



Friends of Wimbledon Park

FOWP Community Activity Risk Assessment: Flower Bed Digging to Protect Previously Planted Tree Whips (01)

The organiser of the flower bed digging should ensure that all volunteers are aware of the hazards, know the risks and understand the control measures before starting. She should address all volunteers and introduce herself as the lead volunteer or organiser, so they know who to go to with questions or to report an incident. She should also check that all volunteers know what equipment they must use and where they will be working. A register can assist management of the activity.

Name	Date	Time	Location of flower beds

Introduction:

Flower bed digging is generally very safe, and it is unlikely that you will encounter any serious hazards or incidents. The points below are just common sense and are worth considering ensuring the event runs as smoothly and safely as possible.

Respiratory diseases

Before planning for activities, the organiser will study any advice for group activities such as the wearing of masks, lateral flow tests and social distancing. Once satisfied that the restrictions can be adopted whilst carrying out the activity it can go ahead.

Health conditions e.g., bad backs, cardio-vascular health, asthma, etc.

Digging flower beds can be moderately strenuous. Please ensure that you self-assess for any existing medical conditions or vulnerabilities, such as bad back, cardiovascular health, asthma, etc. If you are unsure whether to proceed, please do not dig. There will be other less strenuous activities that you can assist with. If you do decide to proceed, make other people in the group aware of your condition and what should be done if you experience difficulties.

A guide to flower bed digging:

- 1) The areas will already have been marked out in advance;
- 2) Identify any tree whips or plants that should not be disturbed;
- 3) Use a spade or lawn edging tool to cut the turf along the marked-out area;
- 4) Turn over and till the top level of turf;
- 5) The intention is then to plant cornflower seeds later in March **.

(** Note from Dr. Dawson (environmental scientist advising FOWP): No dig is fashionable. Traditional arable cornfield was certainly dug, well ploughed. Taking turves of generous depth and upending carefully would kill most of the grass but is hardly "no dig". If the turves come apart at all there would be a significant survival of grassy competition. Cornfield annuals cannot stand too much competition but, regardless of the success of upending turves, or carting them off, there will be a seed bank, so unplanned species as well as planned will appear. There may be see no harm in that, provided that some of the annuals survive to provide colour).

Initial instructions:

- Have the correct Personal Protective Equipment – e.g., thick gloves (spare gloves will be available); sensible footwear, weather appropriate clothing;
- *Have the correct equipment for the task in hand such as barrows, spades and forks; you can bring your own, but tools can be provided;
- Consider all the hazards and risks and get to know the work area;
- Check the area for hazards such as thorny bushes, low branches, uneven ground, hidden banks and undergrowth leading to tripping before proceeding;
- Tools left untidily can be a trip hazard so bear this in mind as you work and stand up tools when left for any time;
- Allow yourself space for working so you are not interfering with or harming anyone;
- Work should be rotated to allow rest from more strenuous tasks;
- Location of first aid should be identified.

On Completion of the Flower Bed Digging Ensure:

- Everyone washes their hands thoroughly as soon as possible and before taking any food or drink.
- Any wounds are dressed after cleaning and disinfecting if there has been any contact with water.
- Volunteers carry out a personal inspection for cuts and injuries.
- All volunteers have reported back and all equipment is collected back in.
- The site is left clean and tidy.