

Dunnet Forestry Trust Working Arrangements During COVID 19

1. Introduction

A review of the risks was carried out by DFT concerning working while the COVID 19 pandemic is active. This document sets out new working practices to mitigate the risks.

The principle information source referred to is the Scottish government's forest agency's risk assessment and mitigation guidance on COVID 19 (Reference1). Further information about the survivability of COVID 19 on various surfaces and the disinfecting agents was given in Reference 2.

The primary aim of the new arrangements is to prevent virus transmission and intake, whilst going about our forestry work. The study also intended to go the extra mile to simplify mitigation methods and PPE as far as possible. If the new practices are clearly sensible, easy to remember and get used to, then folk would tend to adopt them pro-actively and successfully.

Also by keeping the new arrangements simple and easy we hope to avoid enhancing the risk of non-COVID 19 accidents, i.e.:

- Pre-occupation with lots of extra things to remember, which then distract folk while going about their automatic safe-working practices.
- Distorting or complicating normal working practices which makes them less safe.

Due to the nature of a dispersed forestry working environment and a predominantly volunteer work-force, then success of the new arrangements depends on each individual making it happen.

Dunnet Forest Trust Board

Date – 1st May 2020

2. New DFT Working Practices while COVID 19 Pandemic is Active

2.1 Conditions of attendance

- Familiarise with, and apply the new working practices to look after each other on site.
- Don't attend if self-isolating, got COVID 19 symptoms or living with someone who is self-isolating or has symptoms.
- Don't attend if you won't be able to return home on your own transport or with the person you arrived with.
- Do bring the following to break virus transmission paths:
 - **Normal work gloves and poly bag for them to travel in** - As well as normal work protection, the gloves will help keep virus off hands during forestry work.
 - **Hand-wash kit** - Bottle of water, soap, a towel (dry flannel) for personal hand washing. Sanitising gel is a second option.
 - **Disinfecting kit** - Waterproof gloves, disinfectant soaked cloth in pocket-sized poly-bag and a bottle of disinfectant for re-charging cloth if it gets too dry.
 - **Tissues and Poly-bag for waste tissues.**

2.2 Hands

- Wear work gloves to reduce contamination of hands. Leather gloves can be disinfected at home by "brush painting" with methylated spirits and storing in a zip-lock poly-bag between work days.
- Assume your hands are contaminated anyway. So thoroughly wash hands before touching anything that could get the virus into your body, e.g. food, mouth, nose, cuts, etc.
- Avoid over-using hand sanitiser gels, which is more likely to cause dermatitis.

2.3 General sharing of air-space

- Keep over 2m apart indoors and outdoors.
- However, be aware that airborne virus will carry further (8m) by a cough or sneeze so contain it in the crook of your arm or that towel.
- Also avoid being in someone's wake i.e. walking one behind the other or downwind of them.
- If you need to get closer than 2m then reduce the transmission risk by keeping it brief, being across-wind and avoiding facing each other or talking. Wearing a fabric mask that fits snugly on the face, particularly the nose / cheek valleys will help keep infection you might be carrying to yourself.
- Keep your dog on a lead if necessary, to avoid coming into contact with other people or dogs, (Reference 3).

2.4 General sharing of equipment

- Do not share head gear. Each headgear should be labelled with wearers name.
- Avoid sharing of other equipment if possible.
- If you have to share, or if the equipment is not your own, assume equipment is infected. Personally disinfect equipment before and after you use it.
- Disinfectant and a cloth for DFT kit is provided in each Equipment Store.

2.5 Refreshments

- Bring your own drinking water. Dehydration severely weakens the immune system.

2.6 Vehicle drivers and passengers

- Designate one driver for the day. Driver disinfects the cab before and after work.
- Avoid carrying passengers in the cab, so plan forest work within walking distance.

2.7 Log Sales

- The DFT team will be arranged to take customer's orders, marshal and load the cars / trailers and receive payment without the customers leaving their cars.
- Customer communications and payments will be done maintaining 2m distancing and moneys will be bagged and quarantined to kill any virus before banking.
- Customers will be informed that, as with all goods in a supply chain, and despite best endeavours, there is a risk that the logs are contaminated with COVID 19. The customers will therefore need to take precautions handling the logs back at home.

2.8 Developing COVID symptoms on-site

- Cough and sneeze into the crook of your elbow or use your tissues for better containment.
- Blow / wipe nose with your tissues and dispose into your waste poly-bag.
- Tell a workmate you may be infected, where you were working and equipment used then go home.
- If the infection symptoms are too severe to safely get home then have an ambulance called.

2.9 Developing COVID symptoms off-site

- If you start to show symptoms, tell DFT (info@dunnetforest.org) and try to remember who you might have been working with in the past few weeks, so that they can be informed and take appropriate action to self-isolate.

2.10 CPR

First Responders to familiarise with the new guidance from the Resuscitation Council (UK) about CPR risks and action regarding COVID-19, Reference 4.

3. References

1. Title - Managing and Risk Assessing Forestry Operations During Covid-19 Outbreak.
https://forestryandland.gov.scot/images/staff/covid-19/26.03.20/6._Managing_and_Risk_Assessing_Forestry_Operations_During_Covid19_v1.1.pdf
2. Title - Persistence of coronaviruses on inanimate surfaces and their inactivation with biocidal Agents. [https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext)
3. Title – Coronavirus (COVID 19): Advice for animal owners..
<https://www.gov.scot/publications/coronavirus-covid-19-advice-for-animal-owners/>
4. Title - Resuscitation Council UK Statement on COVID-19 in relation to CPR and resuscitation in first aid and community settings.
<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>