



UKRO Challenge 2023

SAFETY BRIEF – Extrication

VOLUNTEERS

- All volunteers taking part in the UKRO Challenge must be fit and report any injuries or reason why they should not take part to the Discipline Lead at any stage.
- Remember to maintain your fluid levels and if you require a break at any time to request this. A supply of water will be made available throughout the event.
- Lifting and handling must be carried out in accordance with how you have been trained. If you require assistance, ask.
- You must have sight of, and be familiar with, the Risk Assessment applicable to your activity. All identified control measures must be in place.
- The pre-scenario checklist must be carried out prior to each rotation.
- All vehicle movements on site are restricted, you must adhere to the agreed speed limit.
- As you carry out your role, if you see a hazard, or an evolving hazard i.e. protruding objects, spillages etc. please deal with these, or if you cannot, report it to a Challenge official or the Discipline Lead.
- Appropriate levels of PPE must be worn at all times. This will include head protection, hviz, debris gloves and eye protection when working in the hot zone. When sweeping up, respiratory protection may be required dependent on the assessment of the conditions and what is being swept up. It is the wearer's responsibility to ensure the PPE they are wearing is in good order.
- Where carrying out practical tasks, all jewellery must be removed that is not covered by PPE, or it must be taped up.
- Any injury must be reported to a Challenge official who will take the appropriate actions regarding first aid and welfare.
- If an injury is reported to you, please deal with it and report it to the Discipline Lead, who will report it to UKRO Command (they will ensure Lincs FRS Command is informed). First aid equipment is available.
- Whilst working within a scenario situation the term 'for real' is to be used to identify a genuine situation should you or any competitor or casualty need to draw attention to a real situation.
- Prior to assisting a casualty/interior assessor into position the vehicle must have been stabilised and sharps removed or covered.
- Please remember hand hygiene.
- If evacuation is required during any point of the challenge the evacuation signal will be sounded. Challenge officials will coordinate the evacuation.
- Any questions/concerns are to be brought to the attention of UKRO Health and Safety Lead/UKRO Discipline lead.



INTERIOR ASSESSORS

- The interior assessor role involves being assisted into the interior of vehicles and therefore you can feel cramped and claustrophobic. You must confirm that you are comfortable or raise any issues with the person assisting you into the vehicle.
- Remember to maintain your fluid levels and if you require a break at any time to request this. A supply of water will be made available throughout the event.
- Appropriate levels of PPE must be worn at all times. This includes wearing trousers and long sleeve garments. Trousers should be tucked into socks to prevent trousers riding up and exposing bare legs. Eye protection should be worn, debris gloves, and oxygen masks may be offered to give respiratory protection.
- As you carry out your role, if you see a hazard, or an evolving hazard i.e. protruding objects etc. please report it to a Challenge official working with you.
- All jewellery must be removed that is not covered by PPE, or it must be taped up.
- You must report any injury to a Challenge official who will take the appropriate actions regarding first aid and welfare.
- Whilst working within a scenario situation the term 'for real' is to be used to identify a genuine situation should you need to draw attention to a real situation.
- If evacuation is required during any point of the challenge the evacuation signal will be sounded. Challenge officials will coordinate the evacuation.
- Any questions/concerns are to be brought to the attention of UKRO Health and Safety Team/UKRO Discipline lead.