

Agricultural machinery	Collision, impact, struck by flying debris, sprayed by chemicals.	<ul style="list-style-type: none"> <li>• Good observation and sharp lookout at all times.</li> <li>• If you do need to approach ensure that the operator is aware of your presence before proceeding.</li> <li>• Seek immediate medical attention for any injury/inhalation of chemicals</li> </ul>
Animals	Cattle, horses, pigs, goats, geese, ostrich, llamas – bites/kicks Bulls or bullocks – goring, stamping, kicks	<ul style="list-style-type: none"> <li>• Exercise caution, especially if there are young around.</li> <li>• Do not place yourself between a female animal and her young.</li> <li>• Do not run or show signs of fear</li> <li>• Carry a walking stick for reassurance.</li> <li>• Let dog off lead if chased by cattle, horses etc</li> </ul>
Insects, rats, ticks	Bites and stings Possible infection from Weil's Disease (Leptospirosis) from rats Possible infection (through bite) of Lyme's Disease from ticks	<ul style="list-style-type: none"> <li>• Cover up exposed skin.</li> <li>• Take care not to disturb hives or nests.</li> <li>• Wash hands thoroughly before eating or drinking.</li> <li>• Leptospirosis symptoms –similar to flu (headaches, fever and muscle pains) Inform Doctor that you may have been in contact with rats.</li> <li>• Lyme's disease symptoms: rash near area of bite, flu-like symptoms, joint pains, headache. Seek medical advice.</li> </ul>
Uneven/rutted ground/heavily ploughed land	Trips, slides, falls, cuts, sprains, bruises, possible broken bones	<ul style="list-style-type: none"> <li>• Wear strong footwear with good ankle support and good tread.</li> <li>• Avoid dangerous areas and choose the safest routes over poor ground condition. Do not rush, take your time</li> </ul>
Disused mine shafts, adits and wells	Falls, entrapment, immersion in water	<ul style="list-style-type: none"> <li>• Exercise extreme caution when crossing old mine sites or near derelict buildings</li> </ul>
Marshes, bogs and quicksand	Entrapment, immersion in water	<ul style="list-style-type: none"> <li>• Avoid obvious areas of water or saturated ground.</li> </ul>
Cliffs, quarry faces, steep slopes, steep river banks	Trips, falls, slides	<ul style="list-style-type: none"> <li>• Wear good footwear (see above).</li> <li>• Careful choice of routes over or around obstacles.</li> </ul>
Water	Water courses, lakes, ponds, lagoons - falls, accidental immersion, drowning.	<ul style="list-style-type: none"> <li>• Avoid unstable banks and hazardous situations, (e.g. attempting to cross watercourse or bridge if dangerous).</li> </ul>
Injury or problem whilst on site visit	Being stranded away from "civilisation" and unable to summon help.	<ul style="list-style-type: none"> <li>• Carry mobile phone if possible. Inform someone at home of whereabouts and estimated time of return</li> </ul>
Crop spraying with pesticides.	Inhalation of chemicals, dust spores. Drift or contact with spray coming into contact with skin or clothing.	<ul style="list-style-type: none"> <li>• Avoid entering the field. Being sprayed</li> <li>• If you do become accidentally contaminated, seek immediate assistance; try to find out what chemical was being used.</li> <li>• Be aware that spray that is still wet on leaves can be damaging.</li> <li>• Wash hands after passing through arable fields prior to eating. If you start to feel ill after walking through arable land seek medical attention.</li> </ul>
Weather: Extreme cold, heat	Exposure, Sunburn, heat-stroke	<ul style="list-style-type: none"> <li>• Adjust work programme to suit extreme weather conditions. Dress for the conditions. Carry water in hot conditions use barrier cream, hat.</li> </ul>
Assessment by Jane Baines, Countryside Access, March 2006		