

If you find yourself involved in this type of scenario, please remove yourself from the

scene immediately.

- Please do not enter zoned areas in Mass Casualty Incidents unless you are properly trained to do so.
- Do not engage in medical treatment on others, ie CPR, unless you are properly trained to do so.
- Smoking is not permitted indoors in any of the premises run by Starfish.
- With regards to fire and evacuation procedures, in the camps please speak to the volunteer supports about their procedures. In the Molyvos harbour, if evacuation is needed for whatever reason, you will be alerted and must gather in Anastasia's. If in Petra harbour, all volunteers will meet up at Petra beach. Your volunteer support will inform you about direction.
- In general it is your responsibility as a Starfish volunteer to inform us of any incident, that directly impact the safety and wellbeing of yourself and other volunteers during your time with us.