

# FOUR

## TOP TIPS TO KEEP YOU SAFE

### 1 Getting to your Industry Placement

How are you going to get to work every day? Whether you are driving, walking, cycling or taking some form of public transport, you need to consider both the logistics of how you'll get there and steps to keep you safe.

Take the time before you start to check that your travel plans will keep you safe. If you are cycling, is the route safe? If you are walking, is the route you are planning to take well lit and safe? If you are using public

transport, what's the route like from the bus stop or station to your place of work. To keep yourself safe, check your route and consider alternative routes or transport methods if you think your original plan is not going to keep you safe.

Also make sure someone is aware of your route.



### 2 Protective clothing

What are you required to wear at your Industry Placement and college? PPE is equipment that will protect the user against health or safety risks at work. It can include items such as safety helmets, gloves, eye protection, high-visibility clothing, safety footwear and safety harnesses. It also includes respiratory protective equipment

(RPE).

Check what the dress code is at your Industry Placement and if you are required to wear PPE. If PPE is required talk to your employer about what is required, the college can reimburse your PPE/work wear costs.



### 3 Staying safe in the workplace and at College

During your induction with your Industry Placement employer the following should be covered and understood:

- What is the company's Health and Safety policy?
- Who are the company's key safety staff?
- Who are the qualified first aiders?
- How to report accidents?
- What are the emergency procedures – fire, evacuation and lockdown?
- How do you raise the alarm in an emergency?
- Are there any prohibited areas or machinery that must not be used?
- Does your job require lifting heavy equipment? What does the company provide to help with this?
- Are there any dangerous substances that you should be aware of?



If you aren't clear of any of the above or anything that you think you need to know to keep you safe, be sure to ask your line manager.

### 4 Your safeguarding and wellbeing

If you have any medical conditions, do let your Industry Placement employer know. If you require any help or support, or if you don't feel safe, take action.

The CRC Hub team is on hand to support all Industry Placement students. You can contact the team on 07772 428052 (Cambridge) 07968 243094 (Huntingdon) Or email: [safeguarding@camre.ac.uk](mailto:safeguarding@camre.ac.uk)

