



PECYN ADNODDAU YMGYRCH GWEITHIO O UCHDER COMMUNICATIONS TOOL KIT WORKING AT HEIGHTS CAMPAIGN



FARMING
connect
cyswllt
FFERMIO
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PRIF NEGESEUON KEY MESSAGES

YMGYRCH GWEITHIO O UCHDER

- Rhaid i bawb sy'n gweithio ar uchder gael eu hyfforddi a bod yn gymwys
- Os nad ydych wedi'ch hyfforddi neu nad ydych chi'n gwybod pa gyfarpar i'w ddefnyddio yna dylech gysylltu â chontractwr arbenigol
- Ceisiwch osgoi neu leihau'r amser a dreulir yn gweithio ar uchder pan fo hynny'n bosibl - mae angen cynllunio a defnyddio'r cyfleusterau cywir megis sgaffaldiau a dyfeisiau atal cwmpo ar gyfer gwaith dros dro
- Lleihau'r risg o gwmpo o beiriannau mawr fel combein trwy ddefnyddio'r ystolion mynediad neu'r manau sefyll a ddarperir gan

WORKING AT HEIGHTS CAMPAIGN

- All those working at heights must be trained and competent
- If you are not trained or don't know what equipment to use then you should engage a specialist roofing contractor
- Try to avoid or minimise the time spent working at heights whenever possible – even short duration work needs the right planning and access equipment such as mobile elevating work platforms, scaffolds and fall prevention devices
- Reduce the risk of falls from large machinery such as combines by always using the access ladders, steps and/or standing platforms provided by the manufacturer

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MENTOR CYSWLLT FFERMIO FARMING CONNECT MENTOR

Beth am gael [Mentor](#) 'lechydd a Diogelwch'. Mae 4 Mentor Cyswllt Ffermio, yn gallu darparu hyd at 15 awr o arweiniad cyfrinachol wedi'i ariannu'n llawn ar y fferm.

Have you considered having a Health and Safety [Mentor](#)? Farming Connect have 4 approved mentors who provide up to 15 hours of fully-funded confidential on-farm guidance.



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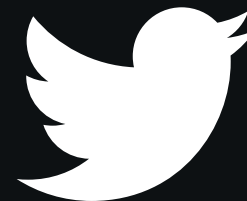
WFSP AR GWEFANNAU GYMDEITHASOL

WFSP ON SOCIAL MEDIA



Wales Farm Safety

@farmsafetywales



#diogelwchffferm

#farmsafety

AWGRYMIADAU CYNNWYS GWEFANNAU CYMDEITHASOL

SUGGESTED SOCIAL MEDIA CONTENT



Wales Farm Safety

@farmsafetywales



Mae'n rhaid i chi sicrhau bod unrhyw waith a wneir ar uchder yn cael ei gynllunio, ei oruchwylio a'i wneud yn gywir gan bobl sy'n gymwys i gyflawni'r gwaith. i. @H_S_E <http://bit.ly/2q8WSse> #diogelwchfferm

You must make sure work at height is properly planned, supervised and carried out by people who are competent to do the job. i @H_S_E <http://bit.ly/2q8WSse> #farmsafety

Oes gennych chi gwestiwn i ymwneud â digoelwch ar y fferm? Efallai eich bod eisiau cryfhau a dysgu ffyrdd newydd o gadw'ch hun a'ch teulu mor ddigoel â phosib ar y fferm? Yna dilynwch @farmsafetywales #diogelwchfferm

Do you have a question regarding farm safety? Perhaps you'd like to strengthen your knowledge and learn new ways to keep you and your family safe on farm? Follow @farmsafetywales #farmsafety

Er mwyn sicrhau diogelwch ar y fferm, mae @FarmingConnect yna i'ch helpu. #diogelwchfferm @farmsafetywales

To ensure on farm safety, @FarmingConnect is there to help you. #farmsafety @farmsafetywales

Mae'r dyletswyddau ar gyflogwyr, pobl hunangyflogedig ac eraill sy'n rheoli gwaith ar uchder. #diogelwchfferm @farmsafetywales

The duties are on employers, the self-employed and others who have control over work at height. <http://www.hse.gov.uk/agriculture/topics/falls.htm> #farmsafety @farmsafetywales

Syrthio yw'r ail ffactor mwyaf cyffredin sy'n achosi marwolaethau mewn amaethyddiaeth - bob blwyddyn bydd o leiaf wyth o bobl yn marw drwy syrthio o uchder. <http://www.hse.gov.uk/risk/>

Falls are the second highest cause of death in agriculture – every year at least eight people die falling from a height. <http://www.hse.gov.uk/risk/>

Y GYFRAITH / THE LAW

Mae Rheoliadau Gweithio ar Uchder 2005 yn cwmpasu'r holl weithgareddau gwaith lle y gallai pobl syrthio ac anafu eu hunain.

Mae'r dyletswyddau ar gyflogwyr, pobl hunan gyflogedig ac eraill sy'n rheoli gwaith ar uchder.

Mae'n rhaid i chi sicrhau bod unrhyw waith a wneir ar uchder yn cael ei gynllunio, ei oruchwyllo a'i wneud yn gywir gan bobl sy'n gymwys i gyflawni'r gwaith.

The Work at Height Regulations 2005 cover all work activities where people could fall and injure themselves.

The duties are on employers, the self-employed and others who have control over work at height.

You must make sure work at height is properly planned, supervised and carried out by people who are competent to do the job.

