



MOURNE MAMAS Health and Safety Policy

1. Policy Statement

Mourne Mamas is committed to ensuring, as far as reasonably practicable, the health, safety, and welfare of all its members, volunteers, participants, and visitors. We aim to provide a safe and supportive environment for all activities undertaken by the group.

2. Responsibilities

The Committee has overall responsibility for health and safety within Mourne Mamas.

A nominated Health and Safety Representative will oversee day-to-day matters, risk assessments, and incident recording.

All members and volunteers have a duty to take care of their own health and safety and that of others who may be affected by their actions.

3. Risk Assessments

Risk assessments will be carried out for all regular and one-off activities, including walks, events, and meetings. These will identify potential hazards and set out appropriate control measures.

4. First Aid and Emergencies

A basic first aid kit will be available at all Mourne Mamas events.

At least one person with first aid knowledge should be present at events where practical.

Emergency contact numbers and procedures will be made available to participants.

All accidents and incidents must be recorded and reported to the committee.

5. Safeguarding

Where activities involve children or vulnerable adults, appropriate safeguarding procedures will be followed in line with relevant legislation and best practices.

6. Training and Awareness

Volunteers and members will be informed of relevant safety procedures.

Where necessary, training will be provided to ensure safe participation in Mourne Mamas activities.

7. Equipment and Facilities

All equipment used will be maintained in safe working order. Any issues with venues or equipment must be reported to the committee.

8. Review and Monitoring

This policy will be reviewed annually or following any significant incident or change in activities. Feedback from members will be taken into account in the review process.

A handwritten signature in black ink, appearing to read 'C. Newell'.

Signed: Claudia Newell

Chairperson – Mourne Mamas

Date: 15.04.2026