

<p>Hazards and Risks for Visitors to Motuihe Island (up-dated March 2025)</p> 	<p>If you are planning to visit Motuihe Island as a volunteer with the Motuihe Trust please read the following important health and safety messages. Leaders and organisers of group visits, please ensure that your entire group has read this information. Please, come prepared for working outside in a remote environment.</p>
<p>Risks or Hazards</p>	<p>What you do about it</p>
<p>Accessing island from boat – slippery and uneven surfaces.</p>	<p>Wharf- wear shoes with good grip and walk on raised strips of decking (avoid the centre of the wharf especially when wet). Beach landings- bring additional footwear that can get wet Ramp- avoid walking on the ramp below the woolshed. This ramp is often covered in marine growth which is not immediately obvious.</p>
<p>Weather (sun/heat, rain/cold/storm)</p>	<p>Wear/bring appropriate clothing for the island and boat transport (sunhats/sunscreen; wet weather gear, sweater). For all teams working out in the field we advise the use of hiking shoe/boots with good tread. Weeders should wear long pants and long sleeves for protection.</p>
<p>Slips (landslides), track blockages</p>	<p>Keep clear; Do not approach; Alert us to any unmarked slips.</p>
<p>Dehydration</p>	<p>Bring bottled water. Drink plenty of water – before you get thirsty. There are no shops on the island but water bottles can be re-filled with filtered water at the woolshed. There is electrolyte in first aid kits if needed.</p>
<p>Isolated work places</p>	<p>Don't work on your own; don't go off on your own. Keep an eye on the members of your group/family.</p>
<p>Exhaustion/tiredness</p>	<p>Don't overdo it; work at your own pace; take a break</p>
<p>Uneven surfaces</p>	<p>Wear sturdy footwear; take your time; check before you go; move carefully. Stick to marked tracks unless with a planting, weeding or monitoring group.</p>
<p>Sharp branches at eye-level through in-fill areas</p>	<p>Wear glasses as you move through in-fill areas. Borrow safety glasses from woolshed if you don't have your own.</p>
<p>Steep cliffs</p>	<p>Keep to marked tracks unless with a weeding/planting group. Keep clear of cliffs, bluffs and steep hillsides – be aware of overhanging cliffs.</p>
<p>Tree climbing</p>	<p>Do not climb trees.</p>
<p>Fire</p>	<p>No open fires allowed on the island. Closely monitor all gas BBQs. No smoking at woolshed or out in the field.</p>
<p>Injury or poisoning from using planting, weeding and trimming equipment.</p>	<p>Please listen carefully to and follow instructions of Team Leaders giving safety briefings for each different work task.</p>
<p>Limited toilet facilities - main block is by the wharf.</p>	<p>Make use of the facilities by the wharf or at the woolshed before heading out in the field. There is a flush toilet at the woolshed (our work base.)</p>
<p>Emergency</p>	<p>Call 111. Know the phone number of your group leader and the Motuihe Ranger (027 437 2576). Motuihe Trust group leaders carry a mobile phone. Ensure you have given your group leader, or us, your emergency contact details. A defibrillator is at Toilet block on headland.</p>
<p>Undertaking special tasks such as pole saw, tractor driving, cleaning solar panels, chain saw</p>	<p>Only authorised and trained volunteers are allowed to undertake tasks that might have a higher risk. Check with the coordinator or a member of the committee.</p>
<p>Allergic Reactions</p>	<p>Volunteers should bring their own medications to the island (eg inhalers) for asthma, antihistamine for bites and stings. Alert supervisor to potential risk or allergy if appropriate. The first aid kit should have antihistamine tablets that can be self-administered.</p>