Kookaburra Yoga
YOGA IN HARMONY WITH NATURE

Kookaburra Yoga Occupational Health and Safety (OHS) Policy

Introduction

Kookaburra Yoga is committed to providing a safe and healthy environment for all students, staff, and visitors. This Occupational Health and Safety (OHS) Policy outlines our responsibilities and expectations to ensure that risks are minimised and that our workplace and practice spaces remain safe and supportive.

1. Responsibilities

Management Responsibilities

- Ensure compliance with all relevant health and safety laws and regulations.
- Provide and maintain safe facilities, equipment, and working conditions.
- Conduct regular risk assessments and safety audits.
- Implement appropriate safety procedures and provide training where necessary.
- Address and rectify identified hazards in a timely manner.
- Foster a culture of safety awareness among staff, students, and visitors.

Staff Responsibilities

- Follow all health and safety procedures as outlined by Kookaburra Yoga.
- Report hazards, risks, and incidents immediately to management.
- Ensure that all activities, including yoga classes, retreats, and events, are conducted safely.
- Use equipment responsibly and maintain awareness of potential risks.
- Encourage a culture of mindfulness and safety within the community.

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Student and Visitor Responsibilities

- Adhere to all safety instructions provided by staff and instructors.
- Inform staff of any medical conditions or injuries that may affect participation.
- Use equipment properly and report any damage or concerns immediately.
- Respect personal space and physical limitations of themselves and others.
- Follow emergency procedures when required.

2. Risk Management and Prevention

Hazard Identification and Reporting

- Regular inspections will be conducted to identify and eliminate hazards.
- All staff and students are encouraged to report potential risks to management.

Injury and Incident Reporting

- All injuries and incidents must be reported to management immediately.
- An incident report will be documented, and corrective actions will be taken.
- First aid resources will be available on-site, and staff will be trained in basic first aid procedures.

Emergency Procedures

- Clear emergency evacuation procedures are in place and will be communicated to all staff and students.
- Fire exits and emergency contact numbers will be visibly displayed.
- Regular drills will be conducted to ensure preparedness for emergency situations.

3. Safe Use of Facilities and Equipment

- All facilities and equipment must be maintained in good condition and used appropriately.
- Electrical and structural safety checks will be conducted periodically.

- Props, mats, and other yoga-related equipment must be stored safely after use.
- Any broken or faulty equipment must be reported immediately and removed from use until repaired.

4. Mental and Emotional Wellbeing

- Kookaburra Yoga recognises that health and safety extend beyond the physical environment.
- We encourage open communication about mental health concerns and support a culture of inclusivity and understanding.
- Staff are encouraged to monitor student wellbeing and offer support where necessary.

5. Policy Review

This policy will be reviewed periodically to ensure compliance with best practices and relevant regulations. Staff and students will be informed of any updates or changes.

For any concerns or questions related to health and safety, please contact Kookaburra Yoga management at **info@kookaburrayoga.com.**

Kookaburra Yoga Management