



PIDDINGTON ROMAN VILLA EXCAVATION

HEALTH & SAFETY INFORMATION

Listed below are some commonsense rules to ensure your safety and comfort and that of others, to fulfil the requirements of the Health & Safety at Work Act and the Upper Nene Archaeological Society's (UNAS) insurers.

Please read carefully. This should be read in conjunction with 'Fire Safety & Emergency Procedures on Site'. 'The Health & Safety Policy Statement' and 'Risk Assessments' are available on request.

- Participants are strongly advised to wear clothing appropriate to the working conditions and personal protective clothing (ppe), e.g. hard hats (which will be provided) when appropriate and requested to by supervisory staff.
- Suitable footwear must be worn at all times on and around the site. Bare feet and 'flip-flops' or similar footwear are **not acceptable**
- Access to the site may be denied to anyone whose dress or footwear is considered by a supervisor to give inadequate safety protection.
- Participants are advised to equip themselves with a broad brimmed hat and sunblock, as much of the area under excavation will not have any shelter from the sun. Beware of acquiring a 'digger's smile' – a burnt area at the bottom of your back, between top and trousers/shorts, as you bend over to dig! Please also be mindful of the danger of dehydration. Water and salt tablets are always available.
- Please observe a high level of personal hygiene on site – infections can spread rapidly in a close community.
- A comprehensive First Aid kit is available in the Finds Department (caravan). Report accidents / injuries to your supervisor. There will normally be a designated qualified First Aider on site.

The following are trained First Aiders: Liz Friendship-Taylor, Michèle Charles and Lisa Duff.

If a serious medical emergency should arise outside digging hours, alert the Site Manager (Tom Duff or John Ward), one of whom will usually be on the campsite). Please also notify Roy (07751 012152 / Liz Friendship-Taylor (07752 429911).

For emergency medical advice: NHS Direct: 0845 4647.

For emergency out of hours medical treatment, telephone Nenedoc, on 0333 666 4664.

- No smoking is permitted on the excavation, in the site caravan, or its vicinity, or in the army tents. **Please see the 'Fire Safety & Emergency Procedures on Site' document.**
- The Society operates a policy of 'zero tolerance' on the use or possession of illegal substances. Anyone found to be contravening this rule will be asked to leave the site immediately.
- No MP3 players, etc. etc. on the excavation while work is in progress please! It makes essential communication very difficult! In the evenings, please be considerate of people who wish to go to bed relatively early!
- Your supervisor will appraise you of any particular procedures or hazards relating to the area you are working in.
- ***In particular:***
- Don't walk too close to the edge of the excavation – a loose fill or winter frost damage may have made the edges very unstable;
- Please look out for trip hazards on site, such as pegs, tapes, strings, tools and the irregularity of the ground due to the nature of the site. (If pegs become dislodged, please tell your supervisor, as they have to be measured back in);
- Be mindful of others and don't let tools left on the ground become a hazard;
- Buckets and wheelbarrows should not be filled beyond your capacity. Remember that wet planking can become very slippery!;
- The upper point of picks and mattocks must not be raised above shoulder height in use or when carried;
- Special safety arrangements will be in place when work is carried out below a certain depth;
- At the end of the day, all tools should be removed from the site, cleaned if muddy and placed in the tool store tent.