

K - HEALTH & SAFETY GUIDANCE NOTES

RECOMMENDED FOR USE BY COMPETITORS AND ENTRANTS AT ALL MCRCB EVENTS

1 STORAGE AND USE OF PETROLEUM SPIRIT

- i) All petroleum spirit must be stored in metal containers complying with the relevant British Standard, away from any source of ignition.
- ii) All containers must be indelibly marked "**Petroleum Spirit - Highly Flammable**".
- iii) All empty containers must be removed from the venue after the event.
- iv) Petrol is to be used as a fuel only, and not for any other purpose
- v) All machine refuelling is to take place in the open air. A no smoking ban must be enforced by the person in charge of the refuelling process.
- vi) Your attention is drawn to the Petroleum (consolidation) Act 1928, and the Petroleum Spirit (Motor Vehicles) Regulations 1929.
- vii) Competitors and entrants are reminded that when fuel is available for sale at circuits it is unnecessary for competitors to carry large quantities of fuel inside vehicles.

2 HAZARDOUS SUBSTANCES

- i) Some vehicle parts, for example brake and clutch linings contain asbestos. Entrants are encouraged to use non asbestos substitutes wherever possible. Where asbestos is used, every effort should be used to prevent asbestos dust getting into the air.
- ii) Some mineral oils may cause skin cancer. Prolonged contact should therefore be avoided where ever possible. Where contact does occur any contamination should be washed off immediately. The wearing of contaminated clothing (including overalls) should also be avoided.
- iii) Various other substances may cause disease or ill health even after very short exposures. Manufacturers and suppliers of such substances are obliged to provide customers with information about possible harmful effects of their products upon request.
- iv) Where a person is at work, the requirements of the Control of Substances Hazardous to Health (COSHH) Regulations 1988, must be complied with.
- v) The championship Regulations must be complied with when selecting vehicle parts.

3 ELECTRICAL SAFETY

- i) All electrical equipment must be maintained in safe condition.
- ii) Extension leads cables should not be flexible and not of semi rigid cable of the type used for household wiring. Neoprane covered cable will resist damage by oil.
- iii) All electrical equipment to be used externally should be weatherproof.
- iv) Hand tools should preferably be of the "**double insulated**" or "**all insulated**" type, as these provide valuable protection against electric shock.

- v) Electrical equipment and hand tools should not be used in areas where flammable vapours may be present, for example where fuel is being stored or refuelling is taking place.
- vi) Where any person is at work the requirements of the Electricity at Work Regulations 1989 must be complied with.

4 FIRE PRECAUTIONS

- i) Smoking is prohibited in the pit lane.
- ii) All potential sources of ignition should be kept away from petroleum spirit and vapours.
- iii) The lighting of barbeques is prohibited in the paddock and pits area.
- iv) All teams should carry a suitable fire extinguisher in accordance with the MSA, MCRCB and ACU regulations.
- v) Fire extinguishers should not be removed from fire points unless they are to be used on a fire.
- vi) All fires must be reported immediately to an official or member of the circuit management.
- vii) Teams are encouraged to train their members in the correct use of fire extinguishers.
- viii) All fire notices and orders to evacuate must be complied with.

5 COMPRESSED GAS EQUIPEMENT

- i) Air blasts from the over inflation of tyres can cause injury. Tyres should therefore not be inflated to a pressure above the manufacturers recommendations.
- ii) All airlines should be in good condition and be inspected regularly.
- iii) Always stand clear when inflating tyres.
- iv) Any form of horseplay involving compressed air or gas is prohibited.
- v) Compressed gas cylinders should be stored in accordance with the relevant working practices.
- vi) Where any person is at work the requirements of the Pressure Systems and Transportable Gas Containers Regulations 1989, must be complied with.

6 JACKS AND AXLE STANDS

- i) Vehicles should only be raised on jacks which are in good condition, and rated to lift the vehicles weight safely.
- ii) Jack vehicles only on level undamaged floors.
- iii) Use the hand brake and/or chocks to stop the vehicle moving.
- iv) Jacks should only be used for lifting the vehicle. Axle stands should always be used to support the vehicle weight.
- v) Vehicle engines should not be run under any circumstances whilst the weight of the vehicle is supported by axle stands or jacks.

7 GENERAL WORKING PRACTICES

- i) All working areas should be kept clean and tidy, and any waste should be removed regularly and placed in the containers provided.
- ii) All spillages should be cleaned up immediately.
- iii) All trailing wires and hoses should not be allowed to create a trip hazard.
- iv) Whenever vehicle engines are being run, adequate ventilation must be ensured.
- v) All safety notices must be complied with.

- vi) Any person carrying out any work, must ensure that they adopt safe working practices at all times, and comply with any relevant statutory provision and/or published guidance.
- vii) Children under the age of 16 are not allowed in the pits area or pit lane, except in the designated spectator enclosure.

8 NOISE

- i) Exposure to excessive noise may result in hearing loss or other complaints. These may be short term, or, after repeated exposure, permanent.
- ii) All persons should avoid being exposed to excessive noise, and where this is unavoidable, they should wear ear plugs or defenders to the appropriate British standards.
- iii) Where any person is at work the requirements of the Noise at Work regulations 1989, **and subsequent amendments**, must be complied with.

9 MANUAL HANDLING OF LOADS

- i) Lifting, carrying and propelling loads by bodily force is a major cause of injuries. All teams are encouraged to train their members in safe manual handling techniques.
- ii) Where any person is at work the requirements of the Manual Handling of Loads Regulations 1992, **and subsequent amendments**, must be complied with.

10 WASTE

- i) All waste oil must be placed in the containers marked "waste oil".
- ii) Waste tyres and empty petrol/oil containers should not be left at the venue.
- iii) Teams and competitors are urged to take any other form of waste with them when they leave the venue, or to place it in the refuse containers provided.
- iv) Your attention is drawn to the requirements of the Environmental Protection Act 1990.

11 VEHICLE SAFETY

- i) A 10 mph speed limit is in force in all public areas, including paddocks and service roads. This applies to all vehicles, including mopeds and motorcycles, with the exception of emergency vehicles attending an incident.
- ii) Persons riding mopeds and motorcycles up to a capacity of 125cc must have a current UK provisional driving licence or its international equivalent.
- iii) Persons riding motorcycles with a capacity of greater than 125cc must have a current full UK motorcycle licence or its international equivalent.
- iv) Motorcycles should not be ridden in spectator areas.
- v) All vehicles must at all times keep to the marked roads when moving around the venue.

12 FIRST AID

- i) Any person sustaining an injury or feeling unwell should seek treatment from the on site emergency services.
- ii) To call the first aid or emergency services contact any marshal or official or member of the circuit management.

13 PUBLIC SAFETY

- i) Competitors and entrants should be aware that the paddock may be open to the public and should act in a manner so as not to put either themselves or any other person at risk from injury.
- ii) Competitors and entrants should exercise particular caution when the paddock is busy, and during pits and track walkabouts.

14 REPORTING OF ACCIDENTS AND INCIDENTS

- i) All accidents where any person sustains injury, or where damage to property occurs must be reported immediately to an official or member of the circuit management.

15 MCRCB REGULATIONS

- i) Competitors and entrants are reminded of their obligations to comply with the requirements of the appropriate sporting regulations at all times and these Guidance Notes should be read in conjunction with all other relevant regulations.