

CommunityScience

Health & Safety Guidelines

The risks involved in Community Science monitoring are comparable with going for a walk as you would normally. Most problems people have out walking are linked to weather and what they have or haven't taken with them.

Below are some suggestions to consider before undertaking a survey:

Check the weather forecast before you set out and be prepared for it to change rapidly, including cancelling your walk if conditions look too uncomfortable.

Ensure you take waterproofs, warm clothing and suitable footwear for hill walking. Slips, trips and falls are the most common accidents you might have whilst walking; wearing sensible shoes reduces this risk.

Carrying sunblock and a sun hat is a good idea as there is little protection from the sun on the moors and sun burn can occur even on a seemingly cloudy day.

Carry plenty of food and drink (avoid caffeine and fizzy drinks as these are dehydrating) and take time to eat & drink regularly.

Before you set off tell someone where you are going, when to expect you back and what to do in an emergency. In some locations, especially on the moors, expect there to be no mobile phone signal. If you are with someone else whilst out walking it is easier to get help if needed as one of you can go find assistance if necessary.

In an emergency call 999 and ask for the Police then Mountain Rescue (<http://www.mountain.rescue.org.uk/>). Although your mobile phone may not have reception, calls to 999 access all networks so can work even if you don't appear to have signal.

Be aware of the route and terrain before setting off and carry a map of the route & transect(s). Please be aware one of the most dangerous things when hill walking is crossing roads or when in car parks.

If with a group, walk at a pace comfortable for all members. Arrange a plan in case team members are separated.

Consider the use of insect repellents as midges and mosquitoes can be persistently irritating.

Be aware of the risks associated with ticks when walking outdoors ([Health Protection England: https://www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis](https://www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis)).

For more detailed advice see: <http://www.ramblers.org.uk/advice/safety.aspx>

Please do not handle any of the wildlife you encounter.

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