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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:** | Shoreline Cleanup | **Division:** | Maintenance | |
| **Work Activity:** | Picking up debris | **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, grabbers, trash bags, etc. for personal protection and to perform duties. | |
| **TASK/PROCEDURE** | | **HAZARDS** | | **SAFE JOB PROCEDURES** |
| Bending over and lifting to pick up trash or trash bags | | Heavy lifting and bending over repeatedly can cause back pain | | * Bend at the knees, use legs to lift, rather than your back. * Don’t overdo it, know limits. * Get help if something is too heavy or out of reach. |
| Collecting litter | | Exposure to garbage and litter | | * Always carry rubber gloves and trash bags when out in the park. * Never pick up any litter with bare hands. * Pay particular attention to any litter than has fluids on it, such as blood. * Use extreme care when disposing. * Report any injury, no matter how slight, obtained through removing litter. * Any human waste should be reported to maintenance to remove. |
| Exposure to the elements | | Extreme exposure to the sun can cause sunburn, dehydration, heat exhaustion, or sunstroke | | * Always wear a hat when out in direct sunlight. * Wear sunscreen and long sleeves. * Drink plenty of fluids, preferably water. * Know the signs of sunstroke, dehydration, and heat exhaustion. |
| Hiking or walking on uneven or slippery surfaces | | Tripping, falling, or losing balance along with subsequent injury could occur. | | * Wear appropriate footgear. Wear 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 and be aware of your surroundings. |
| Walking along the side of or near a river | | Water-related incident or injury | | * Be aware of your surroundings, those around you, and tripping hazards. * Leave sufficient space between yourself and the river. * Don’t be preoccupied while walking. |
| 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 can be used where soap & water are not readily available. * Clean & disinfect frequently touched objects and surfaces. |