



## SAFETY SUMMARY 2018

It seems an eternity ago, but think back to the meeting at Sheffield Institute for Sport when the Council had pulled out, and we decided to go ahead on our own. At that meeting the only job I volunteered for was Safety Officer. This was largely down to the experience in safety management I had build up in my time at work.

At the time I did not know many walkers, and even fewer walks, so I kept a relatively low profile. Now I have met a lot more of you, and experienced a significant number of walks so I am better equipped!!!

There have been incidents during the year, and some of them have even been reported to me!

It is my intention to send out an annual summary which will be completely anonymous, and most important will not aim to attach any blame. This is not trying to teach anyone to suck eggs. On every walk I have been lucky enough to join I have been extremely impressed by the way that walk has been led, and the care and attention put into the walk by you the walk leaders. However, these incidents have actually happened, and knowing about them may just trigger a thought “what would we do if that happened on our walk?” and have a few ideas up your sleeve. The incidents listed were all dealt with efficiently and effectively by the leaders present. Although they may have seemed serious to those involved, and those dealing with them NONE of the incidents this year resulted in anything clinically serious. For an organisation as large as ours, doing what we do, in the environment we do it that is something for all walk leaders to feel extremely satisfied about.

### THAT WAS THE YEAR THAT WAS!

TYPE OF INCIDENT	NUMBER OF OCCURENCES DURING 2018
Trip and fall	7
Illness	3
Walker left behind	2

Trips and falls are almost inevitable, and there is not a lot we can do to avoid them. I am absolutely certain that leaders put a lot of thought into where they are walking especially in bad conditions.

Illness, again can happen at any time, but 2 of the incidents bear further comment.

In one a walker collapsed. After initial investigation by a walk leader who was also first aid qualified a 999 call was made for an ambulance. Just a reminder that if an ambulance or doctor is called I am supposed to report to Walking for Health within 24 hours. If it happens on your walk, then after the dust has settled please either call me or e mail me to let me know what has happened.

In the second a walker had a sudden attack of diarrhoea and soiled their clothing. The walk leaders coped brilliantly to get the walker home when the condition of the walker made it impossible to use public transport.

A walker has been left behind on 2 occasions, one near the start of the walk, and they were able to catch up, the other when they fell behind the walk and were unfortunately missed. Mix ups happen so easily, especially when walkers are new, or walk leaders are new to the walk.

Please keep advising me of any incidents, even if you think they are insignificant.

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Wishing you all a safe 2019!

Nigel Ross

Volunteer Walk Leader and Safety Officer