



SEAGRASS-WATCH

risk assessment

Let someone else know where and for how long you will be sampling

Assess the risks before monitoring

Use your instincts - if you do not feel safe then abandon sampling.

Do not put yourself or others at risk.

Adult supervision is required if children are involved

Hazard	Risk	Control
Sun	Sunburn	<ul style="list-style-type: none"> • wear hat with good cover • use sunscreen (preferably 40+). • wear appropriate clothing (long sleeved shirt).
	Eye strain Dehydration	<ul style="list-style-type: none"> • sunglasses (preferably polarised lenses) • take a water bottle/drink (water) • take regular breaks to drink water
	Exposure	<ul style="list-style-type: none"> • wear proper clothing and footwear depending on the weather
Beware of holes, oysters, broken glass, etc.	Cuts & twisted ankles	<ul style="list-style-type: none"> • use common sense when walking to and from a site • don't stray from designated clear walking tracks on way to site • walk at own pace • watch where you step • wear proper footwear e.g., diving booties or old shoes with tough sole and good grip.
		<ul style="list-style-type: none"> • have a first aid kit on site or nearby and re-acquaint yourself with the treatment of marine stings (e.g., jellyfish, stonefish)
Be aware of dangerous marine animals. (e.g. snakes, stonefish, cone shells, sting-ray, crocodiles, mosquitoes etc)	Marine stings	<ul style="list-style-type: none"> • be on the lookout and avoid contact with any dangerous animal • wear proper footwear depending e.g., diving booties or old shoes with tough sole and good grip.
	Bites	<ul style="list-style-type: none"> • have a first aid kit on site or nearby and re-acquaint yourself with the treatment of marine stings (e.g., jellyfish, stonefish) • wear appropriate clothing (long sleeved shirt) and/or apply Insect repellent which is available
	Attacks	<ul style="list-style-type: none"> • conduct sampling when site is fully exposed • if crocodiles occur in your area, check with local Parks & Wildlife before conducting sampling (preferably the day prior) • if sampling at night, each participant to have adequate personal light (torch) • have a dedicated observer to check for crocodiles • if walking, do not venture into water of poor clarity deeper than ankles
Deep mud	Stranded/stuck	<ul style="list-style-type: none"> • communication device (i.e. mobile phone working in area or marine radio)
	Exhaustion	<ul style="list-style-type: none"> • do not over exert yourself - move at your own pace
	Bacterial infection	<ul style="list-style-type: none"> • wash hands and feet carefully upon return
Tide & Weather	Stranded/stuck	<ul style="list-style-type: none"> • check weather, tides, time of day, etc. and avoid extreme weather conditions • ensure appropriate time is available to conduct sampling • ensure suitable tides • communication device (i.e. mobile phone working in area or marine radio)
Other beach/water users	Verbal or physical abuse	<ul style="list-style-type: none"> • do not approach if other users acting suspiciously • be courteous to other users • act professionally so as not to arouse suspicion • ensure monitoring sign clearly displayed • if you feel uncomfortable or in any way unsafe, abandon sampling and leave the area.
	Risks to Third Parties/General Public:	<ul style="list-style-type: none"> • ensure that all monitoring equipment is stored safely or gathered together on site when not in use
Equipment (eg, clip-boards, tapes, pegs etc)	Scratches	<ul style="list-style-type: none"> • handle equipment with care and use it appropriately according to the task.
Postural Compromise (eg, lifting and carrying equipment; bending and reaching while monitoring)	Sore back	<ul style="list-style-type: none"> • use correct techniques (bending the knees). • work at your own pace. • ensure equipment is evenly distributed among the buckets.
Seed coring (digging, sieving sediment)	Scratches	<ul style="list-style-type: none"> • look where placing hands. • use equipment appropriately
General Health	special needs (heart condition, diabetes, etc)	<ul style="list-style-type: none"> • ensure fitness via verbal enquiry • ensure you have notified the co-ordinator of pre-medical conditions. • if you are uncertain of a particular task, please do not attempt to do it.

