

Dynamic Risk Assessment. Please use whenever water testing in conjunction with the Cleddau Project Risk Assessment. If the answer is **RED-STOP**. If it is **GREEN** you are good to go.

YOU		
1. Have I referred to the Risk Assessment?	YES	NO
2. Have I applied any relevant controls?	YES	NO
3. Have I checked if any additional controls are needed?	YES	NO
4. Am I confident I have the skills and knowledge to complete this test safely?	YES	NO
5. If testing alone does someone know where I am?	YES	NO
6. Do I feel safe testing at this place today?	YES	NO
7. Am I feeling fit and well?	YES	NO
EQUIPMENT		
8. Do I have appropriate footwear?	YES	NO
9. Do I have all required equipment?	YES	NO
10. Is any required safety equipment free from defects?	YES	NO
11. Do I have to enter the water to collect a sample? (If no, go to 14.)	YES	NO
12. If the water is above knee deep do I have a lifejacket?	YES	NO
13. Am I wearing a lifejacket?	YES	NO
SITE		
14. Has/Is adverse weather, ground or river conditions changing risk to an unacceptable level?	YES	NO
15. Is the river bank/access point and bed a safe place to be?	YES	NO

LIFEJACKETS must be worn if you need to enter the water and it is above knee deep!

Or when there is a reasonably foreseeable risk of immersion or drowning!

Always check your lifejacket before use in accordance with the manufacturer's instructions.

IF YOU DO NOT HAVE A LIFEJACKET, DO NOT ENTER WATER ABOVE KNEE DEEP.

Leptospirosis/Weil's Disease. When you come into contact with soil or water it may be contaminated by the urine of infected animals. If you feel unwell, have a high temperature or have a headache, you have been sick or feel sick, have diarrhoea, aches and pains, red eyes or loss of appetite consult your GP. If you have yellow skin and whites of the eyes [jaundice], a rash, you are unable to pee or have swollen ankles, feet or hands or chest pain or shortness of breath CALL 111.

Lyme Disease. If you are bitten by a tick you may have been exposed to Lyme disease. If you are bitten by a tick remove it using tweezers. If you have a rash at the bite site within three months or develop a temperature, suffer headaches, muscle or joint pain, tiredness or loss of energy consult your GP.

If you are seeking medical attention because you feel unwell show this card to the practitioner and make them aware you may have been exposed.

At all times cover any breaks in the skin, cuts or scratches with a waterproof dressing. Wash your hands well after any water testing especially before you eat or drink. Where necessary wear waterproof gloves.