

Countryside Access WARDENS

Hazards and Precautions Table

Hazard <i>'Source of potential danger'</i>	Precautions <i>'Measures to remove or reduce the risk'</i>
Steep & uneven ground	Wear appropriate footwear with ankle support. Select routes carefully over difficult or uneven terrain. Allow sufficient time to cover the ground and don't rush. Stay well back from cliffs. Take weather conditions into account.
Domestic & farm animals	Be aware of the possibility of loose dogs, particularly around property. If unsure about the temperament of a dog stay clear and summon its owner. Avoid contact with animals if possible, avoid sudden moves and don't place yourself between a female animal and offspring. Leave animal enclosures as directly as possible without running.
Electric fences	Always assume electric fences are live. Avoid contact. Seek immediate medical attention in the event of an injury.
Firearms	In areas where shooting or hunting take place wear reflective clothing and make your presence known. Seek immediate medical attention for any injuries.
Hedges, fences, walls, ditches	Take care when crossing stiles or sleeper bridges in wet conditions. Take care when opening gates which are in a poor condition and when walking along paths bounded by overhanging vegetation, barbed wire or electric fences.
Insects	Wear Long trousers and a long sleeved shirt. Take care not to disturb hives and nests, keep clear of swarming bees & wasps. Use insect repellent.
Lyme Disease - bacterial disease transmitted by ticks	As above, cover arms and legs in light coloured material so that ticks can be easily spotted. Inspect body and clothes for ticks regularly in areas of infestation. Remove ticks using tweezers, twisting anti-clockwise and upwards.

People	Inform police and a PROW Officer about people known to be aggressive or who have threatened physical violence.
Personal health/ physical fitness	Work at own pace with regular rests as necessary. Park your vehicle close, or arrange transport, so that you are able to leave quickly in case of emergency. Wear a high-vis vest when working at the roadside.
Pollens, dust & crops	Avoid the irritant if possible. Wear a dust mask or use prescribed and appropriate anti-histamine medication. Schedule outdoor work to avoid days with high pollen counts.
Snakes	Wear stout boots. Remain vigilant in areas that contain adders and seek medical attention if bitten.
Small tools	When carrying out minor maintenance work, ensure that the site is clear of people and check the tool before commencing the task. Check vegetation for hidden wire and other obstructions before clearing. Clear any debris so that the site is left tidy. Store tools safely to avoid trip hazards on site.
Machinery	Be alert to agricultural machinery and keep clear of them. If you need to approach, wear high-vis clothing and ensure the operator is aware of your presence.
Refuse	Wear stout boots and protective clothing. Do not disturb waste but inform the responsible agent to secure its removal.
Lone working	Please let someone know where you are going, what time you are expected to return and if possible take a friend with you or work in pairs/groups in case of an accident. Take a charged mobile phone if you have one.
Vehicles and Mountain bikes	Particular care should be taken when crossing roads. Be aware of vehicles particularly on farm tracks and byways and of mountain bikes on almost all paths. A high-vis vest or jacket will help you to remain safe.
Water	Avoid banks which appear unstable. Avoid hazardous situations and locations.
Weather	Avoid extremes of weather. Wear clothing appropriate to the weather and carry suitable refreshments. Carry additional clothing in case conditions change rapidly.
Insects	Wear long trousers and a long sleeved shirt. Take care not to disturb hives and nests, keep clear of swarming bees or wasps. Use insect repellent.
Golf Courses	Wear reflective clothing and make your presence known, as far as possible, to golfers. Be alert to warning shouts (FORE!). Allow for badly hit and misdirected shots.