



Health-, safety- and environmental manual

Úlfljótsvatn Scout center

Note!

The HSE program is under constant review. Any changes that may occur in the activity at the Úlfljótsvatn Scouts center (USU) can affect this HSE plan. Signed along with Executive USU give him full authority to amend the HSE program and re-issue it deemed necessary, due to changed circumstances. All changes will be submitted to the Administrative Council of USU and subsequently presented to them who is has the HSE responsibility.

Execution board ÚSÚ

Þorbjörn Guðrúnarson



Edition.	Date	Name
HSE 001	17-05-2014	Þorbjörn Guðrúnarson



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2 Purpose

The purpose of this HSE plan is to explain and describe the activities at Úlfjótsvatn Scouts center (USU) and is related to HSE matters there. This HSE guide is a roadmap for operators at USU. The goal is to have all HSE issue under constant monitoring and review, and maintain good HSE planning through the facility and there activity. Into this plan notice is taken to public regulations and related HSE.

3 Responsibility

Health safety and environment manager USU is responsible for ensuring that employees comply with the rules and follow the established HSE procedures. The supervisors at each work station itself shall see to that every HSE rules are followed during operation. All employees have the obligation to follow completely the guidelines and rules that have been set out in HSE issues in USU activities. Employees are required to follow HSE guidelines from the Manager or his representative.

Responsibility	Matters	Documents
Executive board USU	overview: HSE- manual. Risk assessments. HSE procedure	HSE-manual. Risk assessments HSE-procedure
Agenda board USU	overview: HSE- manual. Risk assessments. HSE procedure	HSE-manual. Risk assessments HSE-procedure
HSE-manager.	HSE- manual. Risk assessments. HSE procedure Distribution of PPE HSE training.	HSE-manual. Risk assessments HSE-procedure PPE warehouse Training plan / docum.
Supervisors	Ensure that staff meets HSE requirements and comply with the procedures that have been set.	PPE procedure PPE in use Record and report all deviations
Staff	Follow the objectives HSE rules and inform the event of shortcomings in this respect	PPE equipment HSE-procedure Report / Registration shortcomings



4 Linked databases

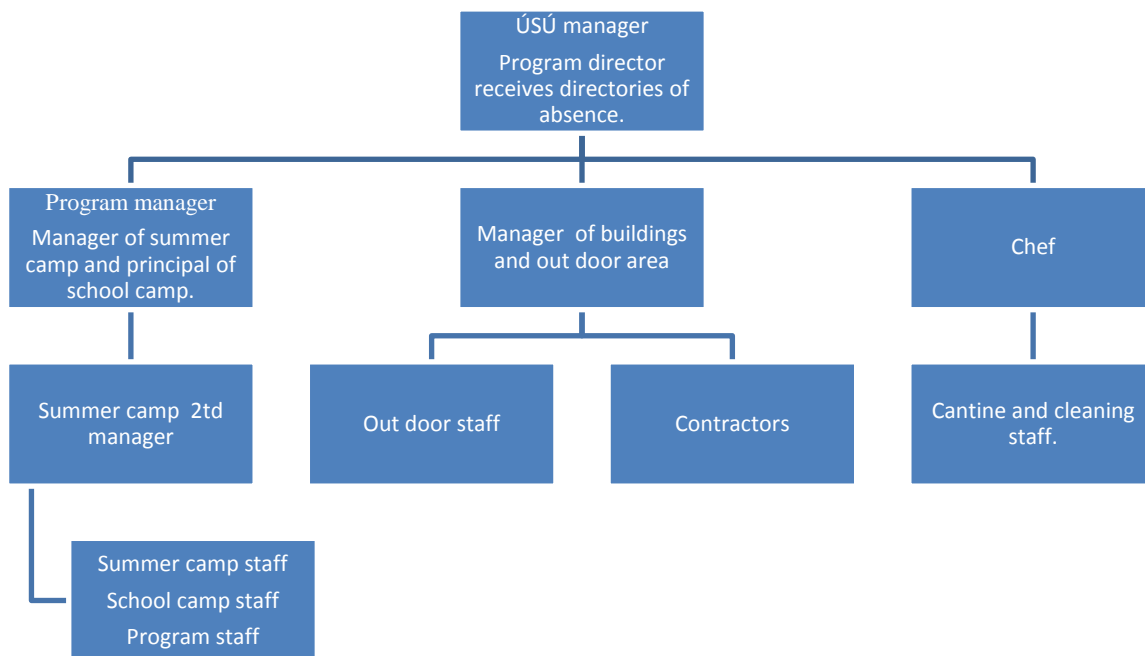
The following databases are used to support this HSE program.

- www.ust.is
- www.rettarheimild.is
- www.reglugerd.is
- www.ver.is
- www.haust.is
- www.skatamal.is response plan BÍS
- www.mast.is
- www.mannvirkjastofnun.is



5 HSE board at USU

HSE advice is appointed senior USU. Directories (the chairman), program director, administrator of estate and chef when he is at work.

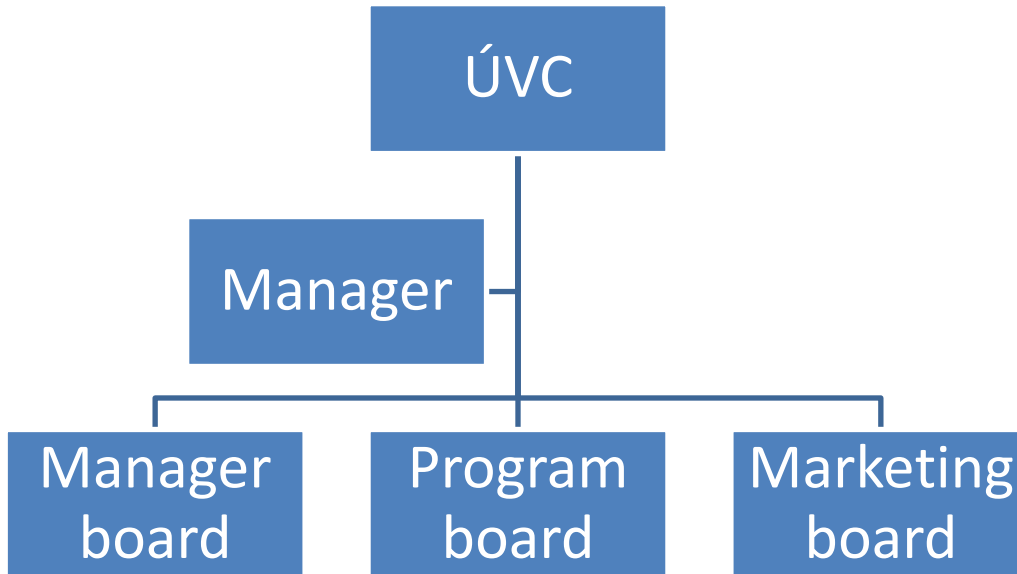


USU manager acting on behalf of Úlfljótsvatn Council (UVC). He is the highest level in rank locally. Assistant is the program director, who is also director of the summer camp and the principal, supervisor of buildings and dormitories. When projects are adequate also hired chef.

Program director will take over duties directories if necessary. Under his hearing assistance director and summer camp staff and other program staff.

Supervisor of buildings and outdoor overseeing the craftsmen, contractors and staff to work with supervised outdoor area and maintenance.

Chef oversees the kitchen staff and the staff who is responsible for cleaning the area.



Manager, program director and supervisor of buildings and outdoor area have to there assistance tree boards. Ordered as they are for one year at a time, they are staff members for recommendations and assistance.

This management council that is responsible for the organization and planning for maintenance and construction. Program board is responsible for creating maintaining programming framework USU. Marketing boards is responsible for organizing marketing USU.



6 Buildings at USU

6.1 General

Buildings in the area are about 11 and are scattered around the area. In overview picture they are marked by B-1 to B -11. The buildings are of many varieties they consist of dormitories, conference huts, Canteen / cafeteria and private lodges.

6.1.1 Fire protection

JB lodge is connected to fire alarms system along DSU. KSU has a unique system where all spaces are interconnected to the fire alarms system. Unique lodge is not connected as Hrafna and Fálkaskáli, Fossbúð, Álfasel, Strýtan Gilwell and service house.

Fire extinguishers are in all buildings along with fire hoses in the larger ones. That has been set up in consultation with the local fire department.

In case of fire immediately activate the emergency plane –based on calling the fire department and try to keep the spread of fire until it arrives.

In a fire, emergency plan, administrator and his foremen play the key role in ensuring the safety of visitors at the area. Fire drills shall be conducted regularly and implementation of documented and organized according to various buildings in the area.

6.1.2 First aid stations

First aid equipment is available in all buildings in the area. It is intended that role of being used on minor wounds as well as first aid with a bigger accident. At bigger accident should always activate the local emergency respond and call for specialized help in relation to the crisis that occur.

- The Safety Officer is responsible for ensuring regular inspection of the first aid boxes and that they meet the above requirements and are in place.
- Annually inspection shall be done, or more frequently if usage is high.
- Employees must apply first aid courses regularly.



7 Operation area.

7.1 General

The area is very big, but alternately split down into sections discussed below. Each component has its characteristic comprising letter A, B or F, then a digit.

7.1.1 A-1 / A-17 Activity (See drawing)

Activity areas are 17. Each area has its own uniqueness and risk analysis is conducted for each area.

7.1.2 B-1 / B-11 Construction (See drawing)

Constructions are 11. Each building has its own uniqueness and risk analysis is conducted for each area.

7.1.3 F-1 / F-19 Tent flats (See drawing)

Tent Flat has 19 and risk analysis for camping is uniform across regions. It may also be the case of exposures based on geographical areas.

All visitors to the region shall notify them self to tent flat administrators and given information about all HSE issues in the area.



8 Health

8.1 General

The health of employees is one of our key objectives at USU. Fine and decent job facilities are important to maintain good physical and mental health. The area has a good rest and recreation area for the staff along with great cafeteria with healthy and nutritious food. Courses are held regularly for staff related to HSE issues and also general matters in the area.

Regular housekeeping in staff facilities are in place, to maintenance cleanliness in accordance with this HSE plan. USU area is regularly inspected by governmental health inspectors so it always meets the requirements of Regulation No: 46/1980

Employees in the kitchen also sign the health declaration workers in the food industry from MAST.

8.1.1 Cleaning plan

Detailed cleaning plan is present in these guide point.

Daily cleaning:

- JB Kitchen and KSU. (During the winter months it is cleaned when the facility is in use and before and after rent).
- Service house is cleaned daily during the opening season of the camping area.
- WC in all houses is cleaned daily or when they are in use before and after rentals.
- WC in camping area is cleaned three times per day during the opening season of the camping area.
- Showers in camping area are cleaned daily during the opening season of the camping area.
- Canteen JB and KSU. (Over the winter months is cleaned when the facilities are in use and before and after rentals.)
- Accommodation is cleaned daily. (During the winter months is cleaned when the facilities are in use and before and after rent.).



Three times a week:

- Staff capacity in JB. They are cleaned before and after rentals in winter as they are then hired by other facilities

Once a week:

- North alley and Strýta.
- Staff dormitories (Hrafnaskáli og Fálkaskáli)

Once a month:

- Gilwell hall.
- Other areas such as basement, boathouse, west storage and warehouse.
- Storage and ware spaces such the service building and containers.

8.1.2 Responsibilities and guarantees

Employer / The administrator are responsible for the following issues are observed:

- Laws and regulations are followed.
- Health risks are handled immediately.
- Employees receive guidance and training.
- Safety Representatives are informed of all the things associated with his responsibility.

The supervisors are responsible for the following:

- Good organization of work.
- Active, complete and reliable equipment.
- Prevent / ensure hazardous activities.

The employee must:

- Know the rules.
- Follow the rules.



- Inform the appropriate person if something is wrong in their working environment.

8.1.3 Subcontractors

Subcontractors in the region need to follow the law and HSE rules those set out in this plan.

The administrator must ensure that subcontractors receive appropriate HSE training and ensure that subcontractors are possible to follow the rules set out in this plan.

8.1.4 Accident reports

The administrator or his representative shall notify to the police and Occupational Health and Safety on event of accidents in the area. Severe cases must be reported immediately and then through the hotline 112 and other smaller events must register and submit a report to the Occupational Health and Safety for safekeeping. Thorough registration of accidents is a key to human rights in work for compensation in the event of permanent damage later in connection with the accident. Employees are required to inform safety representatives on any accident -related incidents that rise, how trivial they appear. Accident reports are useful to reassess the risk analysis and prevention of near accidents exists anymore.

Internal USU registration of all such incidents should be conducted and evaluated regularly on HSE meetings. It is important to act immediately with accident prevention if it is feasible to prevent accident or injury that has nearly occurred.



8.2 Health service

8.2.1 Doctor

Medical services are available in Selfoss. In emergency cases, please contact the Emergency line 112 that calls out ambulance and a doctor from Selfoss.

8.2.2 First aid facilities

First aid station is in staff room in JB (next to kitchen) . There is first aid material located along the bars and facilities for the injured person to rest. Defibrillators are located in the dining room JB.

Specific first aid material is positioned in Boathouse. Backboard, air mask and first aid box for smaller cuts.

Then, there is a medical box for minor cuts in the service house at the camping area.

Guests at the camping area should go there for assistance.

First aid kits are located in the KSU, Ráðsetrið and at Fossbúð.

Bars and shell to carry injured person is located in the basement DSU.

8.2.3 Ambulance

Ambulances are located in Selfoss and called out through the Emergency line 112. Expressed concisely locations of the place where the ambulance should come. A good rule is to have someone at the exit on the main road to refer ambulance right path. Especially where involvement may be from more than one direction.

8.2.4 Hospital

The main hospital is in Selfoss (HSS). There you can make an appointment with a doctor, or contact for advice in connection with the illness that may arise.



9 Safety

9.1 Safety objectives

Safety is the most important factor to consider in the USU area. The area is large and diverse, and accidents can occur which deserve to be considered. It is the main objectives of USU to have the safety issues in good condition as well as ensuring the safety of visitors while staying in the area. With forward thinking and regular risk analysis of the region USU board seeks to minimum any danger as possible. A good flow of information between employees, visitors and the senior management of the area makes it possible to maintain a safe environment. USU goal is to be the leader in security in the area.

9.2 General.

Security is a high priority at USU area. All work is analyzed in safety meetings with the Safety Officer of the area with work / group leader. Risk assessments are carried out and submitted to the Commission for USU approval. Regular safety meetings are held to inform staff, training and look for ways to reduce the risks in the area.

Work / group leaders are linked to these meetings to ensure better performance and information into the meeting.

Safety meetings are used to review and release procedures for all tasks that contain safety risks. All related personnel shall follow these procedures to ensure appropriate safety of the area.

Security Administrator issued PPE (personal protective equipment) and instructions on what parts of the work it shall be used in each case.

Employees who disregard safety rules will be dismissed from the area.

USU will work to meet the official rules Occupational Safety and Health , as well as their own special rules are set out in this plan and related documents. Regular safety inspections will be conducted to ensure the effectiveness of these HSE rules. It is important to update all procedures in the event of changes in the USU area .



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Employees of the site receive appropriate training targeted to risk factors and responses to address them. All employees training shall be recorded and maintained for Occupational Health and Safety representative. The employee must sign for their training programs. In the employee record shall be a copy of all his certificates, training record and attendance records.

It is important to not give employee project that he has no right or ability to perform.

USU strives to always provide the best equipment to be used for each task. And ensure with it him safest way in working condition. By providing the best Equipment it is possible to prevent excessive physical burden on workers.

With work where the constant repetition occurs, is important to seek to divide work time between employees to reduce the risk of accidents.

9.2.1 Work area

Work area must be clean and well organized to minimize the risk of accidents or environmental pollution.

Appropriate measures must be taken immediately if there is any possibility of danger in the area. Closures shall be made if construction are ongoing and ensure the environment for the guests.

Walkways, stairs, ramps, plant and such areas shall be regularly inspected for the safety of those who utilize these sites.

Security fencing shall arise is any possibility of a fall hazard in the area.

All areas shall be clearly marked by the overall labeling area. And clear information must be on panels that include emergency numbers and the person in the event of emergency.

With clear markings of the area it is possible to locate emergency area much earlier and ensure better safety of the guest.



9.2.2 Electricity

All electrical matters in the area shall comply with the laws and regulations. Tension mounts / tablet boxes shall be securely closed and protected from persons who are in the area.

Substantial power consumption takes place in the region. These voltage cabinets / tablet boxes shall be strong and such a manner as to prevent people from electric shock or fire may occur in them.

These voltage cabinets / tablet boxes must meet all requirements of the maximum load capacity of the power supply. Skilled workers with the necessary licence needed to monitor and carry out activities, in or related to electricity cabinets / tablet boxes.

9.2.3 Emergency plan

Emergency exits must be accessible and well marked in all locations and evacuation plans available. Escape routes shall be available to a safe place / area.

In case of emergency it must be possible to evacuate the camp and secure staff and visitors in a safe place / area.

Number of exits and escape routes shall be based on the activities and each building individually. All exits must be clearly marked. Required escape lighting shall be provided in the evacuation routes.

10 Risk assessment.

Manager is responsible for the risk assessment is done. Experts in HSE field under the supervision of USU Manager will assemble risk assessment. This risk assessment is live documents that must be presented to all relevant in meeting; from A to Z. Employees receive a summary of the meeting where the risk assessment is also presented to them. Measures to reduce the risk as indicated in the risk assessment are minimal response.



10.1 Associated documents

Risk analysis is a pre- defined matrix that is indicative operational and connected with documents from the declared policy of USU and the standards activities of interest.

10.1.1 Risk analysis, guide

Type

The following risk assessment is based on the risk matrix (probability score and severity score) 5 X 5

Flow analysis

Excel document containing details of seven columns (two divided in three columns) .

Level 1

Provides an overview of the potential risks.

Number 2

3

Number associated with the risk / team.

4 Risks

Provides information on what kind of risk we are dealing with.

5 Pre- risk

Pre - risk assessment indicates the assessment of hazards. This is a measurement before measures to reduce risks are implemented.



Útilífsmiðstöð skáta Úlfjótsvatni

This column is a triple (probability, severity and risk) . Probability & severity marked as measured from 1 to 5 and the sum of the risk as assessed indicates the level of risk (low, medium, high).

6 Actions to reduce risk

Refers to the action to be performed to reduce the risk (directly or by reference to related documents).

7 Risk assessments after action to reduce risk.

Risk assessment after action to reduce risk indicates the assessment of hazards. This is a final measure when action to reduce risk has been implemented.

This column is a triple (probability, severity and risk) . Probability & severity marked as measured from 1 to 5 and the sum of the risk as assessed indicates the level of risk (low, medium, high).

8 Statements and Standards

Statements or standardized documents related risk analysis.

Attention!

Risk assessment is a living document that is constantly under revision due to changes in working methods or ways that USU operates.



11 Risk assessment matrixa.

Severity

score	Health, Safety & Environment Risks during construction
1	Minor injuries / inconveniences Operative can continue work Short term local damage
2	Minor injures Operative requires first aid treatment stops work med term local/short term regional damage
3	Reportable / lost time injury or illness long term local / regional damage
4	Major injury or illness with long term effects long term widespread damage
5	Fatalities Widespread permanent damage

Likelihood categories

Score	Descriptor	Description
1	Improbable	about 1 in 1000
2	Remote	about 1 in 100
3	Occasional	about 1 in 10
4	Probable	more likely to happen than not
5	Frequent	expect it to happen

Risk profile

Likelihood score	Severity score				
	1	2	3	4	5
5	Yellow	Red	Red	Red	Red
4	Yellow	Yellow	Red	Red	Red
3	Green	Yellow	Yellow	Red	Red
2	Green	Green	Yellow	Yellow	Red
1	Green	Green	Green	Yellow	Yellow

Risk level action

Risk level	Health & Safety risks
Low	Check that no further risk can be eliminated by modification of design Proceed with design
Medium	Consider alternative design or construction method If alternatives are not available, specify precaution to be adopted List residual hazards in risk register
High	Seek alternative solutions If alternatives are not available, specify precaution to be adopted, and advise senior management and planning supervisor (where applicable) List residual hazards in risk register



12 Riks assessment form.

Ufsarlón Pond intake

Stage	NO	Hazard	Pre RCM H.S & E			Action to reduce risk	Post RCM H.S & E			MS/BS/HSE doc.
			likelihood	Severity	Risk		likelihood	Severity	Risk	
	1		3	3	Medium		2	1	Low	
	1		2	2	Low		1	1	Low	
	1		4	4	High		2	3	Medium	
	1		3	3	Medium		2	1	Low	
	1		2	2	Low		1	2	Low	
	2		3	2	Medium		2	1	Low	
	2		3	3	Medium		2	1	Low	
	2		4	4	High		2	3	Medium	
	2		3	3	Medium		2	1	Low	
	2		3	4	High		2	2	Low	
	3		3	2	Medium		2	1	Low	
	3		3	2	Medium		1	1	Low	
	3		4	3	High		2	2	Low	
	3		5	5	High		1	1	Low	
	3		4	4	High		1	1	Low	

Environmental Hazard

Stage	NO	Hazard	Pre RCM H.S & E			Action to reduce risk	Post RCM H.S & E			MS/BS/HSE doc.
			likelihood	Severity	Risk		likelihood	Severity	Risk	
			3	3	Medium		2	1	Low	
			2	2	Low		1	1	Low	
			4	4	High		2	3	Medium	
			3	3	Medium		2	1	Low	
			2	4	Medium		1	2	Low	
			3	2	Medium		2	1	Low	
			3	3	Medium		2	1	Low	
			4	4	High		2	3	Medium	
			3	3	Medium		2	1	Low	
			3	4	High		2	2	Low	
			3	2	Medium		2	1	Low	
			3	2	Medium		1	1	Low	
			4	3	High		2	2	Low	
			5	5	High		1	1	Low	
			4	4	High		1	1	Low	



13 Environmental policy

ÚSÚ strives to be a model in environment issues. The center arranges all its activities so that it has a positive impact on the environment. Trying to minimize negative environmental impacts whether in projects or services.

USU focuses on keeping environment in good condition considering the circumstances in each case, and compliance with laws and regulations. :

USU Environmental plan is to:

- Minimize environmental affects in operation.
- Ensure that the area is exemplary and in good condition.
- Promote positive development of flora and fauna of the area wherever and whenever it can.
- Be visitors and other exemplary in environmental performance.
- Promoting environmental education to visitors and staff
- Review and update environmental policies, objectives and practices regularly.

Contamination

Pollution from activities in the region should be limited as much as possible.

Appropriate measures should be taken to preserve the artifacts that are operational USU.

USU will ensure that the legal requirements related to the activities are followed and for continuous improvement of the work environment. Sustainable development is guided in all activities USU.



13.1 USU environmental goals are:

- Purchase based on USU policy on green procurement. Eco products and services will be selected over other.
- Negative environmental impacts due to the use of transportation equipment, material, energy and water by USU will be minimized.
- Reusable waste will be sorted and delivered to recycling.
- Hazardous waste will be returned to the authorized receiving party.
- Training of staff in environmental and internal environmental work will be increased. Staff will be encouraged to adopt more environmentally friendly lifestyle.
- Education to visitors about the environment. Guests are invited to take part in local environmental projects such as grading, planting and protecting the environment.

13.1.1 Waste Classification

USU garbage classification requests according to SCENE plan of the place. The aim is to classify all debris as well as possible. Work is underway to address these issues in cooperation with the Service Container which is responsible for removing classified garbage and bring it to continue processing.

It offers sorting containers at three locations: JB kitchen, KSU kitchen and service house. In addition, there are special containers for deposit separate packaging but they are sent and sorted at green scout center in Hraunbæ 123 (Reykjavík) classified into the following categories :

- Corrugated
- drinkin cans and flat paperboard
- Plastic
- Metal
- Batteries
- Bulbs
- Hazardous waste.

USU staff is responsible for emptying garbage in to these classifications on a regular basis.

Guests are encouraged to classify all their garbage.

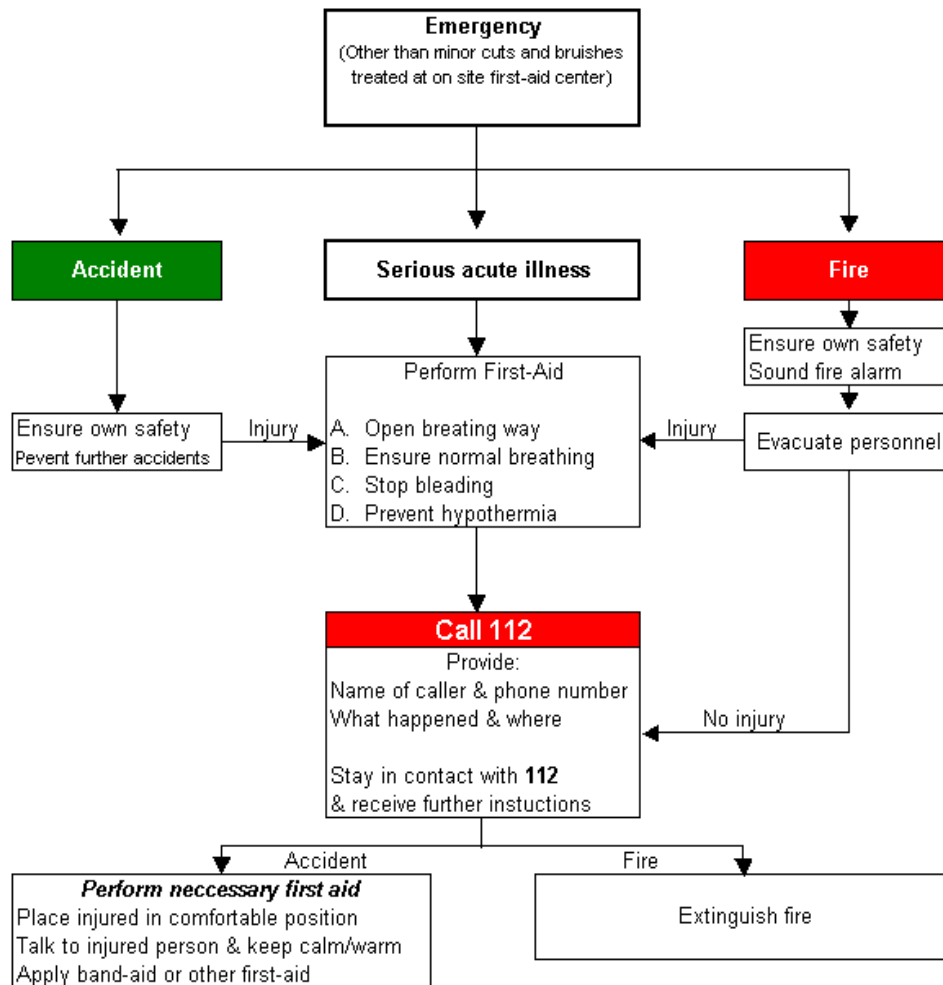


13.1.2 Cemicsals

Hazardous waste such as oils, batteries, and other such things are sorted separately. They are placed in an appropriate recycling in Selfoss.



14 Emergency plan.





15 AOSH accident notification

Employers should report any accident where an employee dies or becomes unable to work for at least one day plus the day of the accident.

A form for reporting accidents at work is on the website AOSH.

Accidents, as the chance that an employee has suffered chronic or irreversible injuries shall notify to the institution no later than twenty-four hours so that a field investigation can take place. Accidents shall be in addition to AOSH notified in writing within one week on a special form.

The employer shall without undue delay notify AOSH any accident where an employee dies or becomes incapacitated for a day or more, as well as the day of the accident.

Parties involved in safety in the company, including authorized service shall receive a copy of the delivery notification.

You can visit the website of occupational accidents of the file where you can get information on accidents statistics directly from the accident database and accessible form for reporting accidents at work. AOSH reports is designed for recording of occupational accidents and incidents within companies.

For more information: vinnueftirlit@ver.is

AOSH, the parties involved in safety in enterprises (cf. 46/1980, 4 to 6. Article.), safety boards, security guards and authorized service providers who work for an employer (46/1980, Article 66.) Shall access the accident and incident record workplaces.

Employer, and the parties listed above shall treat personal information from accident and incident files confidential.



Útilífsmiðstöð skáta Úlfjótswatni



VINNUETFIRLIT RÍKISINS

Bildshöfða 16 • 110 Reykjavík • Sími 550 4600 • Fax 550 4610 • Kó. 420161-0439

Tilkynning um vinnuslys

1. rit sendist til Vinnueftirlits ríkisins, Bildshöfða 16, 110 Reykjavík eða viðkomandi umdæmisskrifstofu úti á landi, svo fljótt sem kostur er, Skr.nr. _____
eða í síðasta lagi 14 dögum eftir að slysið varð.

Nafn fyrirtækis Impregilo		Deild		Kennitala fyrirtækis	
Póstnúmer		Heimilisfang		Slysaður	
Öryggis- og heilbrigðisstarfsemi innan fyrirtækis (krossið þar sem við á) <input type="checkbox"/> Engin <input type="checkbox"/> Öryggistrúnaðarmaður <input type="checkbox"/> Öryggisvörður <input type="checkbox"/> Öryggisnefnd				Kom fulltrúi Vinnueftirlitsins á staðinn já <input type="checkbox"/> nei <input type="checkbox"/>	
Dagsetning slyssins og fjöldi slasaðra		Ár	Mánuður	Mánaðardagur	Klukkustund
Fjöldi slasaðra		Vinnutími slasaða hófat kl.			
Nafn slasaða			Kennitala		Djófsemi (ef annað en íslenskt)
Póstnúmer		Heimilisfang		Staða	Hóf störf (mán. ár)

Tíðrög slyssins: Lýsið hvernig slysið vildi til (vinnuaðferðum og aðstöðu) eins nákvæmlega og unnt er í fáum orðum

<p>Starfstími við sömu störf eða hlíðstæða vinnu</p> <p>Fyrsti dagur 1 Lengri en dagur 2 Lengri en vika 3 Lengri en mánuður 4 Lengri en ár 5</p> <p>Staða og ráðningarform</p> <p>Atvinnurekandi, verkstjóri, bóndi 1 Embættis- eða skrifstofumaður 2 Faglærður launþegi/nemi í ákvæðisv. 3 Faglærður launþegi/nemi í tímavinnu 4 Ófaglærður launþ. í ákvæðisvinnu 5 Ófaglærður launþegi í tímavinnu 6 Annað 7</p> <p>Slysið varð í</p> <p>Dagvinnu 1 Vaktavinnu 2 Yfirvinnu 3 Annað 4</p> <p>Slysið varð við</p> <p>Almennt viðhald 0 Viðgerðir 1 Hreinsun véla, tækja, búnaðar o.þ.h. 2 Þríf hásnæðis, prófun, 3 Stillingu véla, 4 Meðhöndlun á efni og vörum 5 Uppsetning/niðurrif verkpalla, krana, véla 6 Gengið um vinnusæði 7 Framleiðslustörf 8 Annað 9</p>	<p>Orsakavaldur</p> <p>Aflvélar og drifbúnaður 0 lönaðarvélar 1 Lyftur og lyftubúnaður 2 Katlar, þrýstihylki, geymar o.þ.h. 3 Farandvinnuvélar 4 Handverkfæri 5 Efni og efnasambönd 6 Vinnusæði (verkpallar, stigar, þök m.a.) 7 Vöru- og efnisbirgðir 8 Rafbúnaður 9 Annað 10</p> <p>Orsök áverka</p> <p>Högg frá hlutum, vélum 0 Klemmdist, festist í vél 1 Fall á jafnsléttu 2 Fall af hærri stað 3 Skurður frá hvössum hlut 4 Ótraun á líkama 5 Bruni eða kal 6 Rafmagnshögg 7 Hættuleg efnasambönd 8 Annað 9</p> <p>Fyrir áverkum urðu</p> <p>Höfuð, háls 0 Augu 1 Óxl, handleggur 2 Útlíður, hendi 3 Fingur 4 Brjóst, magi 5 Hryggur, bak 6 Mjólm, læri 7 Fætur 8 Tær 9 Meiri hluti líkamans 10 Annað 11</p>	<p>Hvers konar áverkar</p> <p>Innvortis blæðing 0 Útvortis blæðing 1 Missir líkamshluta 2 Tognun, liðhlaup 3 Beinbrot 4 Bruni 5 Kal 6 Ætting 7 Eitrun 8 Annað 9</p> <p>Afleiðing slyssins</p> <p>Starf hafið innan 7 daga 1 Starf hafið eftir 7 daga 2 Starf enn ekki hafið 3 Hættir starfi, þó vinnufær 4 Hættir starfi, óvinnufær 5 Hættir starfi, eftirköst okunn 6 Dauði innan sólarhrings 7 Dauði seinna 8</p> <p>Fjarverudagar slasaða ef vinna er hafin að nýju: _____ dagar</p> <p>Tegund og gerð véla, verkfæra eða efna sem notuð voru. Nafn framleiðanda fylgi með.</p>
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Athugasemdir	Dagsetning	Sími fyrirtækis
Undirskrift öryggistrúnaðam./varðar		
Undirskrift fulltrúa fyrirtækis		



16 Personal protective equipment.

Job	Towr instructor	Boat Instructor	Camp fire instructor	Out door cooking instructor	Hike instructor			
Equipment								
Helmet.	X							
Safety belt.	X							
Live vest.		X						
Safety shoes								
Wet suit								
Dry suit								
Fire gloves			X	X				
Safety goggles.								
Radio	X	X			X			

USU provided PPE is not personally owned by staff but in place and accessible for all staff members.



17 Emergency number.

Emergency line (Reykjavík)

112

**Ambulance, Fire
department, Police**

HSE- Manager / Cite manager:
+354-895-2409

Hospital in Selfoss
Main number
480-5100

Emergency number Selfoss hospital.

480-5112