



## Mountaineering Scotland Risk Assessment Litter Picking Activities

This form should be completed by the event organiser before the start of any litter pick. Litter picks are generally very safe and it is unlikely that you will encounter any serious hazards or incidents – you will see that the points below are just common sense and are worth considering to ensure your event runs as smoothly and safely as possible. Please assess the risks for the location of your litter pick to ensure all likely hazards have been considered and amend to suit your event.

As the organiser of the litter pick you should ensure that all participants know the risks and understand the control measures before clearing any litter. It is sensible to address all volunteers and introduce yourself as the organiser, so they know who to go to with questions. Also advise that a copy of the risk assessment is available on request.

Mountaineering Scotland is not responsible for loss or damage to property and the safety of participants at the event.

Location \_\_\_\_\_

Name of Assessor \_\_\_\_\_ Assessor's Signature \_\_\_\_\_ Date \_\_\_\_\_

<b>HAZARD</b>	<b>RISK</b>	<b>Who is at risk?</b>	<b>RISK FACTOR Low (L) Appreciable (A) High (H)</b>	<b>MANAGEMENT</b>	<b>RESIDUAL RISK (L/A/H)</b>
<i>Weather</i>	<i>Risk of Hypothermia, particularly if delayed/lost due to poor weather and/or cloud (inc. high winds). Heat exhaustion; sunstroke; sunburn in warm conditions.</i>	<i>All</i>	<i>A</i>	<i>All participants informed beforehand about activities to be undertaken and personal clothing needed – briefing at start by event organiser  Cease work in inappropriate conditions. Avoid working in extreme conditions. In the event of extreme weather conditions the litter pick should be postponed or</i>	<i>L</i>



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				<i>abandoned. Seek medical attention if necessary</i>	
<i>Steep, broken terrain, slippery rock or grass, muddy or loose paths</i>	<i>Possibility of injury due to slips, stumbles or falls in ascent/descent. Risk of injury due to stone fall, either natural or caused by participants or other walkers/cyclists.</i>	<i>All</i>	<i>A/H</i>	<i>Event organiser to point out particularly hazardous areas. Participants to wear suitable footwear. First Aid kit available. Seek medical attention if necessary</i>  <i>The element of risk is understood and accepted by all.</i>	<i>L</i>
<i>Water hazards such as burns, rivers, snow bridges and marshy ground</i>	<i>Burns/rivers in spate may result in lengthy detours. Possibility of slipping or falling into water</i>	<i>All</i>	<i>L</i>	<i>Avoid banks, especially if they appear unstable. Always work in pairs if close to water. Waiting for others at streams, making decision together. If unsure find a better place to cross if possible.</i>	<i>L</i>



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<i>Cliffs and, steep slopes</i>	<i>Falls leading to sprains, muscle damage &amp; broken bones. Rockfalls.</i>	<i>All</i>	<i>A/H</i>	<i>Avoid picking on or close to the edge of cliffs, steep slopes etc and below unstable cliffs &amp; slopes. Take weather conditions and possible weather changes into account No litter collecting if there are persons climbing above. Carry a mobile phone &amp; the phone registered for the Emergency SMS texting service. Seek medical attention if necessary</i>	<i>L</i>
<i>Trees, shrubs</i>	<i>Trips, cuts &amp; eye pokes</i>	<i>All</i>	<i>A</i>	<i>Be alert to the risks and keep a look out for hazards. Be aware of low hanging branches and exposed tree and shrub roots. First Aid kit available – seek medical attention if necessary</i>	<i>L</i>
<i>Broken glass, sharp/rusty edges/needles</i>	<i>Cuts &amp; infections</i>	<i>All</i>	<i>A</i>	<i>Avoid sharp litter, use litter pickers if you have them. Leave needles alone &amp; report to the local council for removal.</i>	<i>L</i>



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<i>Heavy objects, Strains from manual handling and lifting</i>	<i>Pulled muscles &amp; strains</i>	<i>All</i>	<i>L</i>	<i>Bin bags and other litter receptacles to be half filled only. Good safe manual handling techniques to be used. If too heavy to handle leave the object in place and report it to the organiser to arrange removal by the local council</i>	<i>L</i>
<i>Dead animals, Dog faeces</i>	<i>Toxocara canis</i>	<i>All</i>	<i>A</i>	<i>Please leave any animals or faeces alone and do not touch.</i>	<i>L</i>
<i>Lyme's Disease</i>	<i>Risk of contracting Lyme's Disease from a tick bite.</i>	<i>All</i>	<i>A/H</i>	<i>Ensure that all participants are aware of the signs &amp; symptoms of Lyme's Disease. Advise on suitable clothing in tick habitat. Advise on checking for ticks &amp; appropriate removal techniques if one found. Carry a 'tick removing hook' in first aid kit.</i>	<i>L</i>