



Little Ouse Headwaters Project

www.lohp.org.uk



**Planning for keeping safe
and having fun**

Accidents and injuries are no fun

When you go out into the countryside
- for a walk or to work or to learn –
it's important to keep yourself and
other people safe.



If you think ahead and make a plan it
is much better for everyone.

Ouch and whoops!

Look at these pictures. See if you can spot possible risks and list them PLUS what to do to keep yourself and other people safe.



1

Looking at plants

Risks/hazards:

.....
.....
.....

Anything to do to make it safer?

.....
.....
.....



2

Helping make a path

Risks/hazards:

.....
.....
.....

Anything to do to make it safer?

.....
.....
.....



3

Cutting willow

Risks/hazards:

.....
.....
Anything to do to make it safer?

.....
.....



What are *you* planning to do?

Now do the same thinking exercise for the activities you are planning.

What will we be doing?	What might be a risk?	What shall we do to reduce the risk?