

Photography Trip General Health & Safety Advice

- ✓ Assess any risks *prior to setting out* on a photo trip and seek to mitigate them
- ✓ Ensure a responsible person knows where you are going and what time you are due back
- ✓ Carry a mobile phone there may not be reception but it may work if you have an accident
- ✓ If the ground may be loose or slippery where you go wear suitable footwear
- ✓ Wear suitable clothing for the activity especially if embarking a boat then wear an approved lifejacket
- ✓ Be aware of your surroundings when taking photographs keep both eyes open
- ✓ Know of the expected weather especially if stormy as well as tides if on the coast
- ✓ Be wary of crossing fields with cattle particularly if they have young
- ✓ Do not enter derelict buildings unless you have permission and know they are safe
- ✓ Be wary if rivers are in flood as a small depth can sweep you off your feet
- ✓ If ascending and particularly descending steep slopes use a walking pole
- ✓ Carry a torch if venturing after dark preferable a head lamp to keep both hands free
- ✓ Do not put yourself at risk for a photograph as another safer opportunity will present itself