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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:** | Piscataway Park Steward | **Division:** | Maintenance | |
| **Work Activity:** | Care for Piscataway Park | **Prepared by:** | Kaylin Beach, 11-16-2021 | |
| **Supervisor:** | Michael Chambers | **Approved by:** |  | |
| **Date of Last Revision:** | 11-16-2021 | **Notes:** | Volunteers will be instructed about safety measures and protocol. Volunteers may use shovels, rakes, weed whackers, wheelbarrows, hammers, trash bags, gloves etc., for personal protection and to perform duties. | |
| **TASK/PROCEDURE** | | **HAZARDS** | | **SAFE JOB PROCEDURES** |
| Trail maintenance | | Potential for back and shoulder pain, tripping, fatigue or muscle strain, injuries resulting from tool use, etc. | | * Follow given safety protocols. * Stretch or warm up before work begins. * Lift with legs and not back. * Be aware of your surroundings and maintain a safe space/distance. * Wear gloves and protective equipment. |
| Building and fence upkeep | | Injury to oneself or others while operating tools and/or fixing the building or fence. | | * Be aware of surroundings. * Utilize protective equipment. * Properly utilize tools and follow safety precautions. * Be aware of tripping hazards. * Follow instructions and guidance concerning the repairs. |
| Hiking or walking on uneven or slippery surfaces | | Tripping, falling, or losing balance along with subsequent injury could occur. | | * Wear appropriate footgear - 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. * Be aware of your surroundings. |
| Operating tools (shovel, saw, rake, weed whacker, hammer, etc.) | | Potential for various injuries (back and shoulder pain, pinching fingers, blisters, fatigue, muscle strain, etc.) resulting from use of equipment. | | * Follow given safety protocols. * Maintain a firm grip on tool handles. * Be sure other people are clear before removing tools. * Maintain organized tool racks to prevent falling. * Keep points and blades facing down and tools parallel to the ground. * Wear appropriate PPE for tool being used. |
| Exposure to disease-carrying bugs | | Subject to Lyme disease, rashes, sickness, etc. | | * Wear clothing that covers your arms and legs. * Wear light-colored clothing to help you see if a tick is on you. * Avoid walking in long grass if possible. * Use a chemical repellent with DEET. * Thoroughly check yourself for ticks before and after gardening. * If you find a tick, remove it using tweezers. * Wear long pants and tuck them into your socks |
| 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. |
| 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. |