



Health and Safety Policy

Shots of Inspiration take all reasonable steps to ensure a healthy and safe environment for photographers and all subjects or members of the public while at work in the studio or on location. These include;

- Working in a correctly lit and ergonomically comfortable office
- Maintaining all equipment in good working order
- Taking adequate breaks to alleviate fatigue
- Making an initial safety visit to a new location and constantly being aware of surroundings whilst on location
- Using adequate safety clothing such as high visibility vest, hard hat, safety boots, gloves and equipment such as ladders when required
- Careful and considered positioning of any lighting stands or other equipment
- Use of infra-red or radio controlled triggering over cable based systems for flash where available

Liza Watts and Ian Lancaster are jointly responsible for Health and Safety. This Policy is reviewed and updated as required and at least once a year. The next date for review is 31 March 2012. A link to the most up to date version of the Policy can be found at our website

<http://www.shots of inspiration.com> for viewing or downloading.

Shots of Inspiration

04 September 2011