



5. Health and Hygiene

A fundamental benefit of the Men's Shed concept is that time spent in the company of other men provides a positive health outcome. Sheds provide a place for Men to meet and share in a variety of activities with other Men. An activity can be as simple as a friendly chat with other men through to operating machines connected to Shed activities.

Membership is open to anyone who wishes to join: there is a minimal joining fee; everyone can become fully participating members regardless of their age or background. Members are required to respect other members including those who supervise activities in order that the Shed operates safely.

Members will be asked to provide some personal information when they join. This is to ensure that member's specific health risks are known. This information might prove useful in the event of an emergency; however members are entitled to personal privacy in this regard and at their discretion and risk, may withhold such information.

It is important that physical restraints or risks have been accepted. Persons may be asked to provide confirmation of suitability from a doctor in severe cases of disability either to be safe to operate machinery or to be able to attend the Shed for sociable reasons only. The committee has the final say in its discretion in such rare cases.

The Shed must provide sufficient equipment / material to ensure that acceptable hygiene standards are maintained. e.g. washing materials etc.

Water, tea, coffee and milk will be available for refreshment on a self help basis in the kitchen area. Please wash your own mugs/cups after use, and keep the area clean and tidy for other users.

Members need to be aware of risks associated with skin / eye / mouth/ etc, when in contact with chemicals, solvents, paints and other materials used by the Shed.

Members must wear appropriate protection advised by the manufacturer when handling such materials. If in doubt, ask the Member in control of the Shed to provide safety information before using materials. The information should be available either on the product itself or, in a Materials Safety Data Sheet (COSHH).

All machines are to be fitted with guards where possible, to prevent injury to operators and people in the vicinity.

Operators need to wear Personal Protection Equipment. The Shed will provide basic eye protection, ear defenders, gloves and masks. All this equipment is kept in the cupboard in the Workshop area, marked up 'Personal Protective Equipment'.

Operators are also required to check the condition of tools and equipment prior to use and to comply with safety standards and signage.

All shed users are expected to clean up after themselves, packing away any tools they have used and to sweep or vacuum up sawdust, woodshavings, etc. Please leave ensure you leave the workshop in the condition you found it.