



# Health & safety for **GOOD BITCHES**

**We are committed to excellent health and safety practices so it's important that everyone involved understands safety planning. As a volunteer, you are responsible for your own health and safety – these tips will help you to assess and mitigate potential hazards you may come across while you're Good Bitching.**

## keeping safe while bitching in the kitchen.

These tips will help you minimise health and safety risks in the kitchen.

If you are baking with children, please take extra care, especially with knives and hot things. Don't leave small children in the kitchen unsupervised.

- Make sure you have smoke/fire alarms installed and they all have working batteries
- Keeping a small fire extinguisher nearby is a good idea
- Keep floors clear and clean and mop up spills as they happen
- Curl your fingers and cut away from your body when cutting anything
- Store knives securely in racks or drawers
- Use a cutting board or flat surface
- Don't drop knives into the dishwasher
- Keep knives out of the sink before washing – consider placing them in a container
- Open lids away from you
- Use oven mitts or dry cloths when handling hot objects
- Keep handles turned away from the floor

If you are using oil and it catches alight:

- Cover it with a lid, safety blanket or damp cloth
- Turn off gas or power
- NEVER use water
- NEVER try to carry the burning pan

## keeping safe while driving cake boxes around.

These tips will help minimise health and safety risks while driving.

- Wear your seatbelt at all times
- Ensure all boxes are strapped in safely and securely in the back seat of your car
- Follow all road rules
- Drive to the weather conditions
- Avoid following other vehicles too closely
- Don't drive under the influence of alcohol or drugs
- Check your footing for hazards such as potholes, curbs, gratings or oily/wet patches
- Take extra care when going from wet conditions outside to dry smooth floors inside



## keeping safe while delivering treats.

In order to support and respect the Health & Safety guidelines of the organisations we deliver to, and also not compromise our own safety and the safety of recipients, you should:

- Only deliver baking to a staff member at a designated drop off place
- If no one is in attendance, leave the baking in staff area or on doorstep.
- Do not go onto a residential premises without the knowledge of a staff member
- Follow all specific health and safety processes provided to you by a recipient organisation (eg signing in to a register)
- Do not discuss anything or share information with anyone about what or who you may have seen at a drop off place
- Let us know at [hq@gbb.org.nz](mailto:hq@gbb.org.nz) if you experience anything dangerous or of concern when you are delivering baking – it's helpful if we can give feedback to the organisations we support.

## help us improve

You may have valuable knowledge and experience that you could contribute to our health and safety guidelines. If so, please email [hq@gbb.org.nz](mailto:hq@gbb.org.nz) with your suggestions.



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**good bitches**

BAKING