

ACTIVITY ASSESSED	ASSESSOR	ASSESSMENT DATE
37. Riverfly Monitoring	Stephen Bolsover	24 th November 2023
RESTRICTIONS All riverfly monitoring sessions should be attended by at least one person who has been formally trained by a Riverfly Partnership qualified trainer in the technique and the safety protocols to be followed. It will normally be the trained people who enter the stream and carry out the sampling; if this is delegated to an untrained person then the trained people should supervise carefully to ensure appropriate protocols are followed.		
PREVENTATIVE MEASURES Volunteers should be familiar with and follow the safety protocols of the Riverfly Partnership. During training volunteers are given five safety documents. Copies of these documents follow this page. Generic Risk Assessment Volunteers should be familiar with this document, review the hazards and control measures regularly, and follow the protocols in the document when carrying out riverfly monitoring. Dynamic Risk Assessment Volunteers should carry this document (provided during training as a laminated card) with them to the monitoring point and apply the assessment before beginning to sample. Weil's disease All streams in Harrow support significant rat populations. Volunteers should be aware of the danger and have the Riverfly Partnership document available to hand to medical personnel in case of illness. Lyme disease We are not aware of any people, volunteers or members of the public, suffering tick bites when on sites in Harrow. Nevertheless volunteers should be aware of the possibility of tick bites and subsequent Lyme disease. Volunteers should have the Riverfly Partnership document available to hand to medical personnel in case of illness. Needlestick or other contamination injury from clinical waste Volunteers should follow the protocol on the sharps advice card.		
PERSONAL PROTECTIVE EQUIPMENT See Riverfly Partnership Generic Risk Assessment		
TRAINING All riverfly monitoring sessions should be attended by at least one person who has been formally trained by a Riverfly Partnership qualified trainer in the technique and the safety protocols to be followed.		
MONITORING Any injury during riverfly monitoring (or any other activity carried out during a Harrow Nature Conservation Forum activity) that falls into one or more of the following categories should be reported to the Forum by phone at 020 8933 2823 / 0779 483 7302 or by email at admin@harrowncf.org : • A serious cut or scrape that requires more than an adhesive plaster, irrespective of how clean the wound is. • Any cut or scrape, however small, that comes into contact with stream water. • Any cut or scrape, however small, caused by a hypodermic needle, clinical waste, or waste contaminated with human waste.		
INFORMATION Currently the Riverfly Partnership safety protocols are published at https://drive.google.com/drive/folders/1OKAxjBlgQ-XWQs1bOjhnSWW42rHNPCV6		

Generic Risk Assessment

For further information on The Riverfly Partnership visit
www.riverflies.org

HAZARD	RISK	CONTROL MEASURES
PERSON	• Lack of individual capability • Poor fitness • Pre-existing injuries	• High degree of personal responsibility • Pre-existing injuries can be exacerbated by the activity. Effects can be felt post activity. It is important to seek quick advice / treatment. Delay can significantly hinder recovery
MUSCULAR SKELETAL DISORDER	• Repetitive kick sampling • Manual handling / lifting • Posture	• Awareness of posture, correct lifting techniques and back care
BITES / STINGS / IRRITANTS	• Bites / stings / irritants from nature	• Awareness
SKIN IRRITATION	• Spills of alcohol / ethanol in preserving specimens	• Wear gloves at all times when handling these fluids • Adhere to COSHH regulations • Container for sharps
EXPOSURE TO DISEASE & INFECTION Infection Leptospirosis (Weil's disease) Lyme disease Hepatitis A or B Needlestick injuries Blue – green algae	• Via open wounds • Contact with water contaminated with urine from infected rats. Infection can enter the body through cuts and scratches or lining of the mouth, throat or via the eyes • Bite/s	• Wear protective clothing and gloves / long armed gloves • Cover all cuts and broken skin with waterproof plasters • Wash hands before and after contact with water and prior to eating, drinking, smoking • Examine for bites and ticks • Carry associated cards and follow up any symptoms with a medical practitioner
SLIPS, TRIPS AND FALLS	• General access and access and egress to and from watercourse	• Awareness

HAZARD	RISK	CONTROL MEASURES
WEATHER	Heat, sun, wet, cold	- Awareness - Correct clothing and spare set - Sun cream SPF 15+, drink (warm or cold) - Check weather forecast, remember some rivers can be flashy and rise very quickly
TRAFFIC	Vehicular movements	Awareness
AGRICULTURAL PRACTICES	- Disturbance to livestock - Injury from livestock - Fencing e.g. electric, barbed wire	- Awareness - Permission for access - Follow The Countryside Code
WATER SAFETY ISSUES Immersion / drowning Sudden immersion / shock Foot entrapment Hypothermia Cuts / puncture wounds	- Depth, flow, uneven river bed - Silt and mud / marshy ground; weed growth - Impact from floating debris - Unexpected sudden increases in flow – up stream rainfall or dam releases - Turbid water, unseen bed conditions, needle sticks / broken glass	- Awareness, lifejacket, clothing, boots with mid-sole protection - Check the water depth and bed stability with a staff or pole - Work with another person nearby - Beware of dynamic water depth and that water levels can rise quickly. Check forecast prior to field work - Never enter a river in spate
PUBLIC	- Other activities - Threatening behaviours	- Awareness and communication - Awareness; leave the site for personal safety
RISKS TO THE ENVIRONMENT	- Disturbance of silt and mud (downstream pollution) - Spread of infection to / from other water courses - Spread of alien / invasive species to / from other sites - Distress to fish and other wildlife e.g. disturbance of fish spawning sites and nesting birds	- Awareness and knowledge - Disinfection - Follow Government guidelines

Dynamic Risk Assessment



This is an aide memoire prior to commencement of your activity and also during the activity. It helps you to be sure that all relevant precautions are taken to ensure your health and safety and that of others.

Ask the question. If the answer is green - Go, if the answer is red - Stop

GENERAL

1) Do you have a copy of the Generic Risk Assessment?	YES	NO
2) Have I applied all of the control measures?	YES	NO
3) Have I checked the need for any additional measures and applied if necessary?	YES	NO

PERSONNEL

4) Am I trained for this activity?	YES	NO
5) If I am lone working, does someone know where I am?	YES	NO
6) Do I feel safe working at this site?	YES	NO
7) Am I fit to do this work?	YES	NO

EQUIPMENT

8) Do I have the correct equipment?	YES	NO
9) Is the equipment free from defects?	YES	NO
10) Have I got the correct safety equipment?	YES	NO
11) Is the safety equipment free from defects?	YES	NO
12) In situations that require it, am I wearing a lifejacket? See overleaf	YES	NO

SITE

13) Are adverse weather, ground or river conditions increasing the risk to an unacceptable level?	YES	NO
14) Are there any other activities taking place which may increase the risk to an unacceptable level?	YES	NO
15) Are the river banks and bed a safe working environment?	YES	NO

OTHER

16) Do I have any other concerns about the work I am about to undertake?	YES	NO
17) Is it safe to continue?	YES	NO

Life Jacket Usage

When to wear a lifejacket

Life jackets must be worn either:



When water is greater than knee depth

or



Where there is a reasonably foreseeable risk of immersion or drowning

Continued care and maintenance of your life jacket is vital to maintain integrity and ensure correct operation.

Follow the life jacket manufacturer instructions regarding:

- Pre-use checks
- Regular inspections
- Servicing

For further information on The Riverfly Partnership visit www.riverflies.org



LEPTOSPIROSIS

(WEIL'S DISEASE)

**Instructions to persons involved
in fieldwork with the potential
for contact with water or
locations frequented by rats.**

THIS CARD IS FOR YOUR PROTECTION

Whenever you go to your doctor
or to a Hospital on account of illness
show this card and make sure that
those attending you know of your
fieldwork activity.

INSTRUCTIONS TO CARD HOLDERS

1. As infection may enter through breaks in the skin ensure that any cut, scratch or abrasion is thoroughly cleansed and covered with a waterproof plaster.
2. Avoid rubbing your eyes, nose and mouth during work.
3. Clean protective clothing, footwear and equipment etc after use.
4. After work and particularly before taking food or drink wash hands thoroughly.
5. Report all accidents and/or injuries however slight.
6. Keep this card with you at all times.

MEDICAL INFORMATION

The holder of this card is engaged on fieldwork which may bring them into contact with water or materials which may be contaminated with *Leptospira*.

None of the symptoms of early Leptospirosis or Weil's Disease are pathognomonic and diagnosis is based on laboratory investigations. Should you suspect the holder may have been infected please arrange for the appropriate tests. The infection may resemble influenza in the early stages.



LYME DISEASE

Instructions to persons involved in fieldwork with the potential for contact with ticks. Care must be taken in areas such as heath, moorland or woodland, or with contact with pets or other animals.

THIS CARD IS FOR YOUR PROTECTION

Whenever you go to your doctor or to a hospital on account of illness show this card and make sure that those attending you know of your fieldwork.

INSTRUCTIONS TO CARD HOLDERS

1. Infection is caused by a bite from an infected tick.
2. Tick size varies from 1mm to 10mm. They may crawl on clothing for some time before making contact with skin.
3. Make regular checks of clothing and skin as removal within 24 hours may reduce risk of infection.
4. Light coloured clothes will help ticks to be seen. Wear long sleeves, and trousers tucked into boots.
5. Remove with tweezers using anti-clockwise upwards force.
6. Report all incidents of tick bites.

MEDICAL INFORMATION

The card holder is engaged in fieldwork that may bring them into contact with ticks infected with the bacterium *Borrelia burgdorferi*. Should you suspect infection, please arrange for appropriate tests, as Lyme disease may not show up for several months. Early symptoms may include a rash with a clear margin, expanding to leave a clear centre, or influenza like symptoms.



WHAT TO DO IN THE EVENT OF A NEEDLESTICK OR OTHER CONTAMINATION INJURY FROM CLINICAL WASTE

Instructions to persons whose activity may bring them into contact with used needles, discarded medical instruments or other items which may be contaminated with blood and body fluids.

If you receive a needlestick injury or sharps injury from needles or clinical waste, you are strongly advised to do the following:

1. Encourage the wound to bleed by gently squeezing.
Do not suck the wound.
2. Wash thoroughly under running water.
3. Cover with a waterproof dressing.
4. Seek medical attention within four hours at an accident and emergency department. This bears no relation to the incubation period of the disease but should be a reasonable period of time in which to act in all working situations. (If it is possible and safe to do so take the cause of your injury with you).
5. Record and report the accident in the normal way.



PROTECT YOURSELF FROM THE RISK OF INFECTION FROM WORK ACTIVITIES

The following standards of hygiene and safe working practices should be followed in all activity where there is a possibility of exposure to infectious diseases.

1. Wear the correct protective clothing, ensuring that it is in good repair and kept clean.
2. Wear the correct gloves, ensuring that they are in good repair, and replace them immediately if damaged.
3. Cover all cuts, scratches, burns or other broken skin with a waterproof dressing.
4. Do not eat, drink or smoke without removing soiled clothing and washing your hands.
5. Do not bite fingers or fingernails.
6. Ensure, where possible, you are protected with the appropriate vaccinations where there is a significant risk of exposure to infectious diseases.