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**National Park Service**

**U.S. Department of the Interior**

**National Capital Parks - East**

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| **Volunteer Job Hazard Analysis (JHA)** | | | | |
| **Position:** | Farmhand | **Division:** | Maintenance | |
| **Work Activity:** | Assist the livestock manager | **Prepared by:** | Rebecca George, 8-10-2021 | |
| **Supervisor:** | Michael Chambers | **Approved by:** |  | |
| **Date of Last Revision:** | 9-14-2021 | **Notes:** | Volunteers will be instructed about safety measures and protocol. Volunteers may use gloves, shovels, rakes, etc. for personal protection and to perform duties. | |
| **TASK/PROCEDURE** | | **HAZARDS** | | **SAFE JOB PROCEDURES** |
| Building and fence upkeep | | Injury to oneself or others while operating tools and/or fixing the building or fence. | | * Be aware of surroundings. * Utilize protective equipment. * Properly utilize tools and follow safety precautions. * Be aware of tripping hazards. * Follow instructions and guidance concerning the repairs. |
| Hiking or walking on uneven or slippery surfaces | | Tripping, falling, or losing balance along with subsequent injury could occur. | | * Wear appropriate footgear - sturdy but comfortable shoes or boots. * Care should be taken when crossing uneven or slippery surfaces. * Always wear good quality, thick, cotton or wool socks. * Don’t be preoccupied while walking. * Be aware of your surroundings. |
| Operating tools (shovel, rake, wheelbarrow, hammer, etc.) | | Potential for various injuries (back and shoulder pain, pinching fingers, blisters, fatigue, muscle strain, etc.) resulting from use of equipment. | | * Follow given safety protocols. * Maintain a firm grip on tool handles. * Be sure other people are clear before removing tools. * Maintain organized tool racks to prevent falling. * Keep points and blades facing down and tools parallel to the ground. * Wear appropriate PPE for tool being used. |
| Exposure to disease-carrying bugs | | Subject to Lyme disease, rashes, sickness, etc. | | * Wear clothing that covers your arms and legs. * Wear light-colored clothing to help you see if a tick is on you. * Stay out of grassy areas if possible. * Use a chemical repellent with DEET. * Thoroughly check yourself for ticks and other bugs before and after trail maintenance. * If you find a tick, remove it using tweezers. * Wear long pants and tuck them into your socks. |
| Working around animals | | Potential for injury | | * Be aware of your surroundings and stay alert. * Follow safety protocols. * Approach animals with caution and remain calm. * Wear personal protective equipment. * Restrain animals properly if necessary. * Have an exit strategy. |
| Bending over and carrying heavy loads | | Bending over repeatedly can cause back pain, tendonitis, aches, sprains, fatigue. | | * Don’t overdo it, know limits. * Avoid doing repetitive motions for long periods of time and switch off tasks with others. * Carry out warm-up wrist and muscle exercises before beginning. |
| Working around other people during the Covid-19 pandemic | | Contracting and/or spreading Covid-19, particularly if unvaccinated | | * Wear a mask. * Practice social distancing (6 feet) in the workspace. * Avoid touching your eyes, nose, or mouth. * Wash hands often with soap and water. Wash your hands for a min. of 20 seconds. Alcohol-based hand sanitizer can be used where soap & water are not readily available. * Clean & disinfect frequently touched objects and surfaces. |