

Health and safety checklist for PTES orchard volunteers

The aim of this checklist is to help you improve your own personal safety while carrying out surveys of orchards in the field. The activities and hazards are not intended to be completely exhaustive; this assessment of hazards is for guidance only. Remember that each site is unique and must be assessed individually. If in doubt about any aspect of health and safety relating to a site, always seek further advice from People Species (PTES) before proceeding with the survey. Please remember that as a volunteer you are under no obligation to take part in this survey. You should not put yourself or any others in danger.

| Hazard | Precautions to be taken to remove hazard or reduce risk level (one precaution may tackle several hazards) |
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| Inclement weather | <ul style="list-style-type: none"> • Wear appropriate clothing for the time of year, and be prepared for weather changes. • Carry waterproof &/or warm clothing. Hazards can increase significantly in heavy rain, strong & thunderstorms. • Avoid/terminate all outside activity in inclement weather |
| Uneven ground | <ul style="list-style-type: none"> • Identify potential hazards in daylight • Wear sturdy boots or shoes • Use footpaths where possible. • No distracting work should be carried out while walking |
| Traffic hazards | <ul style="list-style-type: none"> • High visibility clothing should be worn whenever working in the vicinity of roads and someone else should keep watch for traffic |
| Tetanus & leptospirosis | <ul style="list-style-type: none"> • While not common, these diseases can have severe effects, and in rare cases result in death. Clean any cuts etc immediately with clean water & cover adequately. • Ensure that your anti-tetanus treatments are up-to-date (normally within last 10 years) • Avoid contact with water, particularly if contaminated with cattle/rat urine. Wash hands thoroughly & always before eating or smoking. If you contract flu-like symptoms, tell your doctor that you may have been exposed to Weil |
| Lyme | <ul style="list-style-type: none"> • When working in grassland areas where deer are present, wear long trousers & long socks. Check exposed skin for ticks. If a tick is found & you contract flu-like symptoms, tell your doctor that you may have been exposed to Lyme |
| Alcohol & drugs | <ul style="list-style-type: none"> • Anyone under the adverse influence of alcohol or drugs is not permitted to take part in any PTES activities. If you are using prescribed drugs, seek medical advice on any side effects that may affect your performance (eg drowsiness). |
| Lone Working & Personal attack | <ul style="list-style-type: none"> • Working alone should be avoided. Try to work in a pair. If this is not possible, always notify someone (partner, friend, neighbour) where you are going and when you expect to be back. Agree on a course of action if you have not returned home by the time you stated. • Lone workers should be aware of the location of the nearest house or phone so that help can be called if required. In general, anyone working alone, or those working on sites remote from the emergency services, should carry a mobile phone. This should be tested at the start of the visit to detect reception blind spots. |
| Getting lost | <ul style="list-style-type: none"> • Use a map and compass if necessary • Use a mobile phone in an emergency |
| Risk of drowning | <ul style="list-style-type: none"> • Non-swimmers should be accompanied when walking by water • Do not cross rivers unless by bridge • Avoid work when risk of flooding & be aware of tides • Keep at safe distance from bank/cliff/water edge. |
| Danger of injury through accident | <ul style="list-style-type: none"> • Identify potential hazards • Wear appropriate footwear for the location/terrain & weather conditions • Avoid well known danger spots. Do not cross railway lines or other potential hazardous sites eg quarries, ravines • Carry a torch & spare batteries if working late afternoon, a compass &, when in remote areas, a change of clothes • Talk to landowners about the location of potentially hazardous animals • Avoid contact with animals & dung |
| Fencing | <ul style="list-style-type: none"> • Be aware and avoid touching or climbing over electric fences • Be aware and avoid touching or climbing over barbed-wire fences, please make sure your tetanus vaccine is up to date. |
| Trees | <ul style="list-style-type: none"> • Be aware of low or fallen branches and take care to avoid them • Be aware of other wildlife when investigating tree cavities especially bees, wasps & hornets. |