

1 Health and Safety

Health and Safety considerations should not be a barrier to undertaking Citizen Science activities. Indeed, outdoor learning and connecting to nature has positive physical and mental health benefits as well as enhanced learning outcomes and attainment.

It is anticipated that any organisation undertaking field work will operate within its own health and safety policies, procedures and risk management protocols.

If no risk assessment exists, following the Health and Safety Executive's guidance will be a good starting point <https://www.hse.gov.uk/services/education/school-trips.pdf>

A generic risk assessment for a visit or activity may prove helpful in the first instance and should include:

- the activity to be undertaken
- what are the main risks?
- who might be harmed and how?
- what is the likelihood of harm?
- what would be the severity of harm?
- what are you already doing to control the risks?
- what further action do you need to take to control/mitigate the risks?
- who needs to carry out the action?
- when the action is needed by?
- when will the Risk Assessment be reviewed?

Some simple top tips.

You and your team

In the unlikely event of an accident or incident, don't panic. Call your emergency contact, let them know the situation, what happened and where you are. Stay put and follow instructions carefully.

It is important to not lose anybody. Stay as a group and form a buddy system. Follow any instruction carefully. Have a safe meeting point if you do find yourself separated from your team.



Dynamic Dunescapes is a partnership project rejuvenating sand dunes across England and Wales, supported by the National Lottery Heritage Fund and the EU LIFE Programme. Partners are Natural England, Plantlife, Natural Resources Wales, National Trust and The Wildlife Trusts.



People and your surroundings

Sand dunes can be quite disorientating. Be aware of the tides when in a coastal area. Check and double check before you go. Know your site or contact the site manager/landowner for advice and guidance. Be aware of and pay heed to warning signs. For example, there may be areas of sinking sand, strong currents and open ponds or military training; or conservation activities, ground nesting birds or sensitive habitats that need to be avoided at particular times.

You may want to wear long trousers in the dunes as marram grass can be quite prickly. Wear sensible footwear and clothes. Be careful of sand blowing in your eyes and be aware of stinging plants and animals.

On sunny days, don't forget your sun cream, hat and stay covered up in the heat of the day. Take some water with you. There might not be a lot of shade in the dunes.

Remember - sand dunes are remote environments.

Always make sure to keep a fully charged mobile phone with you .

Check and double check the weather before you go – do not go if adverse weather conditions as they may be little or no shelter.



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