



Health and Safety Policy

Please carefully read and consider the agreement outlined in the health and safety policy below.

If you have any questions please don't hesitate to contact me: Emma Jones.

Here at Movement with Em, I will:

- maintain a safe and healthy environment for all staff and clients
- provide the necessary health and safety procedures
- provide suitable control of the health and safety risks of all studios/halls/venues, as well as different fitness and exercise styles
- produce and review risk assessments annually to ensure all risks are made aware to staff and hazards are limited if and when possible
- share this health and safety policy to all clients to ensure everyone is aware of the policy in place
- record any harm or injuries that occur during any class or session in an accident book and ensure records are kept for at least 3 years in keeping with Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013 and make any changes to avoid any similar incidents taking place in the future
- first aid kit and accident book are carried at all times and will be readily available if and when needed
- hold any required qualifications to ensure I am capable of doing the tasks and participate in any training to stay up to date with the evidence based approach followed at Movement with Em
- be open and welcoming to clients' comments and suggestions relating to health and safety
- regularly review and update this policy

Last reviewed and/or updated: January 2026