MARSTON PARISH COUNCIL

Lyme Disease

People at risk and how:
Members of the Parish Council, Contractors, Volunteers, Public.

Lyme Disease is an infection that causes an inflammatory disease affecting the skin, joints, nervous system, and other organ systems. Symptoms usually appear within a week of infection but may develop up to 30 days after the tick bite. In some cases, there are no symptoms at all.

The most reliable indication of Lyme disease is the appearance of the circular bull's-eye rash. This is often accompanied by headache and fever, which will usually appear between 3 and 30 days after the bite.

What is already being done to control the measures that need to be put in place?

1. If working in a high exposure area (e.g. woodland areas or close to bracken), wear long sleeved shirts and tuck trousers into thick socks. Preferably light coloured clothing should be worn.
2. Wear strong/sturdy shoes/boots.
3. Wear light-coloured trousers and long sleeve tops.
4. All personnel to carry out a thorough "TICK CHECK" during the works, following completion of works and at regular intervals thereafter (infection is unlikely to occur provided tick removed within a 24hr period.
5. Check soft, dark, damp area e.g. the groin, back of knees and under the arms.
6. Carry a pair of tick tweezers.
7. If you find a tick remove it immediately by seizing the tick with a pair of tick-specific tweezers as close to the head as possible slowly twisting in an anti clockwise direction. Take care not to pull it apart. Pull slowly and consistently until it lets go. Don't pull too hard. If you do not have tick tweezers, do not use normal tweezers as you risk squeezing infected fluids into your blood stream.
8. Do not try to suffocate the tick with Vaseline or remove it by burning– this could trigger release of Bacteria into the bloodstream.
9. Following removal of tick continue to check bite area for Bulls-Eye Rash. If symptoms described appear within 14 days of tick bite, seek medical attention immediately. If possible place the tick in a suitable container to aid diagnosis.
10. Preferably, at the end of the working day, wash and tumble dry clothes after working in high exposure areas to remove and kill ticks from the clothing.

What further action is recommended to reduce risks further?

1. Carry with you emergency contact details e.g. emergency services.

2. Volunteers to ensure they provide up-to-date contact details to the local supervisor and a buddy system is agreed.
3. Refer to risk assessment section Lone Working.

Risk Rating:*| *Severity: 3/5* | *Likelihood: 2/5* | *Risk: Low

Weil's Disease

People at risk and how:
Members of the Parish Council, Contractors, Volunteers, Public.

Weil's disease is a water borne disease and is prevalent in areas frequented by rats. Symptoms are similar to flu and include pneumonia, tonsillitis, fever, headaches, jaundice and muscle ache.

Our Controls:

1. Cover any cuts, abrasions, bites and scratches with a waterproof plaster and/or dressing
2. After working in a high infection risk area, wash and disinfect your hands and forearms with wipes/gel particularly before touching your face, handling food etc.
3. Avoid rubbing your nose, mouth or eyes with your hands while you are working.
4. The usual incubation period is 2 to 14 days. If you suffer any symptoms, seek medical advice immediately stating that you been working in area where Weil's disease could be prevalent. Early diagnosis is important.
5. Carry hand gel.

What further action is recommended to reduce risks further

1. Carry with you emergency contact details e.g. emergency services.
2. For Volunteers,up-to-date contact details to be provided to the local supervisorand a buddy system agreed.
3. Refer to risk assessment section Lone Working.
4. Refer to Leptospirosis Precaution guidance notes:
    - https://www.hse.gov.uk/construction/healthrisks/hazardous-substances/harmful-micro-organisms/leptospirosis-weils-disease.htm
    - https://patient.info/doctor/leptospirosis-weils-disease

Risk Rating:| Severity: 3/5 | Likelihood: 2/5 | Risk: Low

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