

BUILDING BLITZ 2010

MEDICAL, HEALTH AND SAFETY

As advised by our Blitz Doctors Dr Judy White and Dr Rita Doyle 2010

MEDICAL

With 8 Blitzes under our belt we have developed our Medical operations to the highest standards. We will have a number of Medical Professionals travelling with us to Cape Town for the Building Blitz who will practice as First Aiders for the week. All our Medical Team are volunteers just like you and there will be 1-2 medics per team for the duration of the Blitz.

There will also be a Medical HQ located in the compound. Our Blitz doctors work on a volunteer basis throughout the year and will treat all information in confidence.

FITNESS TO TRAVEL CERTIFICATE

In the best interests of all of our volunteers a health check is mandatory for all volunteers travelling with us for our Building Blitz. This health check can only be completed within 3 months of your departure date. It may also be a good time to discuss immunisations with your GP and he/she will advise you on the best course of action to take in this regard.

3 Months prior to departure we will post the following documents to your home address:

- A letter of explanation for your GP
- The certificate required (to be completed by your GP)
- A stamped self addressed envelope

Please be assured that the safety and continued good health of our volunteers is paramount and that the details provided will be confidential and will only be seen by our Medical Officer and doctors. We would ask that your certificate is returned to us no later than 8 weeks

before departure; the stamped self addressed envelope should assist you with this time frame.

MEDICAL PACK

We suggest you put together your own medical pack to carry around with you at all times which should include **pain killers, plasters, sun cream, tablets for stomach upsets, lip balm with SPF, rehydration sachets** and any other **personal medication you may require** while away.

INSURANCE DETAILS

Travel Insurance will be organised for each volunteer for the week of the Blitz. Details will be sent to you 3 months before departure date. It is the volunteer's responsibility to disclose any medical conditions to the Insurance company otherwise we cannot guarantee cover while in South Africa.

WHAT TO WEAR ON SITE

LIGHT LONG TROUSERS

We would suggest you bring light long trousers with you rather than shorts as it will help prevent cuts and scrapes. We suggest light trousers rather than jeans as you may be working in heat.

LIGHT RAIN JACKET

Sunny weather is not always guaranteed and to be prepared for all conditions we recommend bringing a light rain jacket and possibly a fleece.

WRAPAROUND SUNGLASSES

Wraparound sunglasses are advised due to dust.



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STEEL CAP BOOTS/SHOES

These are mandatory on site and it is your responsibility to bring these with you. This is to prevent any injuries to your feet should anything fall on them - you will not be allowed on to the site unless you are wearing a pair. It is a good idea to wear these in before departure to prevent blisters and sore feet.

SAFETY PRECAUTIONS FOR SITE

FITNESS

Be realistic, work within your fitness level, and work at your own pace.

TAKE A BREAK

Tiredness causes accidents. If you feel it is getting too much for you TAKE A BREAK

FOOD

Please sanitise your hands with the anti-bacterial hand wash/alcohol wipes provided before eating. **DO NOT EAT FROM LOCAL FOOD VENDORS ON SITE**, POLITELY DECLINE

WATER

Only drink the bottled water provided on site to avoid dehydration. It is recommended that you consume 10 bottle of water per day. Never drink from containers provided by local residents.

ORAL REHYDRATION SALTS

Each volunteer will be given two sachets of oral rehydration salts per day for consumption onsite. These provide rapid rehydration of salts and minerals lost through working in the hot environment. Team Leaders will distribute these at lunch and before leaving site. We strongly recommend volunteers take these as directed to help avoid dehydration.

SUNSCREEN

The temperature may be in excess of 35 C. Please use a minimum of SPF30 and apply at least 5 or 6 times throughout the day.

ALCOHOL

Limit your alcohol intake at night to avoid dehydration during the day. Arriving on site drunk is strictly prohibited and will result in you being sent home to Ireland. You become a danger not just to yourself but to everyone else around you.