3.	Keep hydrated, wear protective clothing.	
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(əvc	Home/Mobile No: Eve/Weekend Phone No (if different from abo	עס טע normally כפודy medication with you? עס צפים Specify:
	Next of Kin: Relationship to you:	
	ତେ: ପ୍ରେମ୍ବାର for Emergencies ପ୍ରା	Volunteer Medical Information Medical Condition:
HE/	ALTH & SAFETY GUIDELINES	SURNEMOUT
1.	Please bring this card with you to all tasks/ events and show it to the leader/first aider BEFORE taking part in activities.	Volunteer Information Name:
2.	Be aware of safe handling instructions when using tools and ensure your own safety at work parties.	Address:
3.	Keep hydrated, wear protective clothing.	

Details for Emergencies

HEALTH & SAFETY GUIDELINES

- 1. Please bring this card with you to all tasks/ events and show it to the leader/first aider BEFORE taking part in activities.
- 2. Be aware of safe handling instructions when using tools and ensure your own safety at work parties.
- 3. Keep hydrate

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No D Yes D Specify: Do you normally carry medication with you?

Medical Condition:

Eve/Weekend Phone No (if different from above)

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