

## Health and Safety Policy

Our first and single biggest is the reduction of risk to health and safety as far as is practically possible.

In order to ensure you the best service and security possible, Adventure Alternative Nepal has followed a training in the UK with regards to the BS 8848. All of company staff has benefited from this Knowledge. Please find below each policy points are implemented.

As a general guiding framework, we follow the principles of the British Standard BS 8848. Which offer specification for the provision of visits, fieldwork, expeditions, and adventurous activities outside the UK.

Fundamentally we have experienced staff who have been trained in how to look after clients safely, and what to do in the event of an emergency. Almost all of them have been employed in the company for ten years, and they are well aware of the high standards we want to maintain. We also have strong relationships with local communities, health care facilities and authorities such as National Park Rangers. Our priorities are:

### Information and Advice before you go

- ✓ Provide relevant health and safety information to all clients before they arrive in- country.
- ✓ Advise staff and clients to contact their doctors or travel clinics for immunizations before travelling.
- ✓ Provide proper kit lists and equipment information relevant to the trip.
- ✓ Provide information on the various environments to be visited, with respect to safety, local politics, culture, etiquette and social responsibility.
- ✓ Direct people to the [FCO Know Before You Go campaign](#) for up-to-date information.

### Staffing

- ✓ Ensure that appropriate qualified and/or experienced staffs are employed in the regions where we operate and that all field staff and group leaders are trained in safe operating procedures.
- ✓ Ensure that all staff go through an on-site induction, which includes training in the relevant procedures, and a probationary period prior to being given responsibility over a group.
- ✓ Improve our operating procedure regularly in each area followed by meetings of all relevant staff to identify corrective actions.

### When you arrive

- ✓ Safety information provided and relevant addresses of medical facilities and company personnel during a general briefing and also special briefings when required.

### **Risk Assessments**

- ✓ Identify the risks associated with activities and locations, as well as the development of measures to minimise these risks.
- ✓ Produce risk assessments for each location or trip.
- ✓ Ensure that all staff are aware of the risk assessments and how to fill in an incident form.
- ✓ Continually update and evaluate the risk assessments.
- ✓ Make clients aware of safe practises and risk assessments.
- ✓ Always use reliable and safe vehicles, which have the required paperwork.

### **Activities**

- ✓ Ensure trekking teams remain in contact with each other and that whistles, phones and torches are carried along with the first aid kit.
- ✓ Make sure clients understand the risks associated with additional activities such as snorkelling and swimming, or any hazardous activity, and ensure that all safety procedures are followed.
- ✓ Comply with all National Park codes of conduct, mountain safety codes of practise and applicable rules for entering areas where a safety policy exists.
- ✓ Make sure cooking and washing is done in boiled water, and that both staff and clients are encouraged to follow hygienic practices.

### **Evacuation and Emergency**

- ✓ Ensure that there are adequate communication facilities provided to staff, either by mobile phone or satellite phone, and that applicable numbers are all known.
- ✓ Ensure that all staff is fully aware of where the nearest and best medical facility is.
- ✓ Ensure that clients are given telephone numbers of our local staff.
- ✓ All gap clients have access to a qualified medical person nearby and a member of staff who can provide immediate assistance.
- ✓ All teams must carry a first aid kit, and first aid kits are also kept in our various guesthouses.
- ✓ Ensure that all staff understands what to do in order to facilitate an evacuation, which is either high priority (requiring immediate evacuation by helicopter), medium priority (fastest route to the nearest hospital) or low priority (most convenient and comfortable overland or over water route).
- ✓ Keep records of all incidents, accidents and emergencies.
- ✓ Carry out a post-incident evaluation to improve procedures in the future.