

[illegible]

Risk level: L = Low, M = Medium, H = High

ACTIVITY ASSESSED	ASSESSOR	ASSESSMENT DATE
33. Digging up bramble plants	Steve Bolsover	11 th July 2025
RESTRICTIONS		
PREVENTATIVE MEASURES		
PERSONAL PROTECTIVE EQUIPMENT Volunteers will wear thick “rigger” gloves. They will be advised to wear long trousers and stout shoes or boots.		
TRAINING Volunteers will be shown the correct way to use a spade, with the minimum of back bending, and warned to be careful when pulling long stems of bramble and be aware of the possibility of whiplash.		
MONITORING Wardens will always be on hand to check that volunteers are working safely.		
INFORMATION The nearest emergency room is at Northwick Park hospital.		

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