



Phragmites Cutting Work Day Safety Briefing

During the Phragmites Cutting Work Day, GBF wants you to uphold the utmost priority of safety for participants. The following document outlines some of the Safe Operating Procedures (SOP) that pertains to the type of work being completed for this project.

Working near Water

Background

The following hazards may occur when working around water:

- Drowning
- Lightning strike

Personal Protective Equipment

- When working near the water wear an appropriate fitting personal flotation device (PFD)
- Before starting shift, apply sunscreen and insect repellent. Reapply as needed
- Sun hat or cap
- Rubber boots, waders or CSA approved safety footwear

Safe Operating Procedure

Before you start make sure the following safety equipment is in the immediate work area:

- Emergency Phone with emergency number posting
- Lifeline or rope
- (PFD's) Personal Flotation Devices
- First Aid Kit
- Water for hydration

Always work in groups or pairs. Always tell a project coordinator where you are going in case of an emergency.

Be aware of soft shoulders on edge of the water, and slipping or falling into the water. Be aware of hazards under the water such as sharp metal, mussel shells, etc.

Do not work around water during a thunderstorm. **Do not go in water up to 1 hour after last lightning flash.** Be wary of weather and wave conditions. Be wary of water temperature and watch for sign of hypothermia.



Working with Hand & Power Tools

Background

The following hazards may occur when working with hand & power tools:

- Blisters
- Cuts
- Strains

Personal Projective Equipment

- Gloves
- CSA approved safety footwear

Safe Operating Procedure

Before using a hand tool, make sure to do the following:

- Keep all tools in good condition with regular maintenance.
- Use the right tool for the job.
- Examine each tool for damage before use and do not use damaged tools.
- Operate tools according to the manufacturers' instructions.
- Use all personal protective equipment

Never use a hand or power tool without proper training. Never use corded power tools in water.

Rotate jobs as often as necessary in order to avoid strain, exhaustion or injury.

Working in Sun/Heat

Background

The following hazards may occur when working in hot conditions:

- Sunburn
- Heat Rash
- Heat Cramps/Fainting
- Heat Exhaustion
- Heat Stroke



Mitigation Strategies/Safe Operating Procedure

- Acclimation- gradually increase exposure and work load in over to build tolerance to heat
- Wear appropriate clothing- wear light, loose clothing and a hat
- Hydration- keep water or electrolyte drinks readily accessible, drink 1 cup every 20-30 minutes or as necessary.
- Take regular breaks- avoid overexertion; take breaks in shaded or cool areas
- Job Rotation- rotate difficult work tasks between two or more volunteers

Other safety concerns:

Be aware of biting insects such as mosquitoes, blackflies and ticks. Apply bug repellent as needed and always check yourself for ticks after working outside.