

OCCUPATIONAL HEALTH & SAFETY NOTES

for Friends of Coolbinia Bushland

Please let the Group Leader know if you are managing any medical conditions that we need to be aware of, thank you.

1st Aid Kit, Mobile phone

Protective clothing-Please wear long sleeved shirts, trousers, enclosed shoes, hat, gloves (supplied), and sunglasses to get maximum protection. Bring your own water please. Wear wet weather gear in Winter for rain.

Dieback spray for shoes-To avoid the spread of dieback from entering our bushland could you please spray the soles of your shoes with meth spirits, as supplied by the group, before we commence activities.

Weather-heat and sunburn protection-Please wear protective clothing, drink water, apply sunscreen, work in shaded areas if possible.

Weather-thunderstorm-Stop activities, down tools and seek shelter at school under croft.

Trips and slips-Watch out for uneven ground, trip hazards eg fallen branches and mulch debris. Be careful of where you are walking.

Watch for rubbish-eg Broken glass, or metal debris, wires, tin scrap.

Scratches and cuts-Wear gloves to protect hands from knife tool and shrubby cuts. Wear long sleeved shirt and trousers to protect against scratchy shrubbery. Sunglasses to protect eyes from stabs from sedges, branches. Seek medical advice or assistance if necessary.

Overhead branches-Be aware of your surroundings, note overhead branches where you are working.

Bites and stings-Ants and insects, reptiles, spiders. Avoid working near insect nests. Seek medical advice or assistance if necessary.

Using tools-We use sharp bread knives for weeding. Use with caution.

Lifting of heavy weed bags-Always bend the knees and keep back straight. Share load if possible: break down into smaller loads.

Repetitive work of weeding-Strains and sprains. Take regularly breaks to stretch or relax tired muscles and joints. Change positions regularly. Wear knee pads to protect from uneven, bumpy ground.

Plant toxicity-Wear protection to remove and handle identified noxious weeds. Gloves, sunglasses, and protective clothing. (eg Euphorbia, or Geraldton carnation weed, has toxic sap).

Bird swooping-Territorial activity (Springtime), wear hat and sunglasses, carry a small branch to wave over your head. Do not throw objects or behave aggressively, it will compound the situation.

Snake bite-Do not panic. Apply firm bandage, keep patient **calm**, and phone for ambulance. **Dial 000**

Nearest medical facility for Emergency-Royal Perth Hospital