

Fieldwork Safety in BIO 181 labs

Things to consider for Units 4.1, 4.2, 6 and 7

FIELDWORK Intro BIO labs – many of the labs this summer include some component that will involve you going outside. If this poses a problem for you, please contact your TA and the Professor and communicate this before or during the first lab unit. Tips for safe fieldwork:

- ❖ ** Plan ahead and be prepared. Read the lab manual and any provided directions before you go outside.
 - ❖ **Bring all needed items with you: directions, materials, 2 writing utensils, a surface to write on, cell phone with needed apps - check out new apps before you go outside.
 - ❖ Try not to work alone or in secluded areas. Bring a friend/roommate/family member as your “field technician”. If going out alone, let someone know where you are going and when you will be back. You should be able to do most of your fieldwork in easily accessible areas that you already know.
 - Wear appropriate clothing to protect yourself from cuts, scrapes, insects, sunburn, weather. This includes wearing:
 - Closed toe shoes with socks to cover ankles, pants, long sleeves, light colors are best (reflect light and less attractive to many insects).
 - Wear sunscreen and/or insect repellent as needed. Check for ticks if you walk into tall grass, shrubs or forested areas.
 - Avoid walking through thick grass or brush, thorny shrubs, vines and poisonous plants such as poison ivy and poison oak (look it up if you are not sure).
 - Avoid water deeper than 1 foot and be aware of where you are stepping.
 - Look at any plants and fungi that you may touch. Do not try to catch any animals. All of our sampling will be observational and non-destructive.
 - Be sure to wash your hands when you are done with fieldwork and before you eat.
- a. **Few accidents occur when you keep safety in mind.** Be alert and ask questions. Report any problems to your TA and/or professor. This way we can help solve any problems and reduce the chance that it will occur again.