

Following is a list of suggested tax deductions that may be available to you as an Ambulance Officer. However, everyone's situation will be different and it is recommended that you talk to us about any expenses you wish to claim.

- Cost of compulsory uniforms and protective clothing (safety boots)
- Costs of laundry or dry cleaning of uniforms or protective clothing
- Travel costs (including bus, train, taxi fares, car expenses, parking fees and tolls) to attend meetings, seminars and training
- If you have more than one job, travel from one to the other is also deductible
- Internet connection fees when used for email or research related to work
- Self education expenses (including course fees, books, stationery, equipment and travel) if the course is directly related to your current work
- Union or professional association fees
- Work related postage and stationery (pens, diary, calculator, electronic organisers etc)
- Replacement and repairs of tools and equipment (gloves, masks)
- Purchase of books, journals and periodicals related to your work
- Work-related telephone or mobile calls where they can be identified from an itemised telephone account or where a diary record of calls made over a period of one month has been kept
- Overtime meal expenses – where you have been paid an allowance and have spent the allowance on meals whilst at work

In addition to these specific deductions, the following general expenses are also allowable:

- Taxation and accountancy fees
- Bank Charges on your work-related or investment accounts
- Donations to registered charities (only where you haven't received anything for your donation – raffle tickets, novelty items etc)
- Income Protection Insurance

It is advisable to keep receipts for *all* purchases relating to your work even if they are not listed above. We can then advise you whether a claim can be made or not.