

Welcome 2023/24

A Fresher's Guide to staying safe and healthy whilst
at Bangor University

Produced by Health and Safety



This Guide should give you some useful advice on how to safely get through your Student days whilst studying at Bangor University.

We all know you will be studying hard while at University. However, we all accept that some fun should also be involved. This Guide is not designed to tell you what you can and cannot do, but it will hopefully give you some hints and tips on various aspects of life at the University and life out and about in the community.

The City of Bangor, our Wrexham site, and the University itself are generally safe places to be. But we do need and appreciate your help to keep it this way.

You can start helping by reading this Guide. You should then find out what your School / College Safety Induction arrangements are.

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Always lock the front door and shut the door to your room whenever you leave it. There are many opportunist thieves around and it doesn't take long to steal a phone or iPod etc. Only let others into the building if you know them and if you ever feel threatened or have seen someone loitering around outside, contact University Security or the Police.

It also helps if you report any security lights not working on the campus. This means you will be able to find your keys and feel safer when returning in the dark.

Fire can always be a risk when living in shared accommodation as rubbish tends to build up and people may want to de-stress with candles or even a sneaky cigarette. To reduce fire risk, ensure rubbish doesn't pile up, keep fire escape routes / exits uncluttered and unblocked.

If living in private housing, either set up strict house rules for smoking and the use of candles, incense or as in University Halls, BAN their use. (See section on Fire! Fire!).

You should also be aware that you must participate in and follow any fire safety training provided whilst at the University. This can include:

- Fire safety information provided at your University Induction.
- Specific fire safety instruction given as part of your course.

- Practice fire drills, which can happen in the early hours of the morning when staying in Halls of Residence.
- Fire Safety talks provided by the local Fire Brigade.

It is also important you familiarise yourself with the content of Fire Action Notices for any building you visit whilst at the University. This will ensure you know the action to take on hearing the fire alarm.

If used inappropriately, electrical equipment can be another major cause of fire or injury.

But no matter how tempting because there are not enough electrical sockets, NEVER plug extension leads into other extension leads, and NEVER leave coiled extension leads rolled up whilst switched on as they can melt and catch fire. Also:

Bangor University is extremely fortunate. It is set in a beautiful place with easy access to, amongst other things, the mountains, the sea, beaches, lakes... and the wealth of flora and fauna such an environment brings. As such, the University is committed to protecting and enhancing upon the quality of its environment wherever possible.

prevent persistent problems such as poverty, health inequalities and climate change.

The act contains 7 well-being goals, the environment being one of these. The Act makes it clear that public bodies must work to achieve all seven goals, not just one or two.

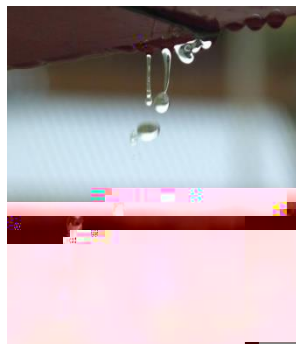
Further information on the action the University is taking to achieve the 7 goals and the staff and Working Groups that support the University's Sustainability Statement and Sustainability Strategy: <https://my.bangor.ac.uk/sustainability/>

To support the EMS please be aware of:

- The University's [Environmental Policy](#) and other relevant information.
- The significant environmental aspects and impacts of your work.
- The implications if something were to go wrong.
- What you can do through your work to support the EMS.

What else you can do to improve environmental performance further.

Although it rains a lot here, mains water is a valuable resource and the more you take from rivers and lakes the less there is for aquatic ecosystems. So, think about the bigger picture when you turn taps on, only use as

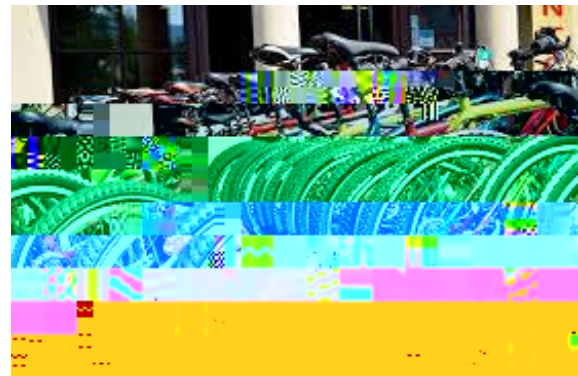


much as you need and don't leave the tap running.

The University currently spends £2 million a year on energy and produces 8,000 tonnes of carbon dioxide. But let's get this down: switch off lights and electrical equipment you're not using and turn the heating down instead of opening windows or using air conditioning.

Landfill sites are gradually filling up even though nearly two thirds of rubbish can be recycled or composted. So, use general waste bins as a last resort and make the most of the Paper, Glass, Cans, Plastics, Cardboard, Electrical Equipment, Printer / Toner Cartridges, Batteries and Mobile Phone recycling facilities.

Do you really need to drive?



Think about walking or cycling for local trips. It is also healthier and kinder on the pocket. Also remember that you need a permit to use University car parks or you will be clamped.

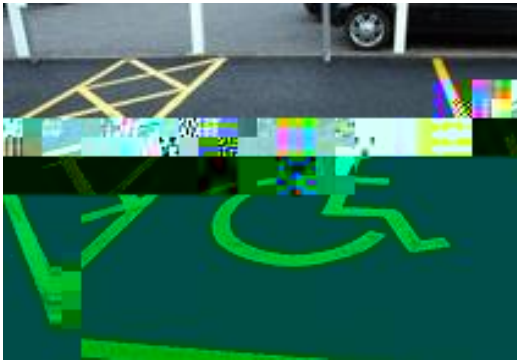
For a list of showers and cycle racks on site [visit our map](#).

Bangor and the surrounding area prides itself on its low crime rate and is probably one of the safest University cities in the UK.

However, as with most places, we do have to take personal precautions,

others are working or there could be lectures / exams going on.

- Turn your phone off / put it on silent in lectures.
- If you have a parking permit remember to park in marked bays and do not park on or block any of the following:



- Don't block doorways and corridors. Keep them clear so others can get from place to place easily.

No matter how trivial, always report an incident to either University Security or the Police.

More information on University Security, which is manned 24/7, 365 days of the year is available on the Campus Services Website.



If calling the Police remember 101 for a non-emergency and 999 for an emergency. Crimestoppers, an independent charity that gives people the power to speak up to stop crime 100% anonymously can also be contacted on 0800 555 111.

Your action could prevent someone from being hurt in the future.

- In addition, only park in a Blue Badge bay if you have a Blue Badge permit.

through your studies. Even 30 minutes a day, three times a week will help, and you don't even have to go to the Gym.

Bangor is ideally situated for a variety of outdoor and indoor pursuits. Look on the Students' Union website to see what Clubs and Societies are available to you. Or just enjoy the great outdoors by going for a walk with friends in the mountains or on one of the numerous local beaches.

Wrap it up. Use a Condom.

Embarrassing, we know as we all remember

Unless you are a member of MENSA with an IQ of 190+, studying can be hard work.

Hopefully the information in this section and taking advantage of the various University support services, things should be a little easier for you.

Contact Disability Services, part of Student Services, if you are disabled, including specific learning difficulties, enduring health conditions and mental health difficulties.

There are two centres which provide a range of specialist equipment e.g. CCTV, Braille embosser, voice activated computers, PCs with assisted software.

The University understands that many Students will have childcare issues. As such, Student Services and the Local Authority can provide details of local nurseries and registered child minders.

In addition, Tir Na N-og, based on Normal Site is the University's own day care nursery which Students can use.

Enable you to access all the information you will need for your studies. They even help if you can't find a PC to work on or the peace and quiet you need to study. Some Libraries also now operate a 24 / 7 service at various times of the year.

Don't panic if you can't afford your own laptop or PC. The University has many PCs across the campus which Students can use. Some Computer Labs also have 24-hour access.

Good study techniques should help to make assignments and exams less painful. The University's Study Skills Centre aims to demystify academic practice offering a range of services including 1-2-1 appointments, workshops, facilitated writing spaces, and learning resources.

Remember, successful

- Motivated. Start with easy tasks to get you underway. Break large tasks down into smaller chunks so you feel like you are getting somewhere.
- Know Yourself. Work out the times you study best and do things like the washing when you cannot concentrate anymore.
- Focus. Avoid distractions when studying e.g. emails, texts.
- Rewards. We cannot emphasise enough the importance of having something to look forward to for when you finish a piece of work. Catching up with friends, a trip to the beach or a cake!

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As you will be spending a lot of time on PCs and laptops, it is important you protect your health and safety by using them correctly.

Although lots of information on correct set up etc is available on the [Health and Safety Website](#), the following summary should help. Taking regular breaks to move around is really important too.

No matter what has happened,

Even though the number of fires at the University is very low the thought of fire is still terrifying due to its potential consequences.

We can all help by knowing what to do to avoid fires starting in the first place and what action to take if a fire does start.

The safety of our Halls, bedsits etc are not only dependent on how they are built and maintained, they are also largely dependent on what we do in them.

Keeping your home clean and tidy, ensuring potential escape routes are not cluttered / blocked and using electrical equipment properly will all help reduce the fire risk.

One of the biggest causes of University fires is cooking late at night whilst drunk. So, take care in the kitchen and get a takeaway or make a sandwich if you are feeling peckish after a night out!

You may also get tempted to have a sneaky cigarette or light a relaxing candle but if left unattended they are a major fire hazard. Both are BANNED in University Halls, and those of you in private residences should also consider setting up your own local ban or strict rules on their use. NEVER cover up a smoke detector!

If you live in a private residence, ensure the building has appropriate fire extinguishers, a fire blanket and fire detectors that work. Speak to your Landlord immediately if there is a problem as they have a legal obligation to provide such equipment. Also, we know it sounds silly, but consider holding your own fire drills so you all know what to do and how to get out in a fire.

