

Longchen Foundation.

Health and Safety Policy

The Longchen Foundation aims to ensure, as far as is reasonably practical, that procedures are in place to maintain a safe and healthy environment for all who are involved in its activities.

The following guidelines should be followed in order to reduce any risks:

Organisers of events will inspect the venue, if it has not been used before, to check that it is a suitable environment for Longchen Foundation teaching and meditation activities.

The organisers will acquaint themselves with any health and safety procedures which the owners of the venue have in place and will take responsibility for communicating any important information to people attending the event.

All members and students are expected to take responsibility for their own health and safety and to show concern for that of others. If they become aware of any possible hazard, (such as a wet floor, or trailing wires) they should alert the organisers of the event to this, so that action can be taken to modify the risk.

All volunteers using computers to do work for Longchen Foundation are asked to take responsibility for their own health and safety , by taking account of the standard guidelines for safe use of computer screens. For example they should make sure that the position of the screen is suitable for their eye sight, that the relationship of the screen to their seating position enables an erect and relaxed posture and that they take regular breaks.

Any students who feel that their meditation practice is causing them mental or physical harm are advised to talk to one of the Longchen teachers, who will give them appropriate advice. All students have access to a meditation teacher, with whom they should discuss any difficulties that arise.

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