

# SAFETY INFORMATION SHEET

## INTRODUCTION

We want you to have lots of fun but safety is something the RNLI is very passionate about, so please ensure that you follow the guidelines below and most importantly, stay safe!

## MANAGE THE RISKS

**Risk Assessment** – Please ensure that you do a risk assessment before starting this activity. Risk assessments are a vital tool to help you identify and hazards and put mitigations in place to reduce the chance of any accidents. Visit our website for information on risk assessments by clicking [here](#) or type in [RNLI.org/safeandlegalfundraising](http://RNLI.org/safeandlegalfundraising) and find the section titled 'risk assessments' for more information.

## SAFETY CONSIDERATIONS

Below are some of the key hazards associated with this activity. However, please note that some hazards will depend on other things like your location, materials used and whoever is taking part. Therefore, please consider all your hazards carefully when doing the risk assessment specific to your activity.



Please use string / rope / shoe-laces responsibly



Ensure you are aware of any food allergies when using food in your challenge i.e. allergies to eggs



Be aware of any heavy objects and ensure the setting is stable if you are suspending your item



If you break an egg, remember to clean it up & be careful as the surface may be slippery

***RNLI cannot accept any liability for the activities as it has no control over them and as such, participation in these activities is entirely at your risk. Please visit our website [here](#) for more information.***