

<b>RISK ASSESSMENT</b>	<b>Emergency Services / Mountain Rescue</b>	<b>999</b>	TASK	Lever & Mulch
<b>FRIENDS OF NEVIS</b>	<b>Police - Fort William</b>	<b>01397 702 361</b>	DOCUMENT	RA03
<b>NEVIS LANDSCAPE PARTNERSHIP</b>	<b>Belford Hospital - Fort William</b>	<b>01397 702481</b>	TEAM REVIEWED Revision due	26/04/21 April 2022

<b>PRIOR TO THE EVENT THE LEADER MUST:</b>	<ul style="list-style-type: none"> <li>• Check weather forecast</li> <li>• Review this risk assessment and update as necessary</li> <li>• Ensure correct PPE is available for all staff and volunteers</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure First Aider present at all events</li> <li>• Ensure First Aid Kit is complete and present at all events.</li> </ul>	<b>PRIOR TO THE EVENT THE VOLUNTEER MUST:</b>	<ul style="list-style-type: none"> <li>• Come appropriately dressed for weather conditions and activity</li> <li>• Read this risk assessment and seek clarification where necessary</li> <li>• Ensure leader is aware of any relevant medical conditions.</li> </ul>
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COMMON HAZARDS		WHO IS AT RISK?	RISK RATING	CONTROL MEASURES	RESIDUAL RISK
Lever & Mulch	Over exertion, exhaustion	Staff Volunteers	Medium	Avoid hot weather (except for follow-up work). Warm up before starting work. Rest, eat & drink frequently. Don't 'fight' bushes; always dismantle or uproot plants or stems using as little effort as possible (by judicious use of body, tools, leverage and gravity & by discovering & systematically exploiting weaknesses of every plant at hand).	Low
	Heavy or difficult plants/ stems/ roots. Unexpected/ uncontrolled fracture or uprooting of stems	Staff Volunteers	Medium	Follow best practice as described in 'L&M Method Statement'.	Low
	Use of feet.	Staff Volunteers	Low	Safety boots (to EN 345) with toe protection and a good grip should be worn. Use heels or toes in controlled kicks or stamps (e.g. dead stems, roots) Avoid stamping down with instep, kick with toecap.	Low
	JOINT WORKING (2+ working together on one plant - magnifies common hazards)	Staff Volunteers	Medium	Fully plan and agree each move before joint force is applied. Maintain constant communication with partner. Be aware of other hazards that may be magnified by joint working.	Low

Kit	PPE	Staff Volunteers	Medium	Safety boots (to EN 345) with toe protection and a good grip should be worn. Work gloves and eye protection to EN 397 & EN1731) Tool talk to cover when Gloves, eye protection and hard hats should be worn.	Low
	Incorrect use of tools causing injury to yourself or others.	Staff Volunteers Public	Medium	Tool talk to cover the correct use of tools & correct methods for carrying tools to site Hand tools not to be carried round in pockets Erect signs/ barrier tape & wear hi-viz clothing if public likely to be in vicinity. Anticipate tension on stems before cutting. Follow saw manufacturer's instructions & tool talk for safe use of saws. Sheath saws securely after EACH use. Swing mattocks away from body (and other people). Follow best practice as described in 'L&M Method Statement'.	Low
	Damaged tools causing injury to yourself or others.	Staff Volunteers	Medium	Leader to ensure all tools are in good working order prior to event Volunteers to inform leader of tool damage occurring during the activity and obtain a replacement.	Low

Weather	Hot/Sunny/cloudy – sunburn, sunstroke, dehydration Wind chill effect – Not feeling effect of sunburn	Staff Volunteers	Medium	Advise all to wear sun hats, cover up bare skin, use sunblock. Provide drinking water and encourage everyone to drink water frequently. Check colour of pee. Provide more frequent rest breaks and where possible introduce shading to rest areas Educate all about recognising the early symptoms of heat stroke If necessary end activity early to avoid people becoming over fatigued. In very hot weather, avoid working during hottest period normally mid day Consider rescheduling / changing the activity.	Low
	Cold/Rain/Winter Conditions – Hypothermia, muscle strain Wind chill effect – reducing ambient temperature further.	Staff Volunteers	Medium	Ensure all people are dressed appropriately for the weather conditions, warm clothing, full waterproofs and boots, warm hats and gloves. Provide hot drinks such as soup, tea, coffee. Carry storm shelter. Encourage volunteers to warm up after breaks to avoid muscle strain. Educate all about recognising the early symptoms hypothermia. If necessary, end activity early. Consider rescheduling / changing the activity	Low
	High winds	Staff Volunteers	High	In the case of strong winds, prolonged rain or very cold conditions outdoor work should stop.	Low

Work Environment	Difficult ground conditions e.g. steep slopes, boggy, uneven terrain, dense undergrowth, fallen trees – slips, trips and falls, fatigue, danger from carrying tools and materials to site.	Staff Volunteers	Medium	Ensure all people are wearing appropriate footwear for the ground conditions and activity, preferably with good ankle support. Tool talk to cover safe methods of transporting tools to site. Share the burden of heavy loads. Walk at a pace appropriate to ground conditions. Be aware of others walking close to you especially when carrying tools & don't move branches towards them.	Low
	Dead, hanging or leaning trees or branches. Sharp twigs. Moving branches.	Staff Volunteers Public	Medium	LOOK UP - check for dead trees/ branches. Wear eye protection (to EN 397 & EN1731) in work areas. Practitioners to work individually at safe distances from each other (approx 2 av. branch lengths). Trainers to demonstrate at safe distance from trainees and observers. All to practice at safe distance from others. Erect signs/ barrier tape & wear hi-viz clothing if public likely to be in vicinity.	
	Minibus loading/unloading – danger from other road users, tools left on road being a hazard to other road users.	Staff Volunteers Public	Medium	Where possible park minibus to allow passengers to disembark away from the flow of traffic Allow space for unloading / loading tools Do not block public roads Where necessary appoint two people wearing hi-vis vests to manage traffic	Low
Manual Handling	Lifting heavy / awkward objects - Back strain and muscle strain, trapped fingers, heavy falling objects	Staff Volunteers	Medium	Inspect and plan levering actions before work on any plant. Secure stance, bend legs, keep a straight back and avoid twisting when lifting or pushing. Push rather than pull stems. Lever stems in a controlled manner using good manual handling principles. Take special care when drawing stems upwards or towards the body. Assess & be aware of potential hazards in line of force about to be applied, take steps to avoid them in case stems snap (or plants uproot) unexpectedly under force. Don't use excess force (causing unplanned stem fractures).	Low
Insect bites / Disease	Midge – reaction to midge bites	Staff Volunteers	Low	Take along an appropriate insect repellent & a head net when appropriate. Wear long sleeves and trousers	Low
	Lymes Disease - Is transmitted by the bite of an infected tick. Contact your doctor if a Bulls eye rash develops around a bite or you suffer flu like symptoms.	Staff Volunteers	Medium	Keep your legs and arms covered, tuck socks into trousers. Try not to brush against vegetation. Wear light clothing: ticks are easier to spot and brush yourself down before getting in the minibus or going in doors. Check your skin for ticks after the event tick bites are painless and can go unnoticed. Remove ticks as soon as possible using a tick remover. DO NOT squash the tick or apply any creams, oils or heat to the tick (if you put a tick under pressure, you may pump its saliva and stomach contents into you!). Remember you have been bitten and see your doctor if you develop symptoms	Low
	Weils disease (Leptospirosis) - transmitted to humans by contact with urine from infected rats. Around waterways. A serious and sometimes fatal infection. Flu like symptoms, headaches, vomiting	Staff Volunteers	Medium	Don't touch animals with unprotected hands. Wash cuts and grazes immediately with soap and running water and cover all cuts and broken skin with waterproof plasters before and during work. Wear protective clothing. Wash your hands after handling any animal, or any contaminated clothing or other materials and always before eating, drinking or smoking. See your doctor if you develop symptoms	Low
	Tetanus	Staff Volunteers	Medium	<ul style="list-style-type: none"> <li>All staff &amp; volunteers are advised to ensure their tetanus vaccination is up to date.</li> </ul>	Low
	Biohazards including dog faeces	Staff Volunteers	Medium	<ul style="list-style-type: none"> <li>Wear gloves during any practical sessions and wash hands after working, especially before eating, drinking or smoking.</li> </ul>	Low