

**National Park Service
North Country National Scenic Trail
Job Hazard Analysis**

1. Work Project/Activity <i>PERSONAL SAFETY*</i>	2. Location <i>North Country NST</i>	3. Originator <i>Nicole Loiseau</i>	4. Job Title <i>Volunteer Program Manager</i>
5. Name of Reviewer <i>Chris Loudenslager</i>	6. Job Title <i>Superintendent</i>	7. Date Prepared/Revised <i>4/2/21</i>	8. Number of Pages in this JHA <i>8</i>

**This JHA is intended for trail construction and maintenance, trail support, sawyer, and swamper volunteers.*

General Safety Topics & Hazards

Covid-19 & Other Close Contact-Related Diseases	<ul style="list-style-type: none"> ○ Follow Center for Disease Control and Prevention, local, and NPS/North Country Trail Association guidance. ○ Stay home if you are not feeling well and/or have been exposed to someone with the virus. ○ Wear a mask that covers both mouth and nose. ○ Maintain a six-foot distance from others. ○ If carpooling, all occupants must be masked. ○ Clean and disinfect vehicles, tools, and equipment before you use them. Clean tools and equipment once you finish with them. Clean and disinfect frequently touched objects and surfaces using generally available household cleaners or EPA registered disinfectants. ○ Avoid touching your eyes, nose, and mouth. ○ Wash your hands often with soap and water for at least 20 seconds. When handwashing facilities are not available, use hand sanitizer that contains at least 60% alcohol.
Situational Awareness	<ul style="list-style-type: none"> ○ It is highly recommended to take Trail Safe!, a self-paced online safety training. ○ Be aware of your surroundings, potential hazards, and the whereabouts of others. ○ Communicate with others. ○ Let other team members know when you see a hazard. Avoid working near known hazards. ○ Yell “STOP” if you see a hazard. ○ Listen for the Alarm (L.F.T.A.) often subtle, internal warnings about unsafe acts are received before an incident occurs. Tune in to this warning which is often manifested as an uneasy feeling or idea that something is wrong. This feeling is diminished when we are in such a hurry or are so preoccupied that the matter distracts us from feeling different when faced with an unsafe situation. Listen for the Alarm and heed the warning the first time. Slow down and remain focused on the task at hand. ○ Step Back, Think, Organize, Proceed (STOP). Step back and consider all aspects of the task. Think about what you are about to do. Organize the task and others to ensure quality of task accomplishment. Proceed in a determined effort to accomplish given tasks in a safe manner.
Personal Protective Equipment (PPE)	<p>PPE is equipment worn to minimize exposure to hazards that cause serious injuries. Examples include the following:</p> <ul style="list-style-type: none"> ○ <u>Gloves</u> – Offer protection from hand injuries and exposure. Leather gloves should be worn while using and carrying hand tools and power equipment. ○ <u>Sturdy work boots or trail shoes</u> – Offer protection from foot injuries and exposure. Appropriate closed toe footwear is required: open toe shoes such as sandals are prohibited.

	<ul style="list-style-type: none"> ○ <u>Safety eyewear</u> – Offer protection from eye injuries. Appropriate eyewear should be worn when there is a potential for flying debris, dust, or other material hitting or getting into the eye. This includes, but not limited to, using hand and power tools, painting, and working next to vegetation. Eyewear should meet or exceed ANSI standard Z87.1. ○ <u>Hard hats</u> – Offer protection from head injuries. Hard hats should be worn when there is a possible danger of head injury from impact, falling, or flying objects. ○ <u>Ear protection, such as ear plugs and earmuffs</u> – Offer protection from hearing loss. Wear hearing protection when operating power tools and other loud equipment. ○ <u>High-visibility retro-reflective clothing and/or vests</u> – Bright, reflective clothing helps ensure people are notice by others when visibility is reduced or in areas where people may be distracted or otherwise not expecting/looking for others to be present. Should be worn by all volunteers, employees, and outdoor recreationalists during hunting seasons. Highly recommended for sawyers and swampers doing saw work; Should also be worn while working on or along roads, parking areas, and other hazardous areas.
Communication/ Emergency Action Plan	<ul style="list-style-type: none"> ○ Address safety concerns and conduct safety talks at the beginning of each workday, including establishing an emergency action plan. At a minimum, the plan shall identify what actions will be taken in the event of an incident, who is first aid and CPR certified, where first aid supplies are located, how to call for emergency assistance, and the location of the nearest hospital and how to get there. ○ Establish means of communication. Communications must be clear, concise, and understood by everyone involved. ○ Good communication between volunteers should reinforce individual awareness of potential hazards.
Overexertion	<ul style="list-style-type: none"> ○ Be aware of the risks of physical stress associated with physically demanding foot travel and work projects. These include, but are not limited to: <ul style="list-style-type: none"> ○ walking long distances ○ traversing challenging terrain ○ carrying heavy loads/packs ○ pushing/pulling loaded wagons/carts to project sites ○ walking through deep snow and/or with snowshoes ○ Be aware that any work project will be physically demanding if already fatigued, suffering from overexertion, suffering from effects of heat, etc. ○ Pace yourself. Start slowly and pick up the pace gradually. If your heart pounds and leaves you gasping for breath, STOP all activity, get into a cool area (or at least in shade), and rest, especially if you become lightheaded, confused, weak, or faint. ○ Adjust to the environment. You will have greater tolerance for the heat if you limit your physical activity until you become accustomed to the heat. ○ On hot/humid days, when completing moderate and heavy outdoor work, and when projects involve the use of machinery, tasks should be assigned to the cooler parts of the day. ○ The severity of the effects of environmental heat stress is decreased by reducing the workload, increasing the frequency and/or duration of rest periods, and by introducing measures that will protect from hot environments. Take more frequent rest breaks. When hot, take rest breaks in a cooled or air-conditioned building whenever possible. ○ ALL PROJECTS CAN BE COMPLETED ANOTHER TIME. Your safety is most important.
Site Hazards	<ul style="list-style-type: none"> ○ Look up. Look down. Look all around. Inspect the area prior to beginning any project or task to identify any site hazards including, but not limited to overhead hazards, patches of noxious plants, pits/holes, dump sites, meth sites, steep banks. ○ Point out the hazard(s) to other volunteers working in the area. ○ Flag/fence off hazard and avoid area.

Slips, Trips, and Falls	<ul style="list-style-type: none"> ○ Inspect the area prior to beginning any project or task. ○ Remove objects that could impede safe operations. ○ Be familiar with walking surfaces. ○ Always watch your footing and be aware of wet or frozen surfaces. ○ Wear footwear with good traction that matches the site conditions. Change footwear to meet site conditions, and/or use supplemental traction devices such as traction cleats, crampons, etc.
Rendering First Aid	<ul style="list-style-type: none"> ○ Control bleeding kits and emergency first aid kits shall be available at all project sites. ○ For seriously injured or ill volunteers needing advanced life support and transport, notify 911, and render first aid until a medical first responder takes over care. ○ Notify the NPS volunteer program manager as soon as the injured party is safe. Complete the paperwork provided in the accident reporting kit.
Tick Bite Prevention and Treatment	<ul style="list-style-type: none"> ○ Spray clothing, exposed skin, and ankles with insect repellent as a barrier. ○ Wear light colored clothing that fits tightly at the wrists, ankles, and waist. Cover trouser legs with high socks or boots. ○ Avoid grassy areas if possible. ○ Search clothing and the body on a regular basis, especially hair and clothing; Ticks generally do not attach for the first couple of hours. ○ If a tick becomes attached, pull it by grasping it as close as possible to the point of attachment and pull straight out with gentle, consistent pressure. Wash skin with soap and water. Then cleanse with rubbing alcohol. Place the tick in an empty container for later identification should you have a reaction. Record dates of exposure and removal. ○ Do not try to remove the tick by burning it with a match or covering it with chemical agents. ○ If you cannot remove the tick, or the head detaches, seek prompt medical help. ○ Watch for warning signs of illness: a large red spot on the bite area, fever, chills, headache, joint and muscle ache, significant fatigue, and facial paralysis are reactions that may appear within two weeks of the bite. Symptoms specific to Lyme disease include confusion, short-term memory loss, and disorientation. ○ Report all tick bites to the NPS volunteer program manager.
Mosquito Bite Prevention and Treatment	<ul style="list-style-type: none"> ○ Avoid heavy scents. ○ Wear long sleeves and pants. Mosquito head nets may also be valuable in some instances. ○ Use insect repellents. ○ Avoid scratching.
Bee/Wasp Sting Prevention and Treatment	<ul style="list-style-type: none"> ○ Be alert to bees and hives. Watch for insects traveling in and out of one location. ○ If you or anyone on the team is known to have allergic reactions to bee stings, tell a competent person and the rest of the crew. Ensure anyone allergic to bee stings always carries emergency medication with them, and others know where it is located. ○ If you are stung, applying a cold pack may bring relief. ○ If a stinger is left behind, scrape it off the 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. ○ Watch for respiratory problems.
Sun/Heat Exposure	<ul style="list-style-type: none"> ○ Check the forecast. Cancel or postpone plans/projects in the event of extreme weather or temperatures. <p><u>Sunburn</u></p> <ul style="list-style-type: none"> ○ Apply sunscreen (SPF 15 or higher) when exposed to sun and reapply at least every two hours. ○ Wear long sleeve shirts, long pants, and appropriate headwear to protect skin.

	<p><u>Dehydration</u></p> <ul style="list-style-type: none"> ○ Wear loose fitting clothing, preferably closely woven fabrics of light colors. ○ Maintain adequate water intake by drinking water periodically in small amounts throughout the day (about a cup of cool water every twenty minutes). Some over hydration is strongly recommended while continuing to eat throughout the day. ○ Increase the amount of cool water and appropriate cool drinks (fruit juices and/or sports drinks) to replace sweat loss and to avoid dehydration. ○ Avoid coffee and tea which contribute to dehydration. Sugary drinks such as soda should be avoided. ○ Carry more water than you think you will need when doing field work. The amount of water needed during a workday may vary depending on duration in the field, tasks at hand, and weather. <p><u>Long-term heat exposure</u></p> <ul style="list-style-type: none"> ○ Remain aware of the four basic factors that determine the degree of heat stress: air temperature, humidity, air movement, and heat radiation relative to the surrounding work environment. ○ Know the signs and symptoms of heat exhaustion, heat cramps, and heat stroke. Heat stroke is a true medical emergency requiring immediate emergency response action.
<p>Cold Exposure, Windchill, & Snowy/Icy Conditions</p>	<ul style="list-style-type: none"> ○ Check the forecast. Cancel or postpone plans/projects in the event of extreme weather or temperatures. ○ Be alert to changes in weather while outside. ○ Wear the appropriate clothing and carry extra warm clothes. ○ Stay well hydrated and eat high calorie foods to help maintain body heat. ○ Watch out for ice. Wear traction devices to avoid slipping in icy conditions. ○ Try not to sweat or become too tired. ○ Avoid bodies of water or becoming wet. ○ <u>Carefully watch for signs of cold-weather health problems, like hypothermia and frostbite.</u>
<p>Lightning</p>	<ul style="list-style-type: none"> ○ Although most common in the summer, thunder and lightning can occur anytime. ○ Check your local weather and plan field time accordingly to avoid storms. ○ If you can see lightning, seek shelter immediately. If you can hear thunder stop all field work and reach safety before the storm hits. Use "30-30 Rule": If time between strike and thunder is less than 30 seconds, SEEK SHELTER. ○ If caught in a storm away from your vehicle, try to find some form of enclosed building or shelter. DO NOT seek shelter under large trees or in open areas. Seek shelter in low lying areas such as a ditch. Avoid high elevations, open areas, tall objects, single trees, and falling tree hazards. Avoid wet ground and water sources. Sit on pack. Pile tools together and stay clear. (When in groups, spread out at least 15 feet apart.) ○ When seeking shelter in a building, make sure all windows are closed. ○ If caught in a storm near a vehicle, return to the vehicle and stay inside while the storm is active. Park the vehicle in a low area away from trees. ○ Allow 30 minutes after last thunder before leaving shelter.
<p>Wildlife Encounters</p>	<ul style="list-style-type: none"> ○ Know the wildlife in your area, where they may be, what they may be doing each season, and when they are most active. Avoid places where predators are likely to be, such as berry patches and near dead animals. Know that all wild animals are unpredictable. ○ Stay alert to your surroundings. Avoid startling a predator; Where sight distance is limited or flowing water is muffling sounds, make noise by singing or clapping hands. Be especially alert if hiking around dusk or dawn.

	<p><u><i>Black bear encounters</i></u></p> <ul style="list-style-type: none"> ○ DO NOT RUN! This may only instigate the bear’s instinct to chase a moving target. Food, like deer or small animals, run away. If you run, you look more like food to the bear. ○ Stay calm. If you see a bear and it hasn't seen you, calmly leave the area. As you move away, talk aloud to let the bear discover your presence. ○ Back away VERY SLOWLY if the terrain allows. Bears rarely attack people unless they feel threatened or provoked. ○ Be BIG! Place your arms over your head, lift backpacks over your head, or open your jacket wide. ○ Don’t turn your back. You should be aware of what the bear is doing. ○ Don't make eye contact. Instead, look at the animal’s front feet. You will then always know where the bear is standing and what direction it is moving. ○ Small children: Put them behind you or directly in front of you. This makes them look instantly larger. Teach children to get next to you immediately if you encounter a bear while hiking/working. NEVER let children out of your sight. Children are small enough that they may be identified as prey for a bear or other predator. Make sure your children know what to do if they see a bear. ○ Speak softly. This may reassure the bear that no harm is meant to it. Try not to show fear. ○ If attacked, fight back. Use anything you have close to you such as rocks, sticks, binoculars, walking sticks, and your fists.
<p>Encounters with Illegal Activity</p>	<ul style="list-style-type: none"> ○ Be alert. Watch for threatening behavior from others or signs of illegal activity in an area such as dump sites, clandestine grow sites, etc. ○ If you see something suspicious, gather as much information as you can without putting yourself in harm’s way. Retreat to a safe location immediately, write down the details that you can remember, and call 911. ○ If you are at all uncomfortable with a situation, turn around and leave the scene immediately- abandon your equipment if necessary. ○ Volunteers shall not attempt to enforce laws or policies, investigate suspicious activity, prevent damage to land or resources, or otherwise take action to confront unknown individuals engaging in inappropriate activities. This is outside of the scope of volunteer service. Volunteers may provide information and attempt to educate others to protect people or resources, but take no action beyond this. Do not aggravate the situation by arguing with others or trying to prevent them from continuing what they are doing. Any further action shall be limited to calling 911 and retreating to a safe location as the situation warrants. ○ Follow up with local law enforcement, NPS, and NTCA staff to report the incident.

Tasks/Procedures & Hazards

Task/Procedure & Required PPE	Potential Hazards	Recommended Actions or Procedures
<p>Walking to/from and working around project site</p> <p>PPE:</p> <ul style="list-style-type: none"> ○ Sturdy work boots or trail shoes 	<p>Slips, trips, and falls; Twisted ankles and knees; Poor footing</p>	<ul style="list-style-type: none"> ○ Always watch your footing and be attentive to trip hazards. ○ Don’t be preoccupied while walking. ○ Plan your day so you don’t have to rush over uneven terrain. ○ Inspect the area prior to beginning any operation. ○ Remove objects that could impede safe operations. ○ Be familiar with walking surfaces.
	<p>Struck by tools while walking</p>	<ul style="list-style-type: none"> ○ Maintain safe distance/spacing while walking. ○ Use tool guards, if available.

<ul style="list-style-type: none"> ○ Eye protection 		<ul style="list-style-type: none"> ○ Carry tool at your side below the waist, parallel to ground, gripped at balance point behind tool head, with head forward and with sharp edge down & on down-slope side. ○ Do not carry tools on your shoulders or across your body.
<p>Litter collection</p> <p>PPE:</p> <ul style="list-style-type: none"> ○ Leather and nitrile gloves ○ Sturdy work boots or trail shoes ○ Pants ○ High-visibility reflective vest 	<ul style="list-style-type: none"> ○ Slips, trips, and falls ○ Cuts and scraps ○ Straining back, arms, or other body parts ○ Contact with bodily fluids ○ Contact with hazardous materials 	<ul style="list-style-type: none"> ○ Be aware of surroundings and potential slipping, tripping, and falling hazards. ○ Wear leather and nitrile gloves. ○ Bend at the knees when lifting. Use teamwork when carrying heaving items. ○ Do not overfill trash bags. ○ Use long-handled tools to move objects; Don't place hands or feet where you cannot see. ○ Do not place any needles directly into trash bags. Use caution when putting needles and other sharp objects in a Sharps container.
	<p>Feet or legs wedged between debris in dump pile; Stepping on hidden sharp objects</p>	<ul style="list-style-type: none"> ○ Work from outside of dump site toward the center. ○ Keep feet on solid ground ○ Wear PPE.
	<p>Exposure to hazards associated with marijuana plantations, active or abandoned meth labs, etc.</p>	<ul style="list-style-type: none"> ○ Be familiar with the characteristics of meth labs/dump sites. Do not approach any suspected meth site: immediately evacuate all personnel from the site following the route you came in on and call 911. ○ Be observant for things that are suspicious or out of place (trip wire strung across path, irrigation hose lays, evidence of fertilizer activity/trash, strong chemical odors, dump sites that include items such as propane tanks, acetone, shredded lithium batteries, lye/drain cleaner, coffee filters, cold medicine packages, etc. ○ Immediately leave the area and call 911, then notify NPS and NCTA.
	<p>Vehicle traffic along the roadside and parking areas</p>	<ul style="list-style-type: none"> ○ Wear a high visibility safety vest for all work along any roadway or parking areas. ○ Face oncoming traffic. ○ Look both ways before crossing the road. Use crosswalk where available. Wait for traffic to clear before crossing.
<p>Operating a motor vehicle</p>	<p>Exposure to possible vehicle deficiencies, or vehicle not in proper working order</p>	<ul style="list-style-type: none"> ○ Conduct a safety walkaround of vehicle to inspect tire inflation, discover fluid leaks, ensure gas and oil levels, and adjust mirrors. ○ Familiarize yourself with vehicle controls if you have not operated that vehicle before.
	<p>Potential motor vehicle accidents</p>	<ul style="list-style-type: none"> ○ All persons operating a motor vehicle must be licensed and legal to do so. ○ Never operate a vehicle under the influence of alcohol, drugs, or medication. Follow warnings on prescription medicine labels regarding the ability to drive. ○ Do not attempt to drive if improperly rested. ○ Always wear seat belt and shoulder harness. ○ Cell phone use is prohibited while driving. ○ Obey the speed limit. ○ Always signal turns and lane changes.

		<ul style="list-style-type: none"> ○ Maintain proper spacing and following distances from other vehicles. ○ Stop for rest breaks as necessary. ○ Secure loose objects inside the vehicle that may strike/injure you or passengers during emergency stopping or maneuvering. ○ Be alert to wildlife crossing roadway, particularly at dawn, dusk, after nightfall, and periods of increased animal movements at any time of the day (i.e. hunting and mating seasons). ○ Do not drive in adverse weather conditions if trip can be delayed.
<p>Trailer</p> <p>PPE:</p> <ul style="list-style-type: none"> ○ Leather gloves ○ Sturdy work boots or trail shoes 	<p>Vehicle and equipment failure</p>	<ul style="list-style-type: none"> ○ Ensure loads do not exceed trailer rating. ○ Ensure loaded trailer does not exceed towing/braking rating of the vehicle used to tow the trailer. ○ Proper tire pressure should be maintained on towing vehicle and trailer. (Recommended PSI located on side wall of tire.) ○ Always inspect vehicle tires for any abnormal wear and tear prior to each use. ○ Hitch and electric light hookup of towing vehicle should be maintained and kept clean. Inspect prior to each use. ○ Tow vehicle must have a secure place for the chains to be attached. ○ Inspect trailer prior to each use. Check welds on trailers for cracks, trailer safety triangle should be visible when ramp is in closed/up position, trailer license plate should be properly attached, and tires inspected for any abnormal wear and tear prior to each use. ○ Coupler, spring coupler, tongue jack, and electric light hookup should be maintained and kept clean and lubricated. ○ Ensure that bearings are inspected and greased as needed. ○ Spare tire(s) for both the trailer and towing vehicle and necessary tools for changing tires (to include adequate jacks) must be available when towing trailers.
	<p>Injuries when connecting/disconnecting the trailer to the tow vehicle: pinching fingers, crushing toes, back strain, carbon monoxide inhalation</p>	<ul style="list-style-type: none"> ○ Ensure that the tongue of the trailer is higher than the ball on the truck before backing the truck to the trailer. ○ Ensure that towing vehicle is not running. Minimize exposure to carbon monoxide. ○ Trailer jack should always be in locked position, whether in horizontal position for towing or in vertical position for raising and lowering trailer. ○ Be aware of your/others' hand placement while lowering the coupler to the hitch ball. ○ Wear gloves, work boots, and eye protection to minimize potential for severe injury. ○ To avoid back strain, do not lift trailer. Use attached jack to raise and lower the trailer coupler onto the hitch ball. Never use fingers to guide hitch ball into coupler. Verify that the ball is the proper size for the coupler. ○ Ensure that the spring coupler is locked in down position and that a coupler lock is secured in place. ○ Attach safety chains properly to hitch rings. Cross the chains beneath the coupler- right chain to left hitch ring and left chain to right hitch ring. In the event of

	<p>separation, the cross over may catch the tongue and prevent serious accident and trailer damage.</p> <ul style="list-style-type: none"> ○ Make sure the pin securing the ball mount to the receiver is in place. ○ Connect light plugs and make sure that all lights (brake and turn signals) are in working condition on trailer. ○ Avoid connecting the trailer in low light conditions. If necessary, wear a headlamp and get a second person to assist and do an inspection.
Personal injury and back strain when loading and unloading equipment	<ul style="list-style-type: none"> ○ Minimize the angle of ramp(s) as much as possible. Trailer should be on a level surface when loading and unloading equipment. ○ Ask for assistance if/when needed. ○ Ensure that the equipment is securely attached to the appropriate vehicle. ○ Before loading, check that the truck is in park and brakes are engaged on the truck. ○ Ensure proper loading on the trailer: front to back and left to right per the manufactures trailer manual. ○ Avoid attempting to load in low light conditions.
Equipment weight shifting while traveling and tie down straps breaking or malfunctioning	<ul style="list-style-type: none"> ○ Inspect ratchet straps for wear and tear, fraying or cuts, and replace as needed. Do not use damaged straps as damaged straps may not hold during an emergency. ○ The sum of the working load limits from all tie downs must be at least 50% of the weight of the cargo. (Minimum strap requirement recommended.) ○ Always carry extra ratchet straps. ○ Ensure that all ratchet straps are tight and locked down securely. ○ Tie up any excess ratchet strap. (If an end of the strap should be run over by the tire of the trailer while in motion, it may result in a large jolt of the trailer, loosening of other straps or potential loss of the load). ○ Items other than flat loads (boards, panels, etc) must be secured at four points of contact: front, rear, right, and left. ○ Heavier loads may require chains and binders/tightening system.
Injury to people in path, hitting objects, and jackknifing while backing	<ul style="list-style-type: none"> ○ Physically inspect the backing path, identifying any potential obstacles, and ensure a safe route. ○ Use a spotter when available to help guide you and increase safety awareness while backing. ○ Align vehicle and trailer prior to backing. It is easier to back up a trailer in a straight line. ○ Avoid making sharp turns. ○ If you must back up the trailer at an angle, position the trailer to be backing up to the left. (Due to the position of the driver in the towing vehicle, there is better visibility on trailer if it is backing to the drivers' side.) ○ Practice with empty trailer before towing with a load.

Please acknowledge that you have reviewed this **PERSONAL SAFETY** hazard analysis and understand the hazards and required precautionary actions on the Volunteer Service Agreement. Please notify the volunteer program manager if you are unable to follow the requirements of this hazard analysis.