Gloves and the furtherance of the aims of animals. You will need the required PPE; read and carry out the recommendations on the side. Limes Disease circumstances where they may have been a risk. If these symptoms develop, members should immediately see a doctor and explain that they have been working in contact with flu or contaminated water. The infection, caused by the bacterium leptospira, is transmitted through infected rats’ urine. The recommended contents of your first-aid kit

<table>
<thead>
<tr>
<th>Contents</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>First Aid Guidance Leaflet</td>
<td>1</td>
<td>Sterile eye-wash</td>
<td>3</td>
</tr>
<tr>
<td>Scissors</td>
<td>1</td>
<td>Eye pads</td>
<td>2</td>
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<tr>
<td>Moist cleaning wipes</td>
<td>6</td>
<td>Safety pins</td>
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<tr>
<td>Assorted adhesive dressings</td>
<td>10</td>
<td>Instant ice packs</td>
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<tr>
<td>Large dressings</td>
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<tr>
<td>Medium dressings</td>
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</table>

Tetanus It is recommended that members who regularly work in the field are vaccinated against tetanus infection. Tetanus spores are commonly found in soils and may affect minor wounds where the skin is broken. Protection lasts for at least five years, after which a booster is required. Contact your local doctor for details.

Weill’s disease (Leptospirosis) This serious and sometimes fatal infection is caught through contact with infected sewage or contaminated water. The infection, caused by the bacterium leptospira, is transmitted through infected rats’ urine. Infection can occur through scratches and cuts on the skin or through the mouth, eyes, nose and ears. The disease starts with flu-like symptoms such as severe headaches and achings limbs, followed by jaundice and organ failure. The illness is treatable during the early stages with antibiotics. If, within four to six weeks, contact with sewage or contaminated water, these symptoms develop, members should immediately see a doctor and explain that they have been working in circumstances where they may have been at risk.

Lyme Disease Ticks that carry the bacteria for Lyme disease are found throughout the UK, check your locations. Avoid exposed skin (tuck trousers into socks), check for ticks on skin at end of day, remove any found asap.
Many of the risks associated with active quarries are also associated with disused ones.

**Assessing risk**

One of the major benefits to be derived from membership of a recognised society is the opportunity of attending organised field excursions to geological exposures and collecting sites, often to what are normally restricted places working quarries and pits, or sites on private land for which special permission is necessary. Risk assessments demonstrate a responsible attitude to H&S, such that the Society has been able to obtain insurance for field visits. By assessing risk we can show to all involved in the visit what the risks are, who is at risk, and what precautions each attendee should take to reduce risk, they are for our safety. Under current H&S legislation all members of an organised society have a duty to do all that is reasonably possible to ensure activities are carried out such that any such risks to the members of the society, personnel in other organisations, and members of the public are properly managed. The generalised risk assessments below should not be used as a definitive guide, a truly effective risk assessment takes place on site with an experienced individual undertaking the assessment, but members are advised to read these prior to a visit.

Leaders of Russell Society Field Trips are sufficiently experienced to recognise risks involved and make individual risk assessments for each visit. For those trips to mountains, rough country, mines and caves, it is essential that the field leader present is experienced in this type of environment.

**Active quarries and pits**

Do not enter an active quarry or pit without permission of the owner/operator. Follow the advice/instructions given by the site management.

**Risks**

- Conveyors
- Excavations or rakes
- Drainage sumps of unknown depth
- Frozen water
- Vertical faces
- Hypo/hyperthermia
- Moving machinery and equipment
- Blasting
- Polluted water
- Unstable stock piles
- Slippery ground (especially after rain)

**Actions**

PPE to be worn. Do not approach a vertical face or go beyond the boulder or guard rail protection without express permission. The stability of vertical faces can be affected by heavy rainfall or icy conditions. Do not climb on unstable boulder or scree slopes. Do not work directly above/below people collecting. Do not approach any sludge pit, lagoon or sump hole, their depth is often deceptive. Do not walk on areas covered with ice or mud, it may conceal a pit or lagoon. Many flooded pits have a bloom of blue-green algae this can produce toxins which may cause rashes following skin contact and serious illnesses if accidentally swallowed. Avoid exposure, both from heat and cold. Vehicles are be given priority of movement, make the driver aware you are there. Stand well clear of any conveyors, crushing and screening equipment; cables must be avoided. Ensure the party enters the ‘safe area’ before any blasting takes place, do not re-enter the quarry until given permission to do so. The active area in quarries and pits may have moved over time, be aware of old workings and shafts.

**Disused or abandoned quarries or open pits**

Many of the risks associated with active quarries are also associated with disused ones.