**@theland | Health and Safety rules**

* Please only eat food that you have brought to the farm or prepared in the kitchen, do not eat food that has fallen to the ground and do not eat animal feed.
* Do not eat or chew unless in the designated area.
* Check that cuts, grazes etc are covered with waterproof dressings.
* Make sure that children and young people wear suitable clothing and shoes.
* Make sure children and young people do not suck fingers or chew pencils/crayons etc.
* Check footwear before leaving and use the foot bath if necessary, to clean boots.
* Do not pick up tools or equipment unless told to do so under supervision.
* Listen carefully and follow the instructions being given by the farm staff.
* Do not climb on equipment, fencing or walls.
* Please approach and handle the animals quietly and gently and do not chase or tease them.
* Wash hands in the bathrooms after working outside and before entering the cabin.
* Remove all outer wear in the change shed – boots, coat, waterproof trousers.