

Location – Meet at Garden of Rest entrance buildings, Hill Top Red Lees, TF1 5ET

**Today's Tasks -** Check throughout the site for any issues. Depending on Pals helpers, focus on: Top of mound – where meadow has been cut, rake any lying grass away, to expose soil at roots – sow yellow rattle seed – this will help weaken very strong grasses, and allow more competition with other wild flower seed, and help establish the wild flower meadow. Cut back some of the broom to prevent it encroaching too much into the meadow. Litter pick.

### From April 12 in England (COVID-19) Coronavirus restrictions: what you can and cannot do

You can do unlimited exercise outdoors but there are limits on the number of people you can exercise with. It can be either:

- on your own
- in a group of up to 6 people
- in a larger group of any size from up to 2 households (and their support bubbles, if eligible)

You can also take part in **formally organised** outdoor sports or licensed **physical activity** with any number of people. This must be **organised by a business, charity or public body** and the organiser must take the required precautions, including the completion of a risk assessment.

The Risk assessment for the Pals work party is given below – precautions to limit spread of Covid 19 given in the right-hand column -

Social distancing is still very important. You **should stay 2 metres apart** from anyone who is not in your household or support bubble where possible, or **1 metre with extra precautions in place** (such as wearing face coverings) if you cannot stay 2 metres apart.

If you have been vaccinated against COVID-19

To help protect yourself and your friends, family, and community you should **continue to follow all of the guidance on this page even if you've been vaccinated against COVID-19.**

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.
- Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands.
- By following good 'respiratory hygiene', you protect the people around you from viruses, which cause colds, flu and COVID-19.
- **Clean and disinfect surfaces frequently** especially those which are regularly touched, **such as door handles.**

Tasks		Hazards	Measures & precautions -Verbally, at start of session;	Risk rating		
				S	P	R
<p>This is the COVID-19 risk assessment to be followed for the duration of the session</p> <p>Opening up access to tools if necessary – this may be avoided if all participants bring and use their own equipment. Otherwise keep those you are issued with and clean after use.</p>		Contracting /spreading the virus if in close proximity	Respect others' space re social distancing Ensure all members of group abide by this unless from same household. Avoid sharing work equipment by allocating it on a personal basis			
		Getting or spreading coronavirus by sharing tools	Put cleaning regimes in place to clean between users. Identify where you can reduce people touching surfaces, for instance Tool Shed door and lock, tool cupboard			
1	Top of mound – where meadow has been cut, check whether cut grass needs raking off and removing, to expose soil at roots – sow yellow rattle seed provided by Pals	Strain – using rakes	Issue rakes from the tool store, but ensure people are using gloves – preferably their own, and clean tools after use.	1	1	1
2	Cut back any back excessive broom growth, on edges of the top meadow.	Use of sharp tools.	Encourage use of own gardening gloves, use own or individually issued loppers / saws / secateurs and clean after use. Carry own tools. Take care with sharp tools – broom stems are tough, so may require use of bow saws and folding saw – only undertake this work if you are confident using them. Work near others but respect 2m.	1	1	1
3	Encourage regeneration of heather by clearing gorse around it on banks by path to the top of mound and above Shepherds Lane path	Cuts and scratches, slipping on steep slopes	Wear appropriate footwear as banks above Shepherds Lane path and that from the glade to top gate are steep	1	1	1
4	Collect litter	Cuts / infection –	Care with any cut glass, wear gloves and use litter picker	1	1	1

1-4 Probability score 1-5 x severity score 1-5 = risk rating total    1-4 = low risk    5-10 = medium risk    15-25 high risk

Severity			Probability	
outcome	example	score	Outcome	score
Minor	Bruising, minor cuts / abrasions, irritation to skin / eyes	1	Unlikely	1
Serious	Loss of consciousness, broken bones, injury of 3 days	2	Possible	2
Major	Permanent disability, major notifiable injury or disease	3	Probable	3
Fatal	death	5	Highly probable	5