

Health and Safety

E&H personal information card:

Members and guests are invited to carry a personal information card when out on our walks so that contact details etc. are available in case of an emergency. If you do not already have one of these small cards (the size of a credit card) they are available from the Secretary (essexandherts@ldwa.org.uk) or the Walks Secretary (walkingbrian47@gmail.com) who will bring one along to a walk for you. There will normally be a committee member on each walk with spare cards and also an LDWA accident report form. In the event of an accident, the completed form should be forwarded to the E&H Secretary (NOT directly to the LDWA). LDWA guidelines on this topic can be viewed on the LDWA website.^[1]_[SEP]

Accidents/ incidents on walks:

There is a requirement for insurance purposes that details of any accident or other serious incident occurring on a walk are recorded on an LDWA reporting form (which is usually carried by committee members on walks). The form is also available from the Secretary or can be downloaded from the LDWA website. Completed forms should be sent as quickly as possible to the Essex & Herts Secretary (NOT sent directly to the LDWA).

Tips and some useful information on what to carry on all walks:

Walk leaders:

- * First Aid Kit (plasters, wound dressings, tape, antiseptic cream and wipes, scissors, disposable gloves, eye patch and drops, torch, plastic bags, triangular bandage, safety pins)
- * Accident / Incident Reporting Form
- * Pen & notepad
- * Whistle (for backmarker)
- * Map of area covered by the walk

- * 1 or 2 high visibility vests if route uses busy or potentially hazardous roads / lanes
- * Foil blanket
- * Stock of business cards to give to walkers / interested people you may meet on the way
- * Small stock of personal information cards (in case anyone has forgotten theirs)
- * Tell group to let you know if anyone is struggling or needs assistance
- * Assess the need of a backmarker if group is large

All:

- * Personal information card – easily accessible at the top of your rucksack
- * Mobile phone - if carrying i phone a St John Ambulance first aid app and Essex & Herts Air Ambulance Trust app can be downloaded free
- * Personal First aid kit
- * Whistle
- * Torch in winter
- * Tell the leader if you notice anyone that is struggling or needs assistance

All the below apps are free to download

Red Cross First Aid app: redcross.org.uk/app

St John Ambulance first aid app: sja.org.uk

Essex & Herts Air Ambulance free lifesaving app: EHAAT.uk.com

OS locate app (does not require mobile signal to function): Google play store

Just a reminder to everyone, it is good sense that all walkers carry their own First Aid Kit with them on all walks as well as your Herts & Essex Emergency Personal Information Card.

Hi-Vis Rucksack Covers:

Our social walks often take us along roads which can at times be busy or potentially dangerous. Hi-vis vests offer improved visibility - but less so once you put on a rucksack! We have purchased a couple of hi-vis rucksack covers to ensure leaders and backmarkers can be more easily seen by traffic on the road. If you are leading a walk and would like to make use of these covers, please contact a member of the committee. If you would like to purchase your own, they are readily available from Halfords and a selection of other shops and internet retailers.

A message from Brian Martin - our Walks Secretary:

In the interests of safety can I please point out that we are trying to tighten up our walk discipline - especially when walking on roads. I know that we are all responsible adults with regards to our personal safety, but I also know how easy it is, especially on very minor roads, to lose concentration and stray all over the road while we are allrabbiting away! Walk Leaders have already been reminded that it should be part of their role to see if the group are taking notice of the following extracts from the Highway Code, but our leaders do not have eyes in the back of their heads. So please read the extract and support the Walk Leader by doing your best to follow these instructions. Also, please can I ask that at 'Catch-Up' stops we do not gather in a mass blocking footpaths, pavements and entrances. Nor stand in the middle of the road.

On several occasions I have seen people having to walk in the road to get past us – not good for our reputation.

Rule 2

If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and

- be prepared to walk in single file, especially on narrow roads or in poor light
- keep close to the side of the road.

It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.

Rule 3

Help other road users to see you. Wear or carry something light-coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (eg armbands, sashes, waistcoats, jackets, footwear), which can be seen by drivers using headlights. They can be seen up to three times as far away as non-reflective materials.

Rule 5

Organised walks. Large groups of people walking together should use a pavement if available; If one is not, they should keep to the left. Look-outs should be positioned at the front and back of the group and they should wear fluorescent clothes in daylight and reflective clothes in the dark. At night, the look-out in front should show a white light and the one at the back a red light. People on the outside of large groups should also carry lights and wear reflective clothing.

Who's in front of the Leader?



I know that we joke about it and many of us are sometimes guilty of it, but the implications could be serious. Walk Leaders have been reminded of their 'Duty of Care' to those at the back of the group but the rest of us owe it to the Leader to back them up when they stop and wait for tail-enders to catch up, it is important because who knows if somebody has fallen over and is suffering in some way. Walk Leaders will have put considerable effort into planning a Social Walk for us to enjoy, please support them by not pressing ahead when they are trying to fulfil their 'Duty of Care'.

Remember, if you are ahead of the Leader (unless instructed otherwise by the Leader) you are considered to have left the walk.

Maximise Your Mobile - Wayne Eagle October Newsletter

Many of us enjoy escaping to remote places to enjoy our walking; but what happens if something goes wrong? There are a few simple preparation steps that can be taken with smart phones to assist contacting the emergency services should the worst happen. Phone battery - most smart phones have a function that conserves battery life. Switch this on before heading for the hills. (Apple call it low power mode. Android call it battery save).

On cold days any battery will run down much quicker than usual - putting your phone in an inside pocket will help avoid this. Consider carrying a small external booster battery (and charging lead!) These are available from popular online retailers for upwards of £12. Location - giving emergency services an accurate location will greatly reduce the time it takes to get help to you. Most smart phones have GPS sensors and can be manipulated to give a location. The easiest way to get to location information is to install an app such as 'My GPS Coordinates'. This simple free app is available on Apple and Android, displays your position in Latitude and Longitude and lets you generate a text with coordinates. (Other apps are available!) Contact - often phone signal can be limited in remote locations. Mountain Rescue recommend pre-registering phone numbers and in emergency situations, with limited voice signal, texting a message to 999. Phone numbers must be pre-registered to do this. It's a simple and free; more information can be found at <https://www.mountain.rescue.org.uk/stay-safe-out-there/maximise-your-mobile> Personal Locator Beacon - finally if you are walking in remote locations on your own, or in small groups, it's worthwhile considering a Personal Locator Beacon (PLB). Originally developed for use in offshore sailing these units are now small enough to easily carry in any backpack. From around £220 they are not the cheapest option, but they could make all the difference in an emergency situation.

Many PLBs on the market but two worth looking at:  McMurdo FastFind Ranger Personal Locator Beacon  RescueMe - Ocean Signal Personal Locator Beacon - PLB1

These units alert the authorities directly and operate worldwide (they are known as 406mhz beacons).

Avoid buying beacons that alert third party call centres that require an annual subscription.

Dealing with an emergency situation

The responsibility for health and safety is shared across the group on any walk. When walking in remote areas, and / or in adverse weather conditions, any illness or injury can be potentially more dangerous and difficult to deal with. In an emergency, decisions will have to be made about the most appropriate course of action.

Do not move the casualty unless absolutely necessary. You must assess the state of the injured person. Unless you are medically qualified, aim to make only a broad diagnosis sufficient to allow you to decide what to do.

Check to see if the casualty responds to a verbal command such as “Are you alright?”, or by gently shaking their shoulders. Check breathing by tilting their head back, and lifting the chin to fully open the airway. If the casualty is unresponsive and not breathing, administer CPR and **call 999**.

Apply pressure to a wound to stop or slow the flow of blood.

Contacting the Emergency Services (see ‘Maximise Your Mobile’ above).

It may be a simple matter of using a mobile phone, but this cannot be safely relied upon. If you are unable to get through, consider the following questions: Is it possible and safe to move the casualty? If so, how far is it to a better location / home? What injuries do they have? How strong / able are they? What is their emotional state? What do you have with you?

Evacuation of an injured person with anything other than a simple injury is a highly skilled activity. It is exhausting to attempt even a very short evacuation, and can be dangerous for the casualty.

Do you need to send for help? Whoever goes for help should take a written note with the following information: 1. Precise location of accident including a 6-figure grid reference 2. A description of the location 3. A description of the accident and time it occurred 4. Name of casualty 5. Description of injury. Also taking note of the terrain on the way in case they have to lead back a rescue team. **Ring 999 as soon as possible.**

Keep the patient informed, tell him / her your plans and offer other psychological support. Keep him / her as warm and as comfortable as possible. Someone who is injured will get colder more quickly than usual. Provide warm food and drink if possible, but **DO NOT** give food and drink to patients with abdominal injury, nausea, vomiting, or if it's likely that they will need surgery within 4 hours.

Food safety and checkpoint hygiene.

Deirdre Flegg

Dorset LDWA

We understand that most helpers on LDWA Challenge events, and especially on 100s are experienced and knowledgeable. We therefore provide these summary notes as an aide memoire, and to meet our own obligations to reduce any likely risk to the health and well being of entrants, marshals and supporters.

On arrival at checkpoint

Please unpack and refrigerate any items which require keeping cool. This applies to milk, uncooked and cooked meats, hummus, pâtés, meat pies/sausage rolls, yogurts, pizzas, quiches, cheese etc.

Store any uncooked meats in the bottom of the fridge.

Study any food safety or hygiene notices which may be displayed in the checkpoint

Personal hygiene

Do not handle food if you or anyone in your household has any gastric upset or heavy cold.

Keep hands clean and make sure they are washed properly.

Always wash hands thoroughly with liquid hand wash (will be provided for kitchen use)

- Before preparing and serving food
- After using the toilet
- After taking a break

- Between handling raw food and handling other high risk or ready to eat food
- After handling food waste
- After handling packaging
- After using any cleaning cloths or chemicals for cleaning

Dry hands thoroughly with paper towels or hot air drier if provided.

Cover any cuts or sores with a blue waterproof plaster (will be provided)

Put on an apron when working in the kitchen or serving food.

Remove apron before visiting the toilet.

Kitchen hygiene

Wipe surfaces regularly with sanitiser (or special chemicals as advised for particular checkpoints)

Wipe up spillages using a separate cloth for chopping boards, kitchen surfaces, and floor.

Remove food waste regularly from kitchen areas

Food preparation

Regularly clean cutting boards and use separate ones for raw meat, cooked meat, vegetables and bread/bakery, where possible. Always use different boards for raw and cooked foods.

Salad, vegetable and fresh fruit items: please wash (as appropriate) before preparing and serving

Where food requires cooking, ensure this is done thoroughly.

Food prep gloves

Opinions vary about the use of gloves, and it is not a requirement under legislation. Gloves are not a substitute for good personal hygiene and hand washing. They can become contaminated with bacteria in much the same way as hands can, even

when they are new, and should be kept clean and sanitised in a similar way to bare hands. Even if sterile gloves are used they are only beneficial when a new glove is used for each activity and contamination of the new glove or hands is avoided when changing gloves. Remember that a glove is only as clean as the last thing it touched, and can give a false sense of security in relation to cleanliness. If worn, gloves should therefore be changed between different tasks, and hands should always be kept clean.

However, always use food handling gloves if you have a cut or sore which cannot be covered. [Will be provided]

Food serving

If you are working at a checkpoint which is open for long hours, keep as much perishable food in the fridge as possible and gradually replenish supplies in the checkpoint eating areas, ensuring that new food is not placed on top of old food-in other words, rotate.

Cover food on display with cling film or foil (will be provided) as required.

Keep tables clean and remove waste as soon as possible, especially any items such as used plasters, route descriptions, items of clothing which have been discarded or forgotten, etc.