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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:** | Stitch n’ Time Volunteer | **Division:** | Resource Management | |
| **Work Activity:** | Wool processing, clothing creation | **Prepared by:** | Rebecca George, 8-10-2021 | |
| **Supervisor:** | Michael Chambers | **Approved by:** |  | |
| **Date of Last Revision:** | 9-14-2021 | **Notes:** | Volunteers will be given a safety talk and instruction regarding the proper ways to process, spin, and dye wool, mend clothing, create clothing, etc. | |
| **TASK/PROCEDURE** | | **HAZARDS** | | **SAFE JOB PROCEDURES** |
| Processing wool | | Potential for sprains and strains, fatigue, back problems, etc. | | * Follow safety instructions. * Wear personal protective equipment. * Take breaks, particularly when completing repetitive motions. * Ensure good lighting. |
| Mending and creating clothing  Knitting/crocheting | | Finger and hand injuries from tool use, restrained eyesight/headache | | * Wear finger guards. * Follow safety instructions and use tools properly. * Ensure there is good lighting. |
| Bending over while working | | Back pain, fatigue | | * Take breaks. * Ensure worktables are at a good level. * Use proper posture when not bending over. * Ensure good lighting. |
| Sitting for extended periods of time | | Tension, stress, stiffness | | * Sit in a chair that allows adequate leg room and feet can be placed flat on the floor comfortably. * Sit in a chair with lumbar support built in or with a lumbar cushion. * Sit at a workstation that is the right height. * Sit at a workstation that is even with the arm rests of your chair or just below your hands when your arms are at a 90-degree angle. |
| 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. |