**Working in the hold**

***Training/instructions***

* In principle, there should be no movements or work done in the hold
* Repairs may however make it necessary to work in the hold
* Ensure you increase the area you are standing on by laying sheets of wood on the sand so you do not sink in
* Wear fall arrest gear if you are working on stone
* Warn the bridge that you intend to work in the hold

***Accidents and injuries***

* Injury to legs and feet from walking on top of stones
* Bodily injury from falling
* Possibility of drowning in soft material

***Illness***

* Mental impact from sinking in soft material

***Prevention***

* Warn the bridge that you intend to work in the hold
* Maintain radio contact with the bridge
* Place wood sheets on the material so you do not sink in
* Make sure the underlay is stable if the levels differ
* Use fall arrest gear if there is the risk of falling

***Personal protection***

* Fall arrest gear
* Helmet
* Other protection gear according to the work you intend to do

***Aids***

* Planks and wood sheeting

***More reading***