

Activity	Training	Hazard	Hazard effect	Assessment		Risk factor (S x P)	Minimise risk by	COP adequate	Residual risk
				Sev	Prob				
Conducting visual naturalness surveys via clipboard/mobile app when arriving at site.	None (but attending training day strongly advised).	Conducting surveys near a waterbody (river/stream/lake)	Potential injury/illness/risk of drowning	2	2	4	<p><u>Always survey in pairs.</u></p> <p>Use a check-in system with a known individual/group. Let them know where you are going, when you are likely to be back and let them know when you are back. Arrange a procedure for your contact to follow in case you do not return or report on time.</p> <p>Stay aware of your surroundings when using clipboard/mobile app and regularly assess your position while recording data.</p>		Low
Walking to/from and around field sites.	None	Walking near traffic and busy roads	Potential injury/death	3	1	3	<p>Using available footpaths and planning routes to avoid as little road walking as possible. When roads are needed, always use pavements, and where no pavements are available follow the highway code by walking towards incoming traffic.</p> <p>If in groups, stay in single file and use appropriate visibility gear such as high visibility vests/jackets and torches.</p>		Low

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		Sunlight	Sunburn	1	2	2	Wear sun cream if out for prolonged periods of time, even when cloudy. Check body for ticks after every survey. Remove any ticks safely and swab area with alcohol. Report any fever or rash around affected area immediately.		Low
		Lyme's disease	Illness/Death	2	2	4		Moderate	
Walking to/from and around field sites.	None	Poor or extreme weather conditions	Potential injury/illness	2	2	4	Take appropriate warm outdoor clothing and waterproofs. Check weather forecast before trips. Take spare clothes, extra food and water, a First Aid kit, and a mobile phone (but don't expect it to work in all areas).		Low
	None	Falling or slipping on slippery, unstable and uneven ground Attack by farm animals	Potential injury/risk of drowning	3	1	3	Plan the route, watch footing, and wear adequate footwear with ankle support.		Low
			Injury/death from trampling	3	1	3	Avoid fields with cows and young calves, bulls, rams, and farm dogs. Keep dogs under control and away from farm animals.		Low
	None	Falling off bridges	Potential injury/illness/risk of drowning	3	1	3	Take care crossing bridges, particularly on uneven or slippery ground, or where guard rails are low.		Low
None	Attack by adders	Potential injury	3	1	3	Do not touch snakes. Do not insert any part of the body into holes, particularly in stone walls.		Low	

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Sampling lakes/ rivers from the bank or in the water	None	Falling into water	Drowning/getting wet and cold	3	1	3	<p>You should not be entering water for visual naturalness surveys. If you are conducting other monitoring methods, please also refer to their separate risk assessments.</p> <p>Be careful in the water and watch footing on the bank and in the water.</p> <p>Do not enter the water if very high, or substrate is very thick. Be aware of slippery rocks and hazards, particularly in poor weather conditions.</p> <p>Wear suitable waterproof clothing and do not get out of depth.</p> <p>Sample in groups of two or more.</p>		Low
Sampling lakes/ rivers from the bank or in the water.	None	Contracting Weil's disease or infectious hepatitis	Potential illness	3	1	3	<p>In lowland areas, especially near ditches, or farms, it is advisable to wear vinyl gloves. Wash your hands as soon as possible after sampling and before eating, drinking or smoking.</p> <p>Cover all wounds with waterproof plasters and wash all new cuts with alcohol before covering with a waterproof plaster.</p> <p>Report all instances of unexplained fever after working near water.</p>		Low
	None	Being poisoned or suffering	Potential illness	2	1	2	Do not touch any part of Giant Hogweed unless wearing gloves.		Low

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		dermatitis from poisonous plants					Do not lick/chew any plant, particularly umbellifers (Oenanthe – Water Dropworts are poisonous). Avoid touching unknown plants.		
Sampling lakes/streams from the bank or in the water.	None	Being poisoned by blue-green algae	Potential illness	3	1	2	Be careful when working in water that has a bright blue-green algal scum. If contact is made with such scum, wash off immediately. Do not drink the water. Wash hands thoroughly		Low
	None	Sampling equipment, such as sticks with long handles	Could cause contact injury to self or others	2	2	4	Advise all participants on correct and safe use of all equipment.		Low
	None	Sampling with minors	Unsupervised minors could fall in water or injure themselves on hazards in water or become ill through water contact	2	2	4	All minors must always be supervised by a responsible adult. Appropriate health and safety information to be given in advance of surveying. Please note that only those 18 and over can attend training days.		Low
Sampling in groups	None	Transmission of COVID-19	Potential illness/death from COVID-19 infection	2	2	4	Social distancing from group members not part of 'bubble'. Only meet outdoors with group members. Do NOT undertake sampling if exhibiting COVID-19 symptoms		Moderate