

Whitby Naturalists' Field Activity Risk Assessment.

Hazard	Control	Responsible Person(s)	Hazard rating	Probability	
Weather Heatstroke, sunstroke, exposure to cold weather	Check weather forecast before setting out and dress appropriately for the conditions. Carry extra clothing, hat, gloves etc. according to the season. Use sun block/sun hat and carry water in hot and sunny weather. Carry waterproofs.	Self	Low	Low	
Slips/Trips/Falls	Plan your route, know what to expect. Use walking poles if appropriate. Wear appropriate footwear. Look out for mine shafts and other hazards on open access land. Observe any warning signs. Be aware that tall vegetation can hide hidden objects/uneven ground/hollows. Brambles are a common trip hazard. Check map for any marked features, use paths where possible.	Organiser to plan route Self for others	Medium	Medium	
Stings/Bites/ Insects	Use insect repellent, avoid areas of long vegetation where possible ie nettles	Self	Low	Low	
Ticks-Lyme Disease	Avoid walking through long vegetation, wear long trousers. Check yourself and your clothing for	Self	Medium	Low	

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	ticks after your walk. If ticks found remove correctly. If bite site becomes red/infected seek medical advice.				
Adders	Avoid disturbing likely adder habitats. Seek medical attention if bitten	Self	Medium	Low	
Dog Bites	Do not touch or approach a loose dog. Any dog can bite; speak to owners before approaching any dog on a lead.	Self	Low	Low	
Livestock	Avoid entering fields with livestock in them. If unavoidable avoid approaching bulls, or getting between cows and their calves. Move quietly around the herd rather than through a group. Don't panic or run.	Self	Medium	Low	
Dead Animals. Disease, infection	Do not touch any dead animals	Self	Low	Low	
Roads/Traffic/Collision	Follow advice in Highway Code. If walking along roads keep to pavement or verge. Walk towards oncoming traffic. Cross any road with care.	Self	Medium	Low	
Sea Shore Activities Cut off by tide,	Be aware of the state of tide, consult tide tables, allow sufficient time to	Self	Medium	Low	

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drowning. Rock/mud falls	retreat. If cut off phone Coastguard for help. If possible stay at least the height of the cliff away from the base.				
High Winds Falling branches	Be aware of working under trees	Self	Low	Low	
Working near Water Weil's Disease	Carry hand sanitiser and use before eating	Self	Low	Low	
Medical Emergency	Carry a charged mobile phone and know your location to advise Emergency Services. What 3 Words app can be useful.	Organiser	Low	Low	