

Volunteer Health and Safety Newsletter

Issue 1, Spring 2022

Health and safety policy

The Trust's Health and Safety Policy was recently reviewed and signed off by Council.

The key change includes aligning the policy to the Institute of Directors (IoDs) / Health and Safety Executives (HSEs) guidance: Leading Health and Safety at Work.

Reporting accidents, near misses and other incidents

Please ensure you promptly report all accidents, near misses and incidents to your Primary Contact without delay.

Welcome to our new volunteer health and safety newsletter

The purpose of this quarterly Health and Safety Newsletter is to communicate key updates on health and safety to our Volunteers. If you have any comments, questions or suggestions for the Newsletter please contact, Justin Tyas, H&S Manager – contact details below.

New Director of Nature Recovery

Chloe Edwards, Director of Nature Recovery started with the Trust on 28 February 2022. Chloe joined us from Kent Wildlife Trust where she was Head of Wilder Landscapes. She led a multi-disciplinary team covering conservation evidence, freshwater, farmed environment, wilding and nature-based solutions, planning and development. Chloe led a number of strategic relationships and partnerships and therefore brings a wealth of experience to her new role.

Safety doesn't happen by accident

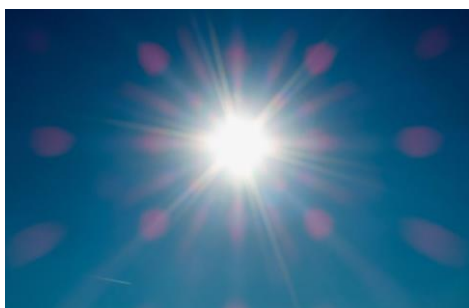
Continuing to reduce the risk of Covid-19 transmission

The Trust has spent some time considering its response to Covid-19 in light of the government's decision to bring forward the expiry of Covid-19 Public Health laws. As a result, our Covid-19 Protocols have been suspended and are being archived for the time being.

We have replaced the Protocols with a single consolidated set of pragmatic guiding principles to help us to look after ourselves and each other. You can find the new guidance - "[**Living with Covid – Guiding Principles**](#)" along with other information and policies to support your volunteering on our dedicated [**webpage**](#).

Sun Protection

As the weather warms up it's important to protect yourself from exposure to ultraviolet (UV) radiation from the sun which can cause skin damage and in the long term can lead to skin cancer. The Trust has a Safe Working Procedure – *Working in the Sun* and further information can also be found in the Health and Safety Executives (HSEs) leaflet [**Sun Protection Advice for Outdoor Workers**](#).





Lyme disease

Lyme disease is a potentially serious bacterial infection transmitted via tick bites. It occurs in the UK, particularly in certain rural areas.

Ticks feed on birds and mammals that carry the bacterium in their blood and then transmit the bacterium to a human when they have a blood meal. The tick needs to be attached to a person for about 24h before the disease can be transmitted. In the UK, the risk of tick bites is highest from April to October, when the ticks are most active.

Ticks are common in forested areas, heathland, moorland and suburban parks, and are more common in certain regions of the UK.



Incubation time is 3–30 days. The first symptom is usually a 'bull's eye' rash, which spreads from the site of the tick bite. It is not generally painful or itchy. There are often accompanying flu-like symptoms. In a small number of more serious cases there is infection of the nervous system (symptoms include viral-like meningitis, facial palsy, nerve damage).

Anyone with these symptoms who has been in a high risk area should seek medical attention. Early treatment with antibiotics is generally effective.

The following control measures reduce the risk of infection:

- It is important to be 'tick aware' in high risk areas.
- In areas of long grass, wear long trousers tucked in to socks.
- Check exposed skin for ticks (they are very small and therefore difficult to see) and remove immediately with tweezers.
- Check clothing and animals (eg working dogs) for ticks.
- Use insect repellents.

Volunteers should be familiar with the [Safe Working Procedure for Tick Bites and Lyme Disease](#).



Health and Safety Volunteer

The Trust is fortunate to have a new Health and Safety Volunteer, Bambos Kakouratos who volunteers 1-day per week (Tuesdays). Bambos has been instrumental in developing new guidance for Personal Protective Equipment (PPE) and Hazardous Substances. Bambos has been supporting the Reserves Team with their risk assessment for hazardous substances.

Contact

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**Herts &
Middlesex**
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