



Health & Safety and Risk Assessment

with thanks to Planet Patrol

Participating in LCCP activities is done at the volunteer's own risk. By taking part it is assumed that you have read this health and safety document and will follow all guidelines to observe your chosen waterway in a safe manner.

Here's everything you need to know to sample and test safely.

BEFORE YOU START

Site selection:

- Identify areas that are local to you that are easy to access and where you can observe your waterway safely.
- Ensure you are on public land and don't trespass on private land.
- Always observe your waterway from a safe access point.

Consider:

- Ways to avoid potentially dangerous areas such as:
 - Deep or fast-flowing water.
 - Steep, slippery or unstable banks.
 - Banks with deep mud - always test river banks before you step.
 - Sharp rocks and barbed wire.
 - Near busy roads.
 - Near electric fences (which are identified by yellow warning signs).
 - Near thorny bushes.
- How easy it will be to get out of the water if you fall in.
- Whether you will be seen if you fall in.

HEALTH AND SAFETY

Weather and waterway conditions:

- Check the weather forecast before you go out and wear appropriate clothing for the weather conditions (e.g. sunscreen and hat, waterproof etc). If there is an adverse weather forecast - such as storms or snow - do not go out and plan to conduct the survey another time.
- Be careful after heavy rain as waterway levels can rise quickly. If the site has flooded or the water level or flow is too high, keep your distance from the waterway.
- Be mindful of waterside banks. Do not stand on overhangs, as there is a risk the bank may collapse.

Personal care:

- Wear suitable footwear, such as walking shoes or Wellington boots - river banks and paths are slippery
- Don't put yourself at risk to collect information for the survey
- Ensure you stand at a safe access point
- Waterways may contain bacteria and microorganisms, which pose a risk of contracting illness. To minimise this risk:
 - After contact with the water, wash your hands carefully before eating or drinking
 - If you experience any symptoms after having contact with the water, seek medical advice. Weil's disease (Leptospirosis) can be contracted from contact with infected water, although rare.

Working with alone or with others:

We recommend that you take part with another person or group, for health and safety purposes.

If it is necessary to work alone:

- Take a mobile phone with you
- Ensure someone knows your whereabouts, route and time you plan to return. This person should be told who to contact if you do not contact them or return.
- If you feel unsafe at any point, stop and leave.

RESPECTING WILDLIFE

Be mindful of livestock, wildlife and natural habitats, for example birds nests:

- If walking through farmland with livestock to access your site, we recommend not taking a dog with you. If fields contain bulls, do not enter.
- Avoid disturbing wildlife by keeping a reasonable distance and be cautious in areas such as bushes and long grass, particularly during breeding seasons.

INCIDENT PROCEDURES

Should any incidents happen, write a report and inform LCCP as soon as possible.

Review

This policy will be reviewed every year

Lead Health & Safety Officer: Sandra Reeve.

T: 01297 560511; M: 07734138942; E: sandra@moveintolife.co.uk

Revised and updated

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