

Risk Management

Plan ahead and prepare

- Carry a map, inform DPaW and someone at home of your intentions.
- Be aware of all restrictions relating to the area you are walking - for example fire weather warnings.
- Make yourself aware of current local conditions such as diversions due to prescribed burns or wildfire, flooded creek crossings by using the DPaW web page <http://www.dpaw.wa.gov.au/news/alerts> and ringing the local DPaW district office.
- Plan your route and drop-offs and pick-ups around designated vehicle access points
- Check weather conditions on <http://www.bom.gov.au/products/IDR702.loop.shtml#skip>
- Whilst Telstra gives mobile phone coverage along almost all of the Pilgrim Trail, there are some “Block Holes” in their service, so don’t rely on it 100%. Consider a Satellite phone if you want total coverage.
- Provide a detailed itinerary to a responsible person and include a map and estimated times of departure and arrival at destination, so that if you are overdue they can contact the **Police and Emergency Services (000)**
- Remove all unnecessary packaging before you set out.
- Pack suitable clothing.
- Carry 3 litres of water for each section.

THERE ARE NO CAMPSITES ALONG THE TRAIL

Risk reduction suggestions.

1. Uneven, slippery surfaces - trips and falls.
2. Falling Branches.

3. Vegetation: cuts and scratches.

4. Ants, bees, flies, mosquitos, spiders and wasps

5 Snake Bites:

Move with care. Wear appropriate footwear.

Look up: be aware. Don't sit under canopy in strong winds.

Wear long sleeves, long trousers and sunglasses.

Take care: be observant, avoid ants nests, bee and wasp stings. Look before putting hands under rocks, logs or into dense vegetation. If allergic, carry medication and alert others to your condition. Be aware mosquitos spread diseases.

Immediately apply pressure on to the bite.

Keep the person calm and completely at rest.

If the victim is bitten on a limb, apply a firm compression bandage over the affected area, roll it toward the extremities and then back up over the affected area, as close to the body as possible.

The bandage should be firm but not tight.

The limb should be immobilised with a splint or sling.

Once applied, the bandage should remain in place until medical care arrives (try to bring transport as near as possible to the patient). Never remove the bandage. Trained medical personnel will do this. Do not wash the venom off the skin, as this will assist in the identification of the snake.

Most bites occur on the ankle or lower leg, so wearing gaiters, thick socks and sturdy boots will help prevent snake bites.

6. Exposure to weather: wind, rain, cold, heat, sun.

Wear appropriate clothing - hat, long sleeves, long pants. Warm jacket, rain coat, sun glasses. Use sunscreen and re-apply during the day. Carry water. Do not walk in extreme heat, cold, heavy rain or strong winds.

7. Rubbish:

Carry a bag for your rubbish at all times.. Take precautions if picking up rubbish left by others as it may contain sharps/needles/syringes.

8. Lightening strikes:

30/30 rule. If flash to bang is 30 seconds - this means lightening is within 10kms.- move to safer area for at least 30 minutes. Safe places are cars, coaches or buildings.

Tick Bite Prevention.

Ticks can be a source of infectious diseases and lead to chronic allergy and Red meat allergy.

Tick Bites:

Use specific insect repellents which may include:

- Spray clothing and exposed skin with Off (Picardin) insect repellent regularly.

- Spray clothing and exposed skin with Aeroguard Tropical Strength (20% DEET)
- Spray clothing and exposed skin with Bushmans 40% DEET regularly.

Minimize DEET exposure to skin.

Reduce tick entry points to the body by wearing the following:

- long sleeved shirts with the collar turned up and tucked into long pants.
- Tuck long pants into thick long socks.
- Wear a broad brimmed hat
- Light coloured clothing allows for easier tick identification.
- Tape up sleeve cuffs and socks
- Undertake at least hourly inspections of clothing and exposed skin particularly around hair line
- Remove adult ticks immediately using correct removal technique.
- Use Lyclear on larvae and nymphs if they can't be removed easily with tweezers.
- Disinfect bite site.
- Carry Lyclear and fine pointed tweezers in first aid kit.

Heat exhaustion and dehydration

Exposure to hot and humid weather may lead to these conditions as a result of normal body cooling processes becoming inefficient. The person may feel hot, faint, giddy, thirsty, complain of nausea, cramps, headache, and will appear clammy with excessive sweating, rapid breathing and have a rapid pulse rate.

- Assist the person to rest in shade.
- Sponge exposed skin with cool water.
- Ensure the person drinks plenty of cool water preferably mixed with electrolytes.

Respect wildlife

- Don't feed animals or birds and clean up even the tiniest food scraps.
- Protect vegetation and other habitat along the Trail.
- Leave your pets at home. Baiting for Foxes with 1080 does occur in DPaW reserves.
- Grass trees grow slowly - take care not to break the fronds.
- Enjoy the wildflowers - and leave them in place.
- Rocks are homes to many small creatures - leave them as they are.
- Avoid trampling vegetation by staying on defined tracks
- Avoid the spread of 'dieback' (soil-borne virus which kills native plants).
- Observe vehicle access restrictions – although many roads are shown crossing the track, only those marked with the car symbol can be used as access points.
- Be careful not to introduce or spread non-native species (e.g. don't throw your pips and apple core into the bush).

EMERGENCY SITUATIONS

Walkers may experience a variety of emergencies along the Trail from falling tree limbs, heart attacks, criminal attacks and getting lost. In each of these cases the Police and Emergency Services are the first point of contact. In the case of an emergency requiring the attendance of the police, fire brigade or ambulance RING 000. This will that assistance will be provided as quickly as possible.

DISCLAIMER

The contents of this document will not cover each and every circumstance of those who walk the Pilgrim Trail. The Pilgrim Trail Foundation does not accept responsibility for errors or omissions in this document or for the manner in which the information contained in this document is interpreted or implemented. Users may need to seek independent professional advice as to the application of this information to their particular circumstances.