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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.
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| 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.
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| 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.
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| 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.
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| 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.
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| 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.
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