

STAPLEHURST PARISH COUNCIL VILLAGE UPDATE DISTRIBUTION – GUIDANCE FOR VOLUNTEERS

Thank you for volunteering to help with distribution of the Village Update and its inserts. The Parish Council is grateful to you for helping us to spread the word! We hope that you will enjoy the opportunity for some gentle exercise, but above all we want you to stay safe while doing so - here are some tips which we hope you will find helpful.

- DO face oncoming traffic wherever possible
- DO keep to pavements and paths and use available handrails on steep slopes
- DO keep an eye on current and forecast weather conditions
- DO look out for low-hanging branches, exposed tree roots and uneven paving stones
- DO wear a high-visibility top; on unlit roads keep to daylight hours
- DO take care if driving, especially when stopping and starting and choosing where to park
- DO be aware of dogs in gardens or behind doors; if in doubt about safety, withdraw
- DON'T use headphones while out on the highway (and restrict your mobile phone to emergency use only)
- DON'T attempt to climb high obstacles (only step over low ones if your landing point is clear)
- DON'T try to carry too much at once
- DON'T put your hands inside letter boxes
- DON'T rush – there's always another day!

Thank you again for helping us to distribute the Village Update. If you encounter any problems or have a very positive experience – either way, do please let the Parish Office know.

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