## Rural and remote professional experience
### Student Advisory: Workplace Health and Safety

**Students should read before first day of placement.**

The following information is to assist you in undertaking a safe placement.

### Health and Safety and Work Place Induction:

On commencement of your placement you should receive a workplace induction.

### Personal safety:

- Always make sure you have the phone numbers of at least the following: your accommodation, a local taxi service and your University Supervisor when you are residing in a city that is not your normal place of living.
- On arrival secure a map of your new environment. Give due thought to your personal safety before going anywhere on your own, particularly at night.
- Give due consideration to walking on your own at night. Consider alternatives such as catching a taxi.
- In addition to your University Supervisor, the School Site Coordinator is there to help you. Please make contact with them on your first day of placement.

### Accommodation:

- Ensure that you advise family and friends as well as your School Site Coordinator and University Supervisor of where you are staying, and contact details for your accommodation.

### Workplace Health and Safety Reporting:

All accidents and incidents should be reported by students to both the School Site Coordinator, the FEO and University Supervisor.

### Short and long distance driving:

- Follow traffic rules, drive with due care, avoid driving when fatigued. To avoid fatigue take regular breaks when driving long distances.
- For long distance driving also consider driving with a friend or relative. Share the driving between those people travelling in the car to avoid fatigue.
- Hold current relevant driver’s license.
- Inspect car before use.
- Where possible, avoid driving and travelling long distances at night.
- Carry a small first aid kit and water with you particularly when driving long distance.

### Emergency situations:

- Take a mobile phone for security and emergencies. Know emergency numbers. Advise friends or family of where you are going and when (your itinerary). Check in with your friends or family when you have arrived.

### Catching public transport:

- Know your timetables to avoid long waits.
- Keep to open, populated areas in full view of others while waiting for ferries, buses or trains.
- Don't leave your bag unattended and report any other "stray" bags.
- Avoid empty train carriages, and where possible take an aisle seat.
- Phone for taxis rather than hailing them. Sit in the back on the opposite side to the driver and don't disclose personal information.

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