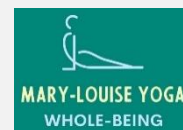


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# MARY-LOUISE YOGA

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## HEALTH & SAFETY POLICY:

Mary-Louise Yoga is aware of the Health and Safety at Work Act, originally established in 1974. This Act is applicable to all individuals and organisations within commerce and therefore to any course or training offered by Mary-Louise Yoga. Its primary purpose is to secure the health, safety and welfare of any individual at work.

It is commonly misconstrued that this legislation only applies to providers who deliver training activities on their own premises. Mary-Louise Aitken (the course provider) is aware of a duty of care which needs to be ensured towards the individuals that they are working with in this capacity. Mary-Louise Aitken will ensure risk assessments are in place prior to any training activities taking place. As a training provider, Mary-Louise Aitken has a duty of care towards course participants/ delegates and is always mindful of this fact, especially in a face-to-face environment.

As an experienced teacher in the more active as well as passive styles of yoga, I am experienced in holding a safe environment for all students. The courses I run in line with the CPD Standards Office are either connected to meditation or a passive form of yoga (Yin) where guidance on safety is knitted in to the teaching and training as a standard a given.

I hold an up to date First Aid Qualification (valid until June 2026), please see supporting documentation. It is an FAA LEVEL 3 AWARD IN EMERGENCY FIRST AID AT WORK (RQF) with Nuco Training Ltd.

This qualification meets the requirements of the Health and Safety Regulations (First Aid) 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982. The qualification was delivered and assessed in accordance with current Resuscitation Council UK guidelines.