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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:** | Specialized Historical Support Team | **Division:** | Visitor Services | |
| **Work Activity:** | Education, interpretation | **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| Volunteers will be instructed about safety measures and protocol and receive training and information regarding historical content, performance techniques, and characterization. | |
| **TASK/PROCEDURE** | | **HAZARDS** | | **SAFE JOB PROCEDURES** |
| 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. |
| Standing for long periods of time | | Subject to muscle strain, soreness, lower back, and leg pain | | * Take breaks. * Sit down when prudent. * Pace work appropriately. * Wear comfortable and supportive shoes. |
| Heavy lifting and bending over | | 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. |
| 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. |