



**Welcome 2024/25**

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

**Produced by Health and Safety**



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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.

If, once you have read this Guide and received your College / School Induction information, you still have concerns, please raise them with your School contact, the Students' Union or Health and Safety.

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**Is there anybody out there:** There are lots of people dedicated to supporting you and who help ensure your memories of the University are good. This doesn't just include staff on the academic side it also includes staff and volunteers on the social side.

Your School / College, the Students' Union, Student Services and Health and Safety are all there to help ensure your health, safety and welfare whilst studying and / or having fun as a student.

Disability Advisers are also there to ensure suitable arrangements are put in place to support students with a disability or a medical condition which affects any aspect of a student's life.

**The simple things in life:** Being safe doesn't mean you to have to stay in and never venture out.

Just follow the advice in this Guide and use your common sense, as often it is the simple things that help. Look out for both yourself and others, co-operate with University rules and seek help if you feel you, or others around you, are having problems.

**How do you fit into Health and Safety:** Your School will possibly inundate you with information on what you must and mustn't do to ensure your health and safety whilst studying. For example, what to do if the fire alarm goes off, who the First Aider is, how to ensure you don't blow the lab up!

Some controls will be outside of your power, but others will only work with your support.

This support can be simple e.g. following rules or wearing the right safety glasses. Other controls will take more consideration and time, for example preparing a risk assessment before you can carry out specific work; especially in the Sciences.

Whatever the controls though, your School will provide you with the information and training appropriate to those activities you are undertaking.

Additionally, University Clubs / activities e.g. Athletic Union and Student Volunteering Bangor, will also consider your health and safety. They will prepare risk assessments and ensure you are trained etc. for any activities you are undertaking.

We do need you to work with us though. Follow instructions, report problems and don't misbehave... too much!

**Health and Safety Management:** At the University, health and safety is managed by numerous systems, Departments and staff.

The Vice-Chancellor as the Chief Executive Officer of the University has overall responsibility to ensure you are not placed in any unnecessary risk.

Your Head of College / School has a delegated responsibility to put into place systems that seek to ensure your health and safety whilst studying.

Centrally, we, Health and Safety oversee and establish health and safety support arrangements. We also audit Colleges / Schools to ensure compliance with health and safety obligations.

Finally, Campus Services ensure University buildings are safe to use.

**Security:** 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:** 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.



**Electrical Equipment:** 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:

- Get into the habit of switching things off when you're not using them.
- Don't use two pin plugs unless plugged into a suitable CE marked adaptor.
- NEVER use an appliance or mains power if you think there is a problem



with it. Don't try and fix it yourself, get a qualified electrician to look.

- NEVER try and use a visibly damaged item of equipment.



- AND FINALLY remember to check any electrical cables do not create a trip hazard.

**Do It Yourself:** Please be aware that you must never interfere with the structure of any University building, including Halls of Residence, for example drilling a hole in the wall, fixing a picture hook, fitting a mirror etc.

This is extremely important as you will not know what is hidden above ceiling tiles, beneath plaster, behind service panels etc.

**Rubbish:** A build-up of rubbish encourages bugs, mice, rats; it smells as well as being a fire hazard.

Tidy up after yourself and dispose of rubbish appropriately. For example, don't put broken glass in



a bin bag so someone can cut themselves when carrying it out.

**Keep it Clean:** Clean up after yourself. Bathrooms, kitchens, dirty fridges, and cookers etc. are a haven for germs. Get into the habit of clearing up spills, food and washing up as soon as possible to remove the risk of unsociable stomach upsets.



**People:** We all know living with others can be stressful. But it is important to consider everyone and not just yourself and your friends when living in shared accommodation.

If there are problems with a messy housemate or someone not pulling their weight, deal with the problem diplomatically. Confrontation will usually lead to arguments and a subsequent atmosphere, which won't do anybody any good. Especially when trying to study.

Just remember. Respect each other and show a little tolerance as we are all different and will, guaranteed, get on other's nerves.

**The Community:** Think about your neighbours, especially those of you living in private accommodation. Keep the house / garden tidy, the noise down and don't do anything likely to cause offence.

**The Environment:** 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.



**How does the University achieve this:** The University has an [Environmental Management System \(EMS\)](#) which is certified to the ISO14001:2015 environmental standard, audited by an externally accredited auditor. The aim of the EMS is not just to ensure compliance with relevant environmental legislation and prevent pollution but to strive for continual environmental improvement.

The EMS is underpinned by several supporting Policies and Strategies and core to this is the University's Environmental Policy, signed off by the Vice-Chancellor. In addition, several teams of people at the University oversee many aspects of sustainability and the environment on a day-to-day basis.

**What if it goes wrong:** The array of Environmental legislation, and what feels like a long list of requirements are there for

a reason. Breaches could result in harm to the environment and could also lead to significant fines for the University as well as the associated PR implications that may arise.

However, also of great importance is that Bangor University is currently one of the top universities in the UK for environmental and ethical performance (as judged by the People & Planet University League).

Achieving this has taken significant effort and we must all play our part to help the University improve its environmental performance further. Hopefully progressing up the league in the process!

**Get in Touch - Environmental Incidents and Sustainability FAQs:** If you spot any pollution or other environmental incidents at the University please inform us by completing the [Environmental Incident Reporting Form](#).

If you have any ideas or suggestions for even better environmental performance, please e-mail [environment@bangor.ac.uk](mailto:environment@bangor.ac.uk). However, do check out the Sustainability FAQs first, in case of news on a topic you are interested in.

**But what is Sustainability:** The University is committed to creating a sustainable environment and has done much work to actively apply the principles of the Well-being of Future Generations Act to all it does.

The Well-being of Future Generations Act requires public bodies in Wales to think about the long-term impact of their decisions, to work better with people, communities, and each other, and to

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/>

**What can I do:** 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.

## **It's Raining. It's Pouring:**

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.

**Energy:** 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.

**Recycle. Recycle. Recycle:** 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.

**On Your Bike:** 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](#).



**Personal Safety:** 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, so we don't put ourselves at unnecessary risk. Also, boys don't get complacent, as it isn't just women that are at risk. National statistics show that men between the ages of 18 – 25 are at the greatest risk of a personal attack.

The following tips should help:

- **Be confident:** Don't show you are insecure. Hold your head up, walk tall and be positive as this will make you seem less vulnerable.
- **If you are threatened or attacked:** Scream. Shout. Yell. Phone the Police.
- **Think you are being followed:** Cross the road, if you are followed cross back again. If they are still there, go to the nearest place with lots of people and call 999.
- **Out of sight, out of mind:** Don't flash your cash, phones, iPods etc. Put them away when not in use, and out of others temptation. If you do feel uneasy when, for example using a cash machine, walk away.

**Drinking:** BORING. A lecture. But if you are in a pub or club don't drink too much and don't accept drinks from strangers as you don't know what is in it.



Try and stick with friends who will look out for you, as alcohol lowers your defences, can bring out the worst in people and cause us to do stupid things. If you need extra help, tell the door staff.

And remember. Never attend lectures under the influence.

**Drugs:** Zzzzz... Another speech - but please be careful if you do experiment as you don't know what you are getting, and never be pressurised into taking drugs.

Contact Student Services and ask to speak to a Student Counsellor if you have concerns and need help. [Talk to Frank](#) also provides loads of useful information.



**Smoking / E-cigarettes:** Please remember smoking in or within 5 metres of any University building is not allowed (this includes e-cigarettes) and in some building grounds is not permitted at all. For example, Main Arts, Fron Heulog.



**Fair Weather Friends:** Sometimes we should avoid groups of people you don't know very well or are unsure of. If you decide to go somewhere with new people, try and take some close friends with you.

Sadly, untrustworthy people are out there. They can get you drunk to take advantage, or worse spike your drink with drugs. So, take your drinks wherever you go, or get a friend to watch them. If you start to feel strange or a friend is acting weird after a drink, look after each other and tell someone.

**Exercising Outdoors:** Try and go out with other people if possible, and only use well lit, safe routes which you are familiar with.



Also avoid wearing headphones as you are less likely to hear or be aware of others around you. Remember to look out for other vehicles, people even animals too!

Finally:

- Try to avoid walking home alone.
- Always have your mobile phone in case of an emergency.
- Call a taxi if you don't feel safe, making sure it's a proper taxi.
- Use well lit, busy roads. Use the pavement!
- Walk on the same side as oncoming vehicles so you can see them, and they can see you.
- Don't take shortcuts through isolated areas, places you are unsure of, or where your visibility / movement is restricted e.g. through woods / alleyways.
- Have your keys ready when you get to your front door.
- Avoid gangs of people that you do not know.

**Considering others on Campus:** Remember the University is a busy place and you are not the only person in it. There are staff, visitors and lots of other students using its facilities daily so please be considerate of others and:

- Respect and value everyone.
- Use the bins provided for any rubbish you may have.
- Keep noise to a reasonable level, especially when in a building where

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:



*Blue Badge Bay*



*Double yellow lines*



*Hatched markings*

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

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

**Report It:** 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.

Student wellbeing is a primary concern at the University, and we hope to create an environment which is conducive both to your academic study and to your own health, wellbeing and personal development.

**Covid-19 and other Communicable Diseases:** The Covid-19 pandemic was an extremely difficult time for many of us, with lots of rules in place that impacted on our lives.

Some of the things we did to look after ourselves and others during the pandemic not only helped to protect us against Covid-19, they also significantly reduced the risk of exposure to other communicable diseases. Our actions, such as mask wearing, physical distancing, cleaning, limiting travel and contacts resulted in a significant decline in two of the most clinically important endemic respiratory viruses—influenza and respiratory syncytial virus (RSV). Covid-19 actions also resulted in a significant decline in Norovirus infections.

We have all learned from the pandemic, and you will find some of this learning evident across the University. Lecture rooms are better ventilated now, we have viricidal soaps in toilets, there's more space and we are all generally more aware of the potential of spreading infections and diseases. In addition, if you wish, please feel free to continue wearing a face covering in lectures, computer rooms, and anywhere else you feel appropriate to do so.

If you feel unwell and suspect you may have Covid-19 please do not attend lectures or mix with others, isolate yourselves and look after yourself and others. If you cannot

attend a Lecture then notify your absence as instructed, and please don't risk transmitting the virus to those who may be at greater risk than you.

Student Services offers help and information on all manner of health risks, in addition to Covid-19. Advice on emerging threats, such as Monkeypox, and on safeguarding against and spotting meningitis, measles, mumps and rubella and of course on how to register with a local doctor, can also be found on the [Student Services website](#).

**General Health:** Feeling unwell, both physically and mentally can really affect the outcome of your studies and your quality of life. That is why it is important to look after yourself whilst at University.

**Healthy Eating:** We know it is tempting to eat junk food, especially whilst there are so many Take Outs in Bangor. But a healthy immune system is the key to feeling good and staying fit and well as it helps fight off colds, fatigue etc. So, try and balance the junk with some healthy food e.g. oily fish, chicken, fresh fruit, vegetables and wholegrain.



**Exercise:** Exercise can really help to make you feel happier, stronger and less prone to fatigue. All essential to helping you get



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.

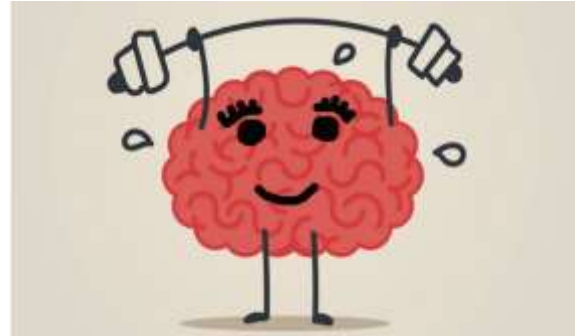
The University Sports department are constantly evolving. Their facilities include a rugby and a 3G pitch and a running track at Treborth, a Sports Hall and gym at the Normal Site, a gym at the St Mary's Campus and astro pitches, the Dome and a gym on the Ffriddoedd Site. Outdoor gyms are also available on the Ffriddoedd Site, by the Rathbone and Fron Heulog Building, at the St Mary's Campus and at the Wrexham Campus.



**Mental Health:** Do not feel ashamed if you feel you are experiencing mental health problems. Problems are far more common than you may think and include stress and anxiety as well as depression and other recognised mental ill health conditions.

If you feel you are having difficulties, try and speak to a friend as a good 'heart to heart' may be all it takes. But if this is not enough, speak to Student Services or the Students' Union. They are there to help you and will

direct you to someone who can provide professional help.



Loads of online [Mental Health Resources](#) can be found on the Student Services website so you can reach out to others or learn some new tools to support yourself. [Student Space](#) is also available to make it easier for you to find the support you need with the coronavirus pandemic.

**Bullying:** Never put up with bullying. If you feel you are being bullied, do something about it. Report it to your Tutor or speak to Student Services or the Students' Union.

**Pregnancy:** Some chemicals and procedures at the University can potentially affect an unborn child. Therefore, it is very important you tell your Tutor as soon as you become pregnant or if you are thinking of starting a family.

This is so your School / College can carry out a risk assessment to assess the activities you undertake as part of your studies to ensure the health and safety of you and your unborn child.



**Sex:** Wrap it up. Use a Condom.



Embarrassing, we know as we all remember the first attempts to explain 'the birds and the bees'.

There are lots of sexually transmitted diseases that can be transmitted orally as well as through intercourse and not just HIV. Chlamydia, hepatitis, thrush, herpes, genital warts and crabs are also around, with some causing serious problems later in life e.g. infertility if not treated.

But why put yourself at risk? You should be able to get advice on 'safe sex' and free condoms from your local GP.

**Sexual Assault:** Sadly, such assaults can happen. If something has happened to you, contact Student Services or the Students' Union who will be able to support you and advise you on what steps you should take. Helen Munro, the Student Equality and Diversity Officer, can be contacted on [inclusive@bangor.ac.uk](mailto:inclusive@bangor.ac.uk).

**Health Care:** You are free to choose which practice to register with, and, of course, if you are already living in the area you may choose to remain registered with the same practice. You register by completing the GMS1 Form, which is sent with your information pack.

To provide medical facilities not normally available in general practice, the University has contracted one local practice to provide special student services. Facilities include:

- Student health sessions.
- Medical certificates and examinations required for University matters e.g. diving.
- Several Nurses and Doctors who can dress wounds and strap up injuries as well as provide advice on a range of topics e.g. family planning, emergency contraception, vaccinations for students travelling abroad, smear tests.

If you visit the Student Services Website you will find loads of information on Student Health and Well-being including information on local GPs and the current contracted GP.

[www.bangor.ac.uk/studentservices](http://www.bangor.ac.uk/studentservices)

**Keep a Little Faith:** Student Services can provide details of local faith representatives and provisions.



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.

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

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

**Childcare:** 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.

**Library and Archives:** 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.

**Information Technology:** 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.

**Study Techniques:** 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.

**Time Management:** Remember, successful studying doesn't just depend on writing an essay or passing an exam. It is important you balance work, rest and play, and effective time management should help you to do this.



Practice the following:

- Plan. Use a wall planner or an Academic Diary to write down all your important dates e.g. deadlines, exams, birthdays.
- Organise. Buy a box file for each module and use it for notes, reading lists, essay titles, small books etc.
- Prioritise. Work out what needs to be done ASAP and what can be left until later e.g. background reading.
- Informed. Check your emails, Blackboard, My Bangor and notice boards to keep up to date with any course changes.

- **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!



- **Get a Life.** You shouldn't need to study 24 / 7 as it will make you resent your studies and could make you ill. Make sure you do set time aside for other fun, friends, family.
- **Finally.** If you are struggling and cannot cope talk to your Tutor.
- For further information and advice contact Student Services:  
[studentservices@bangor.ac.uk](mailto:studentservices@bangor.ac.uk)

**Practical Work:** Your School / College will instruct and train you and make sure you are adequately supervised to ensure your health and safety whilst studying.



*Research into rice varieties in Nepal and India*

Such information and guidance will be appropriate for the activities you are undertaking, and it is imperative you follow them. This will not only ensure your own health and safety but will also protect others who could be affected by your actions.

You may find, dependent on your course, additional health and safety information is given to you as the course and your skills develop. For example, you may undertake more in-depth experiments, field trips, overseas travel. Please follow any advice given to you, and if you are absent on the day information is handed out, make sure you get a copy ASAP.

Finally, speak to your Tutor if you feel health and safety matters need to be re-addressed. It may be hard to say something, but it is important, and could prevent something from happening.

**PCs / Laptops:** 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.



Move the chair close to the desk and sit back on the seat. Adjust the chair back so that the upper body is relaxed and supported. Raise the chair seat so the upper arms are vertical, the elbows are level with, or just above the desk.



Set the chair position and height as described above. Use a foot-rest if the feet do not touch the ground. Height-adjustable chair arms provide additional support for the upper body when not keying. If the armrests restrict desk access, ask if they can be removed.



Raise the monitor so the visible screen top is just below eye level. Any document holder should be at screen height and in the same focal plane to minimise head twisting and tilting.



A separate keyboard and mouse will make a significant improvement to layout flexibility. By using one of the proprietary laptop stands to tilt the computer, it is possible to raise the screen to an acceptable height and viewing distance.



You must know how to adjust your chair so you can sit correctly.  
If you are unfamiliar with the controls, ask someone.

**REMEMBER TO TAKE REGULAR BREAKS**

**Stay Calm:** No matter what has happened, it is important to stay in control as this will help make sure the problem is better dealt with.

**If it is Serious:** Phone 333 (internal phone / Teams) to contact University Security or 999 to contact the Emergency Services if away from Campus. Remember:

- Speak clearly.
- Say exactly where you are.
- Say what happened.
- Say who is involved.

**Emergency First Aid:** Know who your local First Aider is. Each Building should display details of designated First Aiders who will deal with minor incidents.



If, however you are in a position of having to deal with a casualty yourself, your priorities are to:

- Assess the situation.
- Do not put yourself in danger.
- Make the area safe.
- Keep casualties warm.
- Send for help – do not delay.
- Continue to talk to the casualty to reassure them until help arrives.

**Reporting Accidents and Incidents:** Every accident and incident at the University or whilst on University related activities, irrespective of whether someone was injured, must be reported. This means a proper investigation can be carried out to ensure it does not happen to yourself or others again.

**What can I do to prevent an Accident / Incident:** You can:

- Think about what could go wrong during the activities you take part in.
- Follow all instructions which are in place to help prevent an accident / incident.
- Decide what action you would take if something did happen.

**Finally:** Report anything you consider to be dangerous to someone in charge e.g. Tutor, Warden, University Security, or Health and Safety via [www.bangor.ac.uk/hss](http://www.bangor.ac.uk/hss).



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

**Reducing Fire Risk:** 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.

**In the Home:** 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.

**Whilst Studying:** You must follow School / College instructions and training to minimise the risk of a fire starting when undertaking certain activities e.g. lab experiments.

#### WHAT TO DO IN A FIRE ALARM:

- Don't stay behind to investigate.
- Leave the building by the nearest available safe exit. This includes even if you are self-isolating.
- Wear a face-covering if you have one.
- Never use a lift (see below for Refuge Point information).
- Try and close doors on your way out to keep fire and smoke back.
- Report to the Assembly Point – try to socially distance whilst there.
- Do not return to the building until authorised to do so.
- On returning to the building practice good hand hygiene – wash or sanitise hands.
- Follow any local Emergency Procedures.

#### IF YOU START OR DISCOVER A FIRE OR SEE SMOKE:

- Activate nearest Call Point.
- Dial 333 (internal phone/Teams).

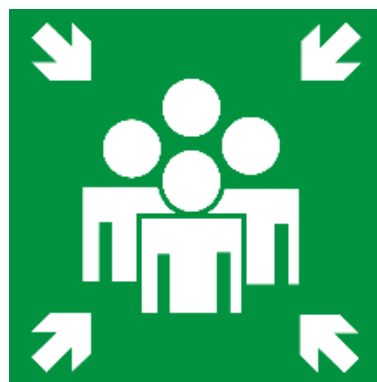


*Call Point*

- If safe to do so, switch off all gas appliances and dangerous electrical items.
- Leave the building (never use a lift) by the nearest available safe exit.
- Report to the Assembly Point (do not return to the building until authorised to do so).

**Unable to Evacuate via Stairs:** You must never use a lift if the fire alarm is sounding. If you can't evacuate via the stairs, proceed to the nearest Refuge Point and activate. Most link to Security staff who will then be able to advise you on what to do and what is happening. Information on the location of Refuge Points is available on the [Health and Safety](#) and [Disability Services Website](#).

**Useful Information:** The following pictures show a few signs that you should familiarise yourself with whilst at the University. Green signs provide information which highlight safety.



*Assembly Point*



*Fire Exit*



*Refuge Point*

University Security (Emergency)	333 (internal phone / Teams)
Police, Fire, Ambulance (Emergency)	999
Non-Emergency Police	101
Crime Stoppers	0800 555 111
Health and Safety	01248 383847 <a href="mailto:healthandsafety@bangor.ac.uk">healthandsafety@bangor.ac.uk</a>
University Security (Non-Emergency)	01248 382795
Student Services	01248 382024 <a href="mailto:studentservices@bangor.ac.uk">studentservices@bangor.ac.uk</a>
The Students' Union	01248 388000 <a href="mailto:undeb@undebbangor.com">undeb@undebbangor.com</a>
President of Students' Union	01248 388001
Study Skills Centre	01248 382689 <a href="mailto:studyskills@bangor.ac.uk">studyskills@bangor.ac.uk</a>
Welsh Women's Aid	0808 80 10 800
Samaritans	01248 674985
Mind	0300 123 3393
CAIS Drug and Alcohol Agency	0345 06 121 12