

Central Michigan University Field Safety

SAFETY GEAR CHECKLISTS

1. Personal Safety Gear Checklist *It is recommended that the items listed below are carried in the field. Additional items may be needed depending on the location and nature of the field work.*

a) Items to carry on your person while in the field)

- | | |
|---|--|
| <input type="checkbox"/> Radio or cell phone with GPS | <input type="checkbox"/> Snack "survival" food |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Raingear |
| <input type="checkbox"/> Knife | <input type="checkbox"/> Waterproof matches |
| <input type="checkbox"/> Compass and map | <input type="checkbox"/> Whistle, horn or other signaling device |
| <input type="checkbox"/> Water | <input type="checkbox"/> Current health insurance information |

b) Items to be carried in the field vehicle:

- | | |
|--|---|
| <input type="checkbox"/> Complete change of clothes. | <input type="checkbox"/> Shovel |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Handi-man jack |
| <input type="checkbox"/> Axe | |
| <input type="checkbox"/> Emergency (thermal) blanket or sleeping bag | |

Remember to prepare for the current climatic conditions (*e.g.*, in the summer you might carry insect repellent and sunscreen while in the winter you might carry extra gloves and a face mask).

2. Personal First Aid Kit *suggested contents:*

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|--|--|
| <input type="checkbox"/> alcohol swabs (6) | <input type="checkbox"/> thermometer (1) |
| <input type="checkbox"/> roll of 1" tape (1) | <input type="checkbox"/> #11 scalpel blade (1) |
| <input type="checkbox"/> 4" x 4" gauze pads (4) | <input type="checkbox"/> pair of fine tweezers (1) |
| <input type="checkbox"/> 8" x 7.5" bulk dressing (1) | <input type="checkbox"/> Lighter (1) or waterproof matches (1 box) |
| <input type="checkbox"/> 3" gauze roll (1) | <input type="checkbox"/> all-purpose knife (1) |
| <input type="checkbox"/> 14" elastic bandage (1) | <input type="checkbox"/> liquid soap (1 small container) |
| <input type="checkbox"/> band-aids (10) | <input type="checkbox"/> 2% tincture of iodine (1 container) |
| <input type="checkbox"/> 3" x 6" blister pad or moleskin (1) | <input type="checkbox"/> antibiotic ointment (1 container) |
| <input type="checkbox"/> examination gloves (1 pair) | <input type="checkbox"/> total sun block (1 container) |
| <input type="checkbox"/> cotton-tipped applicators (2) | <input type="checkbox"/> ibuprofen or Tylenol (small amount) |

Note: In addition to the above listed items, individuals with known allergies (such as to bee stings, *etc.*) **or with chronic health conditions should be sure to include necessary items in their field packs.** (For example, individuals who are allergic to bee stings should carry an epipen for emergency treatment. Be sure that the person accompanying you in the field is aware of your allergy and both of you know where emergency supplies are and how to administer them if necessary).

3. Clothing

Adequate clothing for the environmental conditions experienced during field work must be provided by individuals. Layering is recommended. Adequate rain gear may be necessary. For many types of field work, bright-colored clothing should be considered to help others keep sight of, or even find, a field worker. In remote areas bright-colored clothing may be important. Likewise, bright-colored clothing used by faculty and students participating in a field trip may help the participants to keep others in sight and to provide visual warnings to oncoming traffic. Individuals should also wear appropriate footwear. Heavy hiking boots (with toe protection) may be warranted for certain types of field work and deck shoes may be needed for shipboard work. Participants in class-related field trips should not be allowed to wear sandals, open-toed shoes, or athletic shoes (tennis or running shoes) unless these are also considered light hiking boots. Likewise, long pants are recommended to reduce the possibility of scrapes and cuts while working in the field.