

Code of Practice No. 12

Practical Conservation



Cumbria
Wildlife Trust

Originated:	October 2001
Last Revised:	September 2021
Due for Review:	2024
To be read in conjunction with:	CP13 Safety in Fieldwork

1. DEFINITION

Practical conservation is defined as habitat management and the construction and maintenance of estate fabric. Survey and monitoring are not included in this definition and are covered by Code of *Practice No. 13 Safety in Field Work*. This code is primarily aimed at staff and volunteers undertaking practical conservation.

2. REGULATION

As it covers a broad spectrum of tasks, practical conservation is covered by a wide range of legislation. The most important is the *Management of Health and Safety at Work Regulations 1999*, which sets down the requirement for a risk assessment to be carried out for every activity. Specific legislation applies to specific tasks, for example, the *Manual Handling Operations Regulations 1992* for lifting and carrying, and the *Control of Substances Hazardous to Health Regulations 2002* for herbicide application.

3. TASK PREPARATION

3.1 Risk Assessment

Prior to any practical work taking place, the task leader should carry out a risk assessment that includes the specific task, the location and on-site hazards taking into account those who will be carrying out the task. Steps should then be taken to minimize any risks. Anybody involved should be made aware of the hazards and potential risks detailed in the risk assessment before any work is started.

Detailed guidance on assessing risks and drawing up risk assessments can be found in *Code of Practice No. 01 Risk Assessment*.

3.2 Tools and Equipment

If the task will take place where the public are likely to be present and a hazard has been identified in the risk assessment, then hazard warning signs or some other visible precaution such as high visibility tape should be used. Appropriate tools for the job should be selected and their safe condition checked prior to the task by a competent/trained person. Any damaged tools should be replaced or repaired. All tools should be properly maintained; handles and blades should be inspected for faults such as woodworm, insecurity or bluntness. A blunt tool is potentially more dangerous than a sharp one. When sharpening blades such as billhooks, slashers or grass hooks with a wet stone, gloves must always be worn. Special care should

be taken in the maintenance of chainsaws and brushcutters to prevent unnecessary vibration and other potential hazards. This may require regular professional maintenance.

Personal Protective Equipment (PPE) appropriate to the tool/equipment and task should always be used and should be checked regularly. In areas where mobile phone reception is available, a fully functioning, charged mobile phone should always be carried. An adequate first aid kit must be provided when practical work is taking place.

3.3 Safety Talk and on Site Training

Where practical conservation is to be undertaken by more than one person, the task leader should ensure that the other workers know how to use the tools to undertake the task safely and effectively. With groups this is best achieved by giving a safety talk and demonstration prior to starting work. The task leader must therefore be competent in the use of tools for the specific task.

In addition to the proper and safe use of tools, the safety talk should also explain the physicality of the work and exactly what will be required of each participant. This should ensure that participants do not over exert themselves and only carry out work within their means. The nature of the task and reasons for completing the task should be explained and any specific needs of volunteers should be accounted for.

4. PRACTICAL CONSERVATION

Practical conservation tasks should only be undertaken by competent/trained individuals. The level of competency/training necessary has to be assessed for each specific tasks and work area. Where legislation requires user certification e.g. for chainsaw or pesticide use, then each user must have fulfilled these requirements. Training for tasks can include professional training or in-house training. Where outside, professional training and certification is required it has been stated in the tasks listed below.

Personal protective equipment (PPE) should be worn as dictated by the task or work area. More specific guidance on PPE is available in *Code of Practice No. 06 Personal Protective Equipment at Work (PPE)*.

Where a knowledge of first aid is necessary for conservation tasks it has been mentioned in the text for each specific task or work area. Competency levels for first aiders are detailed in *Code of Practice No. 09 First Aid*.

4.1 Burning

a) Area burning as a management tool

There are strict rules on good burning practice for heather, grass, bracken and gorse. DEFRA has published the *Heather and Grass Burning Code 2007* which is available from the Trust Office. Burning should only be carried out by trained personnel in accordance with both the *Heather and Grass Burning Code 2007* and the site management plan.

b) Bonfires

When choosing a site, consideration must be given to the potential for the fire to spread. The potential effects of smoke, sparks, heat and flames and their potential to travel should also be taken into consideration particularly in proximity to roads, neighbouring land and impact on access to the reserve. While attending the fire, staff and volunteers should always work up wind to avoid inhalation of smoke and fumes. Flammable liquids, e.g. chainsaw fuel, should be stored

upwind and well away from the fire site, and should not be used to start a fire. A long-handled fork or similar implement should be provided for stoking and general fire management, and it may also be useful to have a fire beater if there is a possibility of the fire getting out of control.

At the end of a working day, or the end of burning operations, the fire site should be left in a safe manner. This may mean putting the fire out or letting it go out completely, or cordoning off or signing the fire site if hot embers are left. Especial care needs to be taken in areas which are popular with families and children. In these situations it is essential the fire is fully out and the embers are cool or the fire site must be made inaccessible to young children.

4.2 Chainsaws

(This section should be read in conjunction with section 4.13 in this Code of Practice regarding tree felling, snedding and clearance using a chainsaw.)

The Trust requires that everyone who uses a chainsaw on its land or on its behalf must have a current Certificate of Competence issued by an approved body. The Trust also requires that all users undertake refresher training every three years. It is also a legal requirement that all chainsaw users must hold a current Certificate of Competence. Any legal consequences of using a chainsaw without a certificate would result in disciplinary action by the Trust. Certificates must be made available to the Trust and copies must be kept on file. Task supervisors must ensure that the Trust has copies of certificates before anyone uses a chainsaw on a work party.

Chainsaws should be regularly maintained to manufacturer's recommendations. The chainsaw operator must wear the approved safety clothing stipulated by the law and set out in this policy. This includes an approved hard hat with ear defenders and visor, chainsaw gloves, chainsaw boots and anti-ballistic trousers. Under no circumstances should any worker be near to a chainsaw user while he or she is working with the saw; this is defined as 10 metres minimum, and when tree felling, at least two tree lengths away.

Lone workers will not use a chainsaw. Whenever a chainsaw is used, a person must be present who is trained to First Aid at Work standard. If that person is the chainsaw operator he/she must be accompanied by a person trained to at least certified basic first aid standard. This person must wear suitable PPE, which will include hard hat, ear and eye protection. The person should be positioned at a safe distance from the chainsaw operator but in a location where a clear view of the surrounding area, particularly access routes, can be obtained. This person should be trusted, competent and trained in the basics of tree felling, have knowledge of the risk assessment for chainsaw use and be trained in how to turn off the saw in the event of an emergency. An operational mobile phone must be available if only two persons are present at the work site. If an operational mobile phone is not available then a third person should be present who could summon help in case of an accident.

4.3 Construction

The Construction (Design and Management) Regulations 2015 (CDM Regs) apply to projects that last more than 30 days or involve more than 500 person days of construction work. In these cases a 'CDM coordinator' must be appointed to advise the client on Health and Safety. A 'principal contractor' also has to be appointed. The principal contractor's role is to plan, manage and co-ordinate health and safety while construction work is being undertaken. The principal contractor is usually the main or managing contractor for the work. The only practical conservation tasks likely to fall under the remit of these regulations are large bog restoration projects, the construction of bridges, dams, walls etc. and restoration of buildings and archaeological features such as lime kilns, viaducts etc.

Tasks that may possibly require CDM Regulations should be brought to the attention of the Conservation Manager. For any tasks where the CDM Regs apply, written confirmation of compliance with the regulations must be sought from your line manager. It is extremely unlikely that an Honorary Reserve Manager would undertake a task that required CDM Regulations. If however this does occur the above policy should be followed by the relevant Reserves Officer.

4.4 Fencing and gates

Construction, erection or dismantling of fencing should only be undertaken/overseen by adequately trained personnel. Training can be either in-house or through a professional training course. Personal protective clothing should be worn including gloves for handling barbed wire and to protect against splinters etc. Eye protection is advised because of the danger from flying material particularly when dismantling old fences. Chemical-resistant gloves must be worn if handling timber which is still wet with preservative.

4.5 Use of brushcutters/trimmers

Grass cutting with a brushcutter/trimmer will only be undertaken by trained, certificated personnel or where users are trained and directly supervised by trained personnel. The user must wear personal protective equipment appropriate to the type of cutting head being used. All users should wear ear and eye protection. When using a metal blade, an adequate blade guard must be fitted to the machine, and the operator must also wear steel toe-capped boots. Working alone is not permitted. At least one person present must be trained to basic first aid standards. If working near a busy public area, hazard warning signs should be displayed and the use of hazard tape considered.

Scrub cutting with a brushcutter will only be undertaken by trained personnel or where users are trained and directly supervised by trained personnel. As the use of a metal blade is required for cutting scrub, safety equipment must always be worn and includes: safety hard hat with ear defenders and visor or the standard clear plastic shatterproof visor, and boots with steel toecaps. Whenever a brushcutter is used, a person present must be trained to at least basic first aid standard. When using a brushcutter, operators will not work alone. Any workers on site must be at least 10 metres away from the operator. Equipment must be maintained to the manufacturer's guidelines.

Lawnmower

Where a site is liable to contain stones and other objects, it is advisable to walk the area first before mowing because, not only will stones damage the blades and casing, but can also be dangerous if they fly up. A safety guard must be fitted to the grass chute. Equipment must be maintained to the manufacturer's guidelines.

4.6 Hand Tools

Hand tools are any implements that are not powered. When using hand tools adequate training is essential. All users should be proficient in the use of a particular tool or should be given adequate training through a tools talk and demonstration. Personal protective equipment should be worn adequate to the tool and the task. Gloves must not be worn when using any swinging hand tools such as mells, mattocks, hammers to ensure a firm grip is maintained. Only tools supplied by Cumbria Wildlife Trust should be used while working for the Trust. The only exception to this is when the tools are inspected by a competent member of staff and deemed to be in safe and good working order and appropriate for the task.

4.7 Herbicides

Only personnel who have been trained and hold the relevant certificate are allowed to apply herbicides. A COSHH assessment must be carried out, prior to the work being carried out, in accordance with *Code of Practice No. 08 COSHH Control of Substances Hazardous to Health*. Herbicide must be kept in a leak-proof, fireproof container. PPE must be worn in accordance with the product label. A record must be kept of all herbicide use. Surplus chemicals must be disposed of according to legislation.

4.8 Ladders

Ladders must be inspected regularly and conform to safety standards. Defective ladders must be labelled, not used in any circumstances and reported immediately.

The *Working at Height Regulations 2005* must be adhered to and the HSE leaflet *Safe use of Ladders and Stepladders – An Employers Guide* must be used as a guidance document. This is available from the Trust offices and Reserves Officers.

For use of ladders on uneven surfaces, special care must be taken to ensure that the ladder is level, safe and secure. It may not be possible for a lone worker to use ladders safely in certain situations. In these situations more than one person should be present with one person holding the foot of the ladder to ensure it is steady and safe.

4.9 Livestock Management

It is intended to produce a further Code of Practice to cover working with livestock in more detail.

Many of our reserves are managed using grazing animals. The management of these animals is the responsibility of the grazier. However, staff and volunteers may be called upon to assist with management and movement of animals. Whilst the grazing agreements will stipulate that dangerous or diseased animals should not be brought onto site, normally docile stock can become aggressive in certain situations. Personnel working with cattle should not put themselves between cows and their young and should not have dogs present. Lone working with livestock is not permitted. Anyone who is pregnant should not work with sheep during lambing time, as there is a risk of Chlamydia, which can cause abortion. The orf virus can also be transmitted by sheep, and ringworm can be transmitted by all types of stock. PPE should be worn if actually handling livestock and hand-washing facilities should be available.

If staff or volunteers are working directly with livestock, adequate risk assessments for all tasks, sites and circumstances must be produced.

4.10 Path Work

Hazard signs should be displayed if working on a well-used path. Tools should be left at the side of the path when not in use. Unfinished work should be left in a safe condition at the end of each working day.

4.11 Shooting

Employers and people who 'conduct an undertaking' involving the use of guns have a legal duty under the *Health and Safety at Work etc Act 1974* to take all reasonable practical measures so that no one is out at risk. An 'undertaking' does not necessarily involve employment or commercial gain and therefore covers anyone using a firearm under the Trust's bidding, for whatever reason.

Any person given authority for the use of a firearm on Trust property must comply with all legal requirements (licences, fire arms certificates, risk assessments etc). The legislation governing firearms is very complex and voluminous. The Home Office document *Firearms Law, Guidance to the Police 2002* explains the legislation including the Firearms Acts and their amendments. It also explains any other legislation pertaining to the keeping and use of firearms.

The storage and safe keeping of any firearm must also comply with current legislation. This means that any firearm must be kept securely in an appropriate container in a place agreed by the police. If the person certificated to hold the firearm leaves the Trust or no longer has need for the firearm on their property then the firearm must be moved to safe storage or sold on to a firearms dealer.

Training on the safe use of firearms is a legal requirement for all those using work equipment. Therefore specialist training must be given before any staff member uses a gun. Any firearm use should comply with Health and Safety Executive *Code of Good Practice AS7 – Guns*. This is available at the Trust's offices and on the Health and Safety Executive website www.hse.gov.

Firearms and Contractors

Any person who uses a firearm on Trust land as a paid contractor or under any other contractual agreement must also fulfil all legal requirements pertaining to the holding and use of the firearm in question. Contractors must also comply with HSE *Code AS7 – Guns*. Risk assessments must be written to take into account all safety aspects of the particular use necessary. Deer control, the use of high seats or vermin control at night should all have thorough, well thought out assessments covering all risks. Guidance can be found at *BASC Lamping Code of Practice* and the Scottish Deer Society web site. Risk assessments should be drawn up and agreed between shooters and Reserves Officers using such current advice.

No-one may use a gun on a reserve without written authorisation from the Director.

4.12 Timber Treatment

A COSHH assessment must be carried out in accordance with up-to-date guidance. Appropriate PPE should be worn.

4.13 Tree Felling

Hand Felling

Felling must only be undertaken by those competent to do so safely. On the job training can be given to complete felling tasks with work parties etc and should be supervised by a competent person. Felling of trees by hand of a diameter greater than approximately 10cm (4 inches) at chest height will only be undertaken by those trained to do so.

The blade on the bow saw should be sharp and all other workers should be at least twice the height of the tree's distance away. Hard hats must be worn by all and, if a rope is required, safe techniques must be employed as advised by the Forestry Safety Council. Pruning should not be attempted above shoulder height. Trees should not be climbed nor ladders used.

The task leader must always assess the situation before felling for obstructions such as power lines, telephone cables, manholes and other trees. Hung-up trees are difficult to remove and must only be undertaken by those trained to do so.

A person trained to First Aid at Work standards must be present.

Felling Trees with Chainsaws

(This section should be read in conjunction with section 4.2 regarding the basic safe use of chainsaws.)

Safe techniques in chainsaw felling, snedding, crosscutting and stacking should always be adhered to. Guidance on this can be found in *Health and Safety Executive leaflets* from the *Arboriculture and Forestry Advisory Group*.

[AFAG302](#) – *Basic chainsaw felling and manual takedown.*

[AFAG303](#) – *Chainsaw snedding*

[AFAG304](#) – *Chainsaw cross-cutting and manual stacking*

[AFAG306](#) – *Chainsaw clearance of windblow*

[AFAG307](#) – *Chainsaw felling of large trees*

[AFAG310](#) – *Use of winches in directional felling and takedown*

These are available from the Trust Offices or through the HSE website.

Chainsaw users must only undertake works for which they have been properly trained and certificated.

4.14 Vehicles and off-road driving

The general use of vans, cars and ATV's for Trust purposes is covered by *Code of Practice No. 19 Safe Use of trust Motor Vehicles*. Tractors, mini excavators, dumpers, etc., may only be operated by Trust Staff with driving licences who have also been trained in the safe use of the vehicle.

If a vehicle is fitted with one seat, then only one person should be in/on the vehicle. Under no circumstances should passengers be carried.

Only people licenced to tow trailers on the road can do so. Trailers must only be used on vehicles with proper ball hitches and electrical connections, and must only be loaded to the weight recommended for the towing vehicle. The ball hitch and any extra security measure to prevent the trailer parting from the towing vehicle must be checked each time it is used. The load must be properly secured and safe, both from the point of view of Trust staff and volunteers, other workers, and road users, and must not be overweight. Passengers must not travel in or on the towed trailer.

Only people that have been trained to do so should take vehicles off roads or tracks. Employers should provide training in safe techniques for off-road driving especially where work involves negotiating rough and steep terrain. Training in safe procedures for debogging vehicles is also needed in many areas. Wear a seat belt if one is fitted. Wear suitable head protection if you ride a motorcycle or quad bike ATV. Helmets with neck protection are better, e.g. motor- cycle helmets to BS 6658.

When towing equipment behind quad bike ATVs, it is important to ensure good stability and braking. Brakes fitted to the trailed equipment will help prevent jackknifing when braking or

traveling downhill. Stability is improved if a ball hitch is used with a swivel mechanism on the drawbar and if the load is arranged so that some weight is transferred to the drawbar. Make sure the trailed weight is not excessive for the ATV.

Not all powered machinery is included in these Codes of Practice. No person may use any such equipment until a risk assessment has been undertaken and written instructions on health and safety use, including level of first aid and training required, has been produced. If a member of staff or a volunteer is in any way unsure which equipment is covered by this policy, they must ask for clarification.

4.15 Walling

Safe manual handling techniques should always be employed when lifting heavy weights.

- When lifting heavy weights, take a firm grip, keep the back straight, bend the knees and lift with the legs. Never bend your back.
- Lift by straightening the legs gradually; do not persist in attempting to lift the load if it is a strain
- Do not change a grip once carrying a load; rest it on a firm support and then change
- Do not carry a load in one arm or support it by the hips, this can cause localised strain
- Lifting whilst twisting around is an added strain and should be avoided

Walling jobs should always be supervised by competent, qualified staff. Steel toe capped boots should always be worn. Gloves should be worn to avoid damage to hands. The site should be left safe at the end of the day especially if the area is accessed by the public. New walls or very large restoration jobs may come under the CDM regulations (see 4.3 above).

4.16 Winches

Hand winches (modified from BTCV Handbooks On-line)

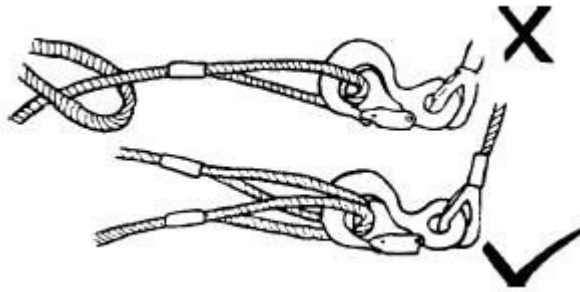
The winch operator should be adequately trained in the use of the equipment. Wear safety footwear, safety helmets for lifting operations and protective leather gloves when handling wire cables/ ropes.

The weight of the load you wish to lift must not exceed the safe working load (SWL) of the winch. The cable and slings in use with the winch must have a breaking strain well in excess of the winch's SWL (e.g. a 1600Kg SWL Tirfor Winch is supplied with cable of 8145Kg breaking strain). Check the winch's and cable's capacity before use. Similarly, the weight of any load you are attempting to pull across ground must not exceed the winch's specified pulling capacity (commonly 1.5 times the SWL, but check this.) Do not pull or lift people with a winch.

Winches and accessories are covered by the *Provision and Use of Work Equipment Regulations 1998* and must be serviced/ maintained in good safe working order by competent personnel. A thorough examination of the equipment must be undertaken every 12 months by a competent person and an inspection made every six months. Each must be recorded.

Examine the equipment for obvious defects such as cable frays or kinks before use and do not use until any defects have been competently replaced or repaired.

Only people directly involved should be in the vicinity of the winch. Everyone should stay clear of the cable, its attachments and the load being winched. Do not use the cable doubled back on itself as a sling around the object to be moved. Always use a separate sling for this and attach it to the winch cable as shown.



Follow the manufacturer's instructions and technical data explicitly.

Using a winch to pull over trees is to be firmly discouraged. For example, if the pull point is high in the tree the winch and rope will rise off the ground when under tension and drop suddenly as the load is removed. If this use of a winch is truly necessary, the winch must be further away than 2.5 x the height of the tree. No-one should be within this distance of a tree being brought down by any method. Reference should be made to *Health and Safety Executive Leaflet AFAG310 – Use of winches in directional felling and takedown*.

Do not allow cables to kink or become crossed on the drum, as this reduces strength.

If using a tree as an anchor, make sure it is strong enough to take the pull without damage to itself and do not use smooth-barked trees as they are easily damaged. When winching, check that the anchor sling is not riding up the anchor and that the anchor is not cracking under the strain. If a winch is used for lifting or lowering a load, e.g. bridge beams, the operation and the equipment must comply with the Lifting Operations and Lifting Equipment Regulations.

Mechanically powered winches

The only powered winch that staff should use under normal circumstances is the Warn winch on the front of the Landrover. All the above safety precautions also apply to the powered winch. Staff should be familiar with operation and workings of the winch available in the *Warn – The Basic Guide to Winching Techniques* pamphlet held at the Trust or available on-line.

4.17 Working near Water

Lone working near deep water is not permitted. Where possible, work should be carried out from the bank, but it may be necessary to enter the water. If there is a risk of slipping or falling, a rope should be attached to the person doing the work and held by a second person. In these situations a third person should be present to get help if required. At least one person present should be trained in basic first aid. Appropriate PPE should be worn.

5 ENVIRONMENTAL FACTORS

5.1 Sunburn & Heatstroke

Sunburn

Sunburn is caused by overexposure of the skin to the ultra violet radiation in sunlight. It causes the familiar symptoms of skin reddening, soreness and blisters and can also increase the chance of developing skin cancers. Sunburn can also happen when it is windy and feels cool. Appropriate preventative action should be taken. This includes covering up with appropriate

clothing that will filter out harmful UV rays, wearing a hat and applying sun block to exposed skin.

Heatstroke

Heatstroke is a condition in which the body becomes overheated in a relatively short space of time. This can be a life-threatening condition, requiring urgent medical attention. Abnormally high body temperatures (hyperthermia) may occur by over exertion, which often occurs with pronounced physical exertion or if you are suffering from sunburn where the sweat glands have been damaged or destroyed.

5.2 Hypothermia

Anyone concerned with outdoor activities is at risk of hypothermia, whether on land or at sea or inland water. Hypothermia occurs when the body temperature falls below 35 degrees centigrade (95 degrees Fahrenheit) compared with the normal temperature of 36.9 degrees centigrade (98.4 degrees Fahrenheit). This leads to weakness, loss of will to survive and, if prolonged, can prove fatal. Hypothermia could arise through exhaustion, for example in the case of field staff and volunteers out on hills or mountains, through immersion in cold water, or by injury and resulting immobilisations.

In extreme cold or wet conditions any two of the following points are known visible symptoms of hypothermia and need attention:

- Complaints of feeling cold, tired or listless
- Unreasonable behaviour or irritability
- Sudden uncontrollable shivering
- Stumbling or falling
- Slurring of speech and difficulty with vision
- Physical resistance to help
- Collapse or unconsciousness

Where possible the victim should be removed from the environment that is causing the exposure as soon as possible. Seek medical attention immediately. If the victim cannot be moved, try to maintain body heat by wrapping in blankets or clothes, and preferably a survival bag. Do not give alcohol. Work party leaders must be aware of the danger and monitor staff and volunteers regularly.

In addition to the above, the risk assessment for any activity outdoors must include weather conditions and give consideration to the distance from the site to the road. In extreme cold weather, activities should only be carried out if the weather does not make them more hazardous. The safest option in extreme weather conditions is always to cancel the activities. If the risk assessment concludes that it is safe to go ahead with an activity but conditions worsen whilst the activity is being undertaken or any person shows signs of hypothermia then the activity must be stopped immediately.

5.3 Weil's Disease (Leptospirosis)

Background

This is an acute bacterial infection transmitted by wild and domestic animals. Human infection results from direct contact with the tissues, urine or faeces of an infected animal or indirectly through contaminated water.

There are two varieties of Leptospirosis, which are the main concerns:

a) Cattle Associated Leptospirosis (CAL)

which can be contracted by working in close contact with cattle. Symptoms associated with this in man are: flu-like illness, severe headache and meningitis.

b) Weil's Disease or Leptospiral Jaundice.

Most commonly associated with rodents, particularly rats. The symptoms associated with this form are jaundice, meningitis, conjunctivitis and renal failure. The disease, which is notifiable, requires hospital treatment, and one in nineteen people die following infection from kidney or liver failure. Statistically however, the disease is rare.

Prevention

Wear boots and gloves and, as necessary, waders and waterproof gloves when in contact with stagnant water or contaminated soil. Educate work parties and volunteers to potential dangers (also necessary for insurance purposes). Cover all cuts and abrasions of the skin with a good quality watertight dressing and do not touch with wet hands or get water in the eyes, nose or mouth. Do not bite your nails. Observe high standards of personal hygiene at all times. After working with dirty water, or contact with cattle or rodents or anything contaminated by them, wash hands and forearms preferably with an anti-bacterial agent, particularly before eating, drinking or smoking. Equipment used should also be rinsed and dried as soon as possible.

Symptoms

These start 3-19 days after exposure to contaminated water. Similar to flu, they include a temperature, headaches, fever and muscle pains. Other symptoms may include conjunctivitis and/or jaundice.

Diagnosis and Treatment

If you believe you are developing Weil's disease you should contact your doctor and ask for an 'Elisa' blood test. Early diagnosis and treatment are vital for recovery.

5.4 Lyme Disease

Lyme disease is an infection caused by a bacterium and is transmitted by the bite of an infected tick. Not all ticks are infected and the risk of infection is further reduced if ticks are removed within 24 hours. This tick is found on vegetation and animals in grassland, marshland and woodland habitats. The tick is most active and feeding between April and October. Pets are at risk too.

Prevention

Wear appropriate clothing to cover the legs, e.g. high boots, Wellington boots, gaiters or long trousers tucked into socks. Light coloured clothing can also be useful as ticks can more easily be seen, arm covering should include a cuff to help exclude ticks; insect repellents will help. Ticks should be removed immediately - wash hands first with soap or a disposable cleansing wipe. After a walk or activity rub your clothes down and inspect your skin for ticks when bathing or showering. If you should find any ticks remove them promptly. The recommended method for the removal of ticks is by grasping the tick near to the head with fine pointed tweezers or a tick removal tool ensuring not to squeeze the abdomen, and pulling gently away from the skin. Ensure that the head is fully removed. Clean the area after extraction.

Diagnosis and Treatment

- Check for rashes/red patches (can be 1-18" across and may be ring-shaped) or unhealed bite
- Flu-like symptoms
- Meningitis-like symptoms (i.e. stiff neck, difficulty in concentrating, fatigue)

If you have any of the above following a tick bite, see a doctor immediately. Lyme disease is treatable with antibiotics at any stage. However, the earlier it is diagnosed the easier it is to treat. If you have any concerns contact your GP.

5.5 Tetanus

Tetanus is a toxin produced by a bacterial infection of an anaerobic wound e.g. a thorn splinter under the skin, an animal bite or a puncture wound from a nail. Gloves must be worn when carrying out any work where there is a likelihood of cuts. All outside workers must be protected against this by inoculation, and it is their responsibility to ensure that this is done. You should contact your GP to find out when your next booster is due.

5.6 Canine Toxocariasis

This disease is transmitted through contact with dog faeces. Whilst it is not a serious threat to adults, it is most acute in children and can cause blindness. As other diseases can also be transmitted by dog dirt, precautions need to be taken when working on sites that are regularly used by dog owners. Where the task means that contact with dog dirt is likely, hand-washing facilities should be provided.

Other documentation referred to in this Code of Practice:

Health and Safety at Work etc Act 1974, HMSO

Provision and Use of Work Equipment Regulations 1998, HMSO

Management of Health and Safety at Work Regulations 1999, HMSO

Manual Handling Operations Regulations 1992, HMSO

Control of Substances Hazardous to Health Regulations 2002, HMSO

Working at Height Regulations 2005, HMSO

The Construction (Design and Management) Regulations 2015, HMSO

Heather and Grass Burning Code, (2007) Department for Environment, Food and Rural Affairs

Firearms Law, Guidance to the Police 2002 (2002), Home Office

Code of Practice 2 – First Aid (2008), Cumbria Wildlife Trust

Code of Practice 8 – Personal Protective Equipment at Work (PPE) (2008), Cumbria Wildlife Trust

Code of Practice 9 – Risk Assessment (2008), Cumbria Wildlife Trust

Code of Practice 10 – COSHH Control of Substances Hazardous to Health (2003), Cumbria Wildlife Trust

Code of Practice 13 – Use of Vans Cars and ATVs (2009), Cumbria Wildlife Trust

INDG402 - Safe use of Ladders and Stepladders – An Employers Guide (2005), Health and Safety Executive

AFAG302 – Basic chainsaw felling and manual takedown (2006), Health and Safety Executive

AFAG303 – Chainsaw snedding (2009), Health and Safety Executive

AFAG304 – Chainsaw cross-cutting and manual stacking (2009), Health and Safety Executive

AFAG306 – Chainsaw clearance of windblow (2009), Health and Safety Executive

AFAG307 – Chainsaw felling of large trees (2003), Health and Safety Executive

AFAG310 – Use of winches in directional felling and takedown (2003), Health and Safety Executive

Code of Good Practice AS7 – Guns (2002), Health and Safety Executive

*Lamping Code of Practice (2004), British Association for Shooting and Conservation
(<http://www.basc.org.uk/en/codes-of-practice/lamping.cfm>)*

*Warn – The Basic Guide to Winching Techniques – Warn Industries –
(http://www.warn.com/corporate/images/90/TechGuide_PN62885-A2.pdf)*