

## CNHA HEALTH AND SAFETY NOTES FOR SUMMER DAYS OUT

The committee and I have been discussing Health and Safety for our days out  
We would like to suggest a few things for everyone's peace-of-mind.

Please will everyone have with them on each trip:

- 1 Masks are optional. (subject to covid regulations.)
- 2 My emergency mobile phone number - 07879638348 (trips only)
- 3 A contact number of a friend or relative – especially if you are travelling alone.
- 3 A list of your usual medications
- 5 Any inhaler and/or sprays that could be needed

We would ask that everyone be very careful on uneven ground when walking around unfamiliar places. A member of the committee will be on hand to help members and friends on and off the coach as the steps can be quite steep.

Many thanks for your co-operation – Eileen Forse (secretary) and committee.