

Conditions		<p>regular drink breaks.</p> <ul style="list-style-type: none"> • Take advantage of, or create, shaded work areas. • Schedule, or reschedule, work to avoid heavy exertion during the most intense heat of the day. • Reinforce the need for long trousers and long sleeves, broad- brimmed hats and sunglasses. • Provide and encourage the regular use of a SPF 30 sunscreen on any exposed skin. • Closely monitor participants for signs of fatigue, particularly those who are less fit, inexperienced or not acclimatised. 		
Working in Cold/ Conditions		<ul style="list-style-type: none"> • Make ample food and fluids available, including warm drinks if possible. • Demonstrate and encourage simple warm up stretches before commencement, and after breaks. • Rotate tasks to avoid prolonged exposure. • Identify shelter area and use this during periods of inactivity e.g.: breaks or extreme conditions. • Structure work to avoid the coldest times of the day. • Encourage participants to wear layered clothing that enables them to adjust their body temperature according to weather conditions and activity level. • Wear a warm hat (the head is a major heat loss area). 		
Soil Borne Diseases and Infections		<ul style="list-style-type: none"> • Identify any participant in higher risk categories (any open cuts or sores) and deploy them on an alternate task. • Avoid skin contact with wet soil or muddy water, by restructuring the task or by using impervious PPE. • Cover any minor cuts or scratches. • Wear appropriate PPE e.g. gloves. • Provide adequate washing facilities and ensure participants wash thoroughly before eating or drinking. 		
General Tree Planting Tasks		<ul style="list-style-type: none"> • Wear gloves when handling soil, and additional PPE as necessary. • Conduct a visual inspection of the site, and remove potential risks such as broken glass, wire etc. • Use kneeling mats or padding if there is a danger of spike injuries from glass, stones etc. • Rotate tasks, even if participants are not experiencing discomfort. • Take regular breaks and encourage gentle stretching. • Provide adequate hand washing facilities. • Maintain a safe working space between participants. 		
Working near Water		<ul style="list-style-type: none"> • Maintain a safe distance between participants and water that is deemed dangerous because of depth, current, murkiness, turbulence, difficulty of escape etc. • Refrain from working on steep, slippery or unstable banks. • Fence, flag or tape off high risk areas. • Identify non-swimmers and ensure that they are deployed away from higher risk areas. <p>Where there is an inadvertent possibility of the need to rescue someone from the water, ensure there are rescue aids readily accessible e.g. rope, long pole, flotation device. Where there is a current, these aids must be positioned downstream of the most likely entry point. Formulate an emergency response plan that is based on non-contact rescue strategies.</p>		

*** EXPLANATORY NOTE 5 ON RISK LEVELS (see page 9 of OHS Management Plan)**

