

Health Hazards in Natural Flood Management Work

The object of Slow The Flow is to advance the education of the public in Natural Flood Management, Sustainable Drainage Systems and other renewable methods of managing the environment, including the exploration of alternative practices which safeguard the natural environment and its resources in a manner which best fits the specifics of a local geography.

Conservation/flood alleviation work carried out by Slow The Flow is not usually a particularly hazardous activity. However, it does increase the risk of exposure to a few nasty illnesses Tetanus, Weil's Disease and Lyme Disease. Some of the plants we work with also present unusual hazards. Working in the outdoors can expose volunteers to environmental challenges rain, sleet, sun etc.

The Task Officer, or another appointed person, will point out the hazardous species / substances on the site but there are some generally sensible precautions which can be taken to minimise the small chances of suffering from any problems as follows:

- Make sure your Tetanus immunisation is up to date.
- Cover cuts and grazes with a waterproof dressing before you start work.
- Wear appropriate protection from the weather.
- Wash your hands before eating.
- If you suffer from flu-like symptoms shortly after working in water or suffering a tick bite, you have almost certainly got flu! You should nevertheless go to your GP, so they can check that you have not got something worse. In the very unlikely event that you have, they can treat it very effectively.

It is also advisable that you can recognise and are familiar with some of the more common health hazards of conservation work. More detailed advice about these can be found by following these links.

- [Tetanus](#)
- [Giant hogweed](#)
- [Weil's Disease](#)
- [Lyme Disease](#)

Change Record

Date of Change:	Changed By:	Comments:
27/5/2020	WG	Approved by the Trustees
8/5/21	WG	Reviewed with no changes – next review 8/5/2022