

NETN Breeding Landbird Job Safety Analysis

<u>JOB SAFETY ANALYSIS:</u> Breeding Landbird Monitoring Field Work and Travel to, from, and within Parks	<u>JOB TITLE:</u> Breeding Landbird Monitor	☐ NEW
	<u>DEPARTMENT:</u> Northeast Temperate Network	☐ REVISED
	<u>ANALYSIS BY:</u> Brian R. Mitchell, NETN Program Manager	☒ REVIEWED John Karish, NER I&M Program Manager
<u>Required and/or Recommended Personal Protective Equipment:</u> Required: At least one method of communication (i.e., cell phone in most parks; Personal Locator Beacon and SPOT GPS Messenger at ACAD), driver's license. Recommended as appropriate: first aid kit, rain gear, condition-appropriate footwear and clothing, sufficient food and water.		

Tasks	Potential Hazards	Recommended Action or Procedure
Planning and Communication	Not being prepared and following plan/itinerary. Communication breakdowns.	- Plan ahead. Know where you will be going, the study site to be surveyed, and any particular hazards associated with the monitoring route. Check the weather forecast and plan accordingly. - Check in with park resource manager or designated individual (RM/DI) prior to field work with a trip plan, and after field work to confirm the work is safely completed. Contact the RM/DI with any changes, including cancellation of field work. If return will be delayed, contact RM/DI before agreed-upon check-in time to establish a new check-in time. - Always carry at least one method of communication, and verify that it has a full charge before starting field work.
Emergency Preparedness	Not knowing emergency procedures. Not having emergency supplies.	- Know who to contact and how to reach them in the event of a life-threatening or non-life-threatening emergency. - Have current CPR and first aid certification. - Carry a well-maintained first aid kit.

Tasks	Potential Hazards	Recommended Action or Procedure
General foot travel	Falling or tripping due to wet areas, poor footing, uneven terrain, loose/rolling rocks and heavy pack.	• Use caution at all times. Walk carefully, watching footing. • Wear appropriate boots for conditions. Stay aware of your feet. Address blisters and hot spots promptly. • Avoid carrying excessive weight loads or unbalanced loads. • When walking on a steep slope, lean upslope. Ensure that stems and vines are alive and can support your weight before relying on them. • Use extreme caution traversing wet rocks, streams, steep slopes or blowdown areas.
Working outdoors during storms	Being struck by falling trees or branches; being struck by lightning	• Listen to the weather forecast each morning (park radio and/or internet). • Breeding landbird monitoring is not conducted when it is raining or windy. • Plan or adjust field work to avoid being out in thunderstorms. • Postpone work if safety will be compromised by storm conditions. If you see or hear a thunderstorm coming, retreat from high ground and exposed areas. Go inside a sturdy building or vehicle, if possible. • If you can't get inside and if you feel your hair stand on end, lightning is about to strike. • Make yourself the smallest target possible and minimize contact with the ground. • Crouch down on your pack on the balls of your feet and keep your feet close together. Place your hands on your knees and lower your head. • During a thunderstorm, members of the crew should stay separated by at least ten feet.
Poisonous plants, especially poison ivy	Contamination/toxicity from contact with poisonous plants	• Learn to identify poison ivy in its many growth forms. • Wear long sleeves and pants. • Be aware of poison ivy and avoid coming in direct contact with it. • Thoroughly wash hands, equipment, and clothes with Tecnu or similar specialized soap if you come into contact with poison ivy.

Tasks	Potential Hazards	Recommended Action or Procedure
Working in bear territory	Black bear encounter	• Be especially alert near dawn or dusk. • Be especially aware of mother bears with cubs. Never approach cubs or come between a mother bear and her cubs. • Face the animal, continually make noise – do not freeze or remain silent. • Appear larger by standing tall, waving arms or jacket over your head. • Slowly back away – do not approach a bear. • Never run from a bear. • Throw things and shout loudly. • Fight back aggressively.
Bee, wasp, or yellow-jacket stings	Multiple stings from disturbing or stepping into nest areas	• Be alert to hives in brush, ground holes, or hollow logs. Watch for insects traveling in and out of one location. • If you are allergic to bee stings, tell your partner (if working in a pair). Make sure you carry emergency medication with you at all times and that your partner (if applicable) knows where you keep it. • Wear long sleeve shirts and trousers, tuck in shirt. Bright colors and metal objects may attract bees or wasps. • If you are stung, a cold compress may bring relief. • If stinger is left behind, scrape it off of skin. Do not use tweezers as this squeezes the venom sack, worsening the injury. • If the victim develops hives, asthmatic breathing, tissue swelling or a drop in blood pressure, seek medical help immediately.
Bites from mosquitoes, black flies, and other insects	Itchy reactions to multiple bites	• Wear long sleeves and pants. • Avoid sitting on the ground or on logs, especially in dry sunny grassy areas. • Use insect repellants. Do not apply Permethrin, Permanone, or greater than 30% DEET directly to skin, only to clothing. • Carry after-bite medication to reduce skin irritation.

Tasks	Potential Hazards	Recommended Action or Procedure
Ticks	Contracting diseases transmitted from ticks	• Use tick avoidance precautions, including pre-treating clothing with permethrin, tucking pants into socks and shirt into pants when hiking. • Wear clothes (including pants and long-sleeved shirts) that are light colored and check for ticks on clothing after traveling through vegetation. • Conduct a thorough tick check every evening after completing field work. • Know how to identify tick life forms, and the signs & symptoms of tick-borne diseases.
Venomous snakes	Being bitten by a venomous snake	• Venomous snakes are rare in NETN parks. • Be alert for snakes in thick vegetation and rocky habitats. • Look before putting hands or feet in places out of immediate view. • Treat all bites as if envenomation has occurred. • Immobilize the bitten area and keep it lower than the heart. • Apply a bandage, wrapped two to four inches above the bite, to help slow the venom. This should not cut off the flow of blood from a vein or artery - the band should be loose enough to slip a finger under it. • Remove rings, watches, shoes, etc. before swelling begins in earnest. • Seek medical attention immediately and/or call for help. Remain calm. • Rattlesnake bites are more likely to be life-threatening.
Walking through thick vegetation	Cut, scratched, or bruised by vegetation; eye or ear injuries	• Shield your eyes and face with your hands, glasses, or hat when moving through tall thick brush. Keep your head and eyes pointed somewhat downward so your head hits obstacles before your eyes. • Wear pants and long-sleeved shirts to protect bare skin. • Look before you grab vegetation to avoid grasping thorny stems. • Do not follow closely behind other people to avoid having branches snap back and hit you.

Tasks	Potential Hazards	Recommended Action or Procedure
Crossing streams	Injuries from falling and/or drowning	• Do not cross streams that are flowing quickly and higher than mid-calf; find another route. • Thoroughly investigate area to find safest crossings. • Wear appropriate foot gear for stream crossings. • It is safer to wade through water, rather than rock hop across a stream trying to keep your boots dry. • Unbuckle your pack and be prepared to jettison gear should you lose your balance or fall in. • Use a sturdy pole or walking stick for balance.
Working in heat, humidity, or cold	Heat exhaustion, sunburn, dehydration, hypothermia	• Evaluate the weather forecast each morning and plan field work accordingly. • Carry and drink plenty of water. • Take extra breaks during extreme weather events. Adjust the work routine to minimize exposure to extreme heat and humidity. • Take adequate garments for all possible weather conditions. Choose clothing that will keep you warm even if it gets wet.
Hazard trees	Being struck by falling trees or branches	• Look up. Be alert for widow-makers, storm damaged trees with large broken limbs, and unstable standing dead trees. • Do not spend extended time in an area with hazard trees.
Carrying a pack and other equipment	Injuries from improper packing, adjustment, and lifting of backpacks. Injuries from improper carrying of gear	• Learn how to properly pack, adjust, lift, and carry a pack. • When hand-carrying gear, keep one hand free. • If carrying long equipment, be aware of other people and never swing around quickly. Avoid allowing a long piece of equipment to project up and behind you, where you cannot see it.

General operation of a vehicle	Injuries from vehicle accident; Damage to vehicle	• Perform pre-operational check of vehicle (oil, tire pressure, tire condition, fluids, wipers, brakes, lights, gas, etc.). Report all needed repairs to the crew leader or supervisor promptly. • Do not use the vehicle if it is unsafe. • Wear seat belts with shoulder harnesses whenever vehicle is in motion. • Do not use cell phones or text while driving. • Only NPS employees, volunteers or authorized cooperators and contractors are allowed to operate or ride in a government vehicle. • Ensure full visibility from all windows and mirrors. Clean windshield regularly. • Always ride inside the vehicle. • Properly store and secure all tools, equipment, and cargo so that they will not shift during sudden starts or stops. • Plan your travel before you start. Know your route. • Practice defensive driving; be alert to potential hazards. • Obey all traffic laws and speed limits. • Adjust speed to changing weather or traffic conditions • Allow adequate following/stopping distance. • Avoid distractions such as eating while driving. • Be alert for pedestrians or bicyclists using roadways. • Be watchful for wildlife crossing roads, especially at early morning, dusk, and after dark. • Do NOT drive if fatigued. Stay alert!
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