

UVM Health and Safety Plan *TEMPLATE*
for Field Sites and Field Work

**To be reviewed daily by the Site Safety Officer with all site personnel
at a tailgate meeting before field activities commence.**

Site Address/Location:

Site Safety Officer: _____

Research Tasks: (check all that apply)

- Topographic survey (e.g., total station equipment, survey rod, tripod, GPS)
- Unmanned aerial survey or terrestrial lidar survey
- Canoe, kayak or boat operations
- Water sampling
- Soil sampling
- Instrument maintenance (e.g., staff gauge, rain gauge, weir, structural health monitoring sensor)
- Discharge measurement
- Other: _____
- Other: _____
- Other: _____

Emergency Notification:

Police: **Emergency: 911** Non-Emergency: () _____ - _____

Fire/EMS: **Emergency: 911** Non-Emergency: () _____ - _____

UVM Contact/Advisor:

Name: _____

Phone: () _____ - _____

Report major injuries to UVM Contact/Advisor or Site Safety Officer listed above.

Contact the CEMS Lab Safety Coordinator for further information, safety@uvm.edu

Nearest Hospital and Directions:

Hospital Name: _____

Phone: () _____ - _____

Address: _____

(Insert Map and Directions from Site Address to Nearest Hospital)

Field Hazards and Risk Reduction Measures

Flora & Fauna Awareness:

(Check all that may apply and add any additional hazards specific to your site in other)

_____ **Insect Stings:** Bee and/or wasp bites.

- Wear long sleeves and light-colored clothing to lessen chance for a sting
- If stung, run a clean fingernail or gauze from a first aid kit over the sting to draw the stinger out
- Apply ice to reduce swelling
- Monitor for signs of allergic reaction and, if so, seek medical attention immediately

_____ **Venomous Spiders:** Black widow

- Avoid wood piles, rock piles, outbuildings – and spider webs in these locations
- If bitten, wash the bite with soap and water, apply a cool compress or ice, and elevate the bite site above the heart, if possible
- Seek immediate medical attention for black widow spider bite

_____ **Ticks:** Carriers of Lyme disease, Anaplasmosis and (rarely) Powassan virus in the Northeast. (and Rocky Mountain spotted fever in the western US)

- Wear light colored long pants with pant legs tucked into socks
- Tie back long hair
- Use DEET or insect repellent
- Perform end-of-day tick check
- Remove field clothes to laundry and shower soon after end of field day
- Seek medical attention for confirmed tick bites

_____ **Animal Bites:** Skunks, foxes, bats, dogs, cats, raccoons, horses, snapping turtles, bears, moose, leeches, other: _____

- Avoid work at dawn & dusk hours
- Seek immediate medical attention for an animal bite that breaks the skin

_____ **Poisonous Plants:** Poison ivy, Poison oak, Poison parsnip, other: _____

- Wear long sleeves, long pants
- Avoid tall weeds, brush – stay on travelled paths where possible
- Wash exposed skin with soap and water as soon as possible

_____ **Other:** _____

_____ **Other:** _____

_____ **Other:** _____

River/ Lake Awareness:

(Check all that may apply and add any additional hazards specific to your site in other)

_____ Canoe/Boating

- Complete Boat Safety online training: <https://www.uvm.edu/riskmanagement/lake-waterway-safety>
- Always wear personal flotation device
- Proficiency in swimming required

_____ Waders/Boots

- Always wear belt with chest waders to minimize waders filling with water
- Use walking stick or river staff to prevent slipping

General Physical Hazards:

(Check all that may apply and add any additional hazards specific to your site in other)

_____ Falls/ Trips: Steep Slopes, Rocks, Tree Roots

- Seek immediate medical assistance for suspected sprain or broken bones
- Use bandages in first aid kit for small lacerations, abrasions

_____ Heat Stress: <https://www.uvm.edu/riskmanagement/extreme-temperatures>

- Avoid field work during mid-day or very hot conditions
- Wear a hat/cap
- Take regular breaks in the shade and hydrate often with water
- Use the buddy system and monitor for signs of heat stress
- If a person is affected by heat stress, remove them to shade or a cooler location
- Apply cold packs, ice, or cool water compresses
- Encourage regular intake of cool water
- Seek medical attention

_____ Cold Stress: <https://www.uvm.edu/riskmanagement/extreme-temperatures>

- Avoid field work during very cold conditions
- Wear layers of loose-fitting clothing and waterproof and insulated boots
- Take regular breaks to warm up indoors or in a car
- Stay hydrated and avoid caffeine or alcohol.
- Use the buddy system and monitor for signs of frost bite or hypothermia

_____ Electrical: (marine batteries, other power sources)

- Minimize the interaction of water with electrical cables
- Charge batteries in areas that are well ventilated
- Never charge batteries overnight and unattended
- Have appropriate spill absorbent pad available for potential battery leaks.

_____ **Traffic**

- Wear a reflective vest
- Use buddy system where appropriate
- Tie back long hair
- Sunscreen and Hat
- Water bottle

_____ **Construction Sites**

- If entering a construction site, report to general contractor or site supervisor and follow prescribed safety guidance
- Wear proper PPE (hard hat, safety glasses, steel-toed shoes)
- Tie back long hair

_____ **Weather Emergencies:** Flash flooding, thunder and lightning

- Avoid field work on days where extreme weather is forecast
- Monitor extreme weather alerts/warnings: <https://alerts.weather.gov/cap/vt.php?x=3>
- If extreme weather occurs unexpectedly, immediately leave the river, lake or any water body; seek shelter in a building, car, or away from hilltops, trees, and utility lines

_____ **Other:** _____

_____ **Other:** _____

_____ **Other:** _____

Other General Precautions:

Personal Protective Equipment (PPE)

Field PPE includes equipment necessary to safely carry out the field work:

- _____ **Waders**
- _____ **Sunscreen/Sunglasses**
- _____ **Reflective Vest**
- _____ **DEET/ Insect Repellent (to repel ticks)**
- _____ **Sturdy, closed-toe boots**
- _____ **Hard hat**
- _____ **Safety Glasses**
- _____ **Steel-toed shoes or boots**
- _____ **Baseball cap or other hat**
- _____ **Light colored pants with socks (to see ticks)**

_____ **Other:** _____

_____ **Other:** _____

First Aid Kit (Review the location of the first aid kit with all site personnel)

_____ **Soap, biodegradable (to wash off wild parsnip oils or insect sting sites)**

_____ **Tecnu (to remove poison ivy oils from skin)**

_____ **Band-aids/ Bandages / First Aid Cream**

_____ **Ace Bandages**

_____ **Sling**

_____ **Chemical hot packs**

_____ **Salt (for leach removal)**

_____ **Tick Remover**

_____ **Other:** _____

_____ **Other:** _____

_____ **Other:** _____

*Each participant must complete the **Acknowledgment of Risk Form** found on the UVM Risk Management and Safety: Safety for Field Work and Farm Operations website (<https://www.uvm.edu/riskmanagement/safety-field-work-and-farm-operations>) or copied below.

University of Vermont

Acknowledgment of Risk and Consent for Treatment during Field Laboratories

Section 1 (*To be completed by field lab leader*)

Class Name and Number: _____

Field lab leader: _____ Cell Phone: _____

Address:

Field lab date(s):

Equipment/supplies to be provided:
- by participant: _____
- by field trip leader: _____

Immunizations required (check with Student Health Center): _____

Physical activities to be undertaken include:

Risks inherent in this field trip include bodily injury due to: _____

Section 2 (*To be completed by field lab participants*)

I acknowledge that there are certain risks inherent in field laboratories, including but not limited to those indicated in Section 1. I acknowledge that all risks cannot be prevented. I represent that I am physically able, with or without accommodation, to participate in this field laboratories for this course, am able to use the equipment and/or supplies described above, and have obtained the required immunizations, if any.

Should I require emergency medical treatment as a result of accident or illness arising during the field lab, I consent to such treatment. I acknowledge that the University of Vermont does not provide health and accident insurance for field laboratory participants and I agree to be financially responsible for any medical bills incurred as a result of emergency medical treatment. I will notify the trip leader in writing if I have medical conditions about which emergency medical personnel should be informed.

If a student, I will follow the Code of Student Rights & Responsibilities [insert www.uvm.edu/~uvmppg/ppg/student/studentcode.pdf]. I will not possess or use alcohol or unlawful substances while participating in course work. I will wear a seatbelt at all times during transportation to and from the field site.

Name (*please print*)

Signature

Date

Signature of parent/guardian (if participant is a minor)

Date

Section 3 (*General Information*)

To request disability accommodations for this field trip, please notify your trip leader or contact the Specialized Student Services Office at least 10 days in advance of the trip by calling (802) 656-7753 (voice); (802) 656-3865 (TTY); or (802) 656-0739 (FAX).

Immunizations may be obtained through the Student Health Center (802) 656-0847 or your primary care physician.

Section 4 (Health Insurance Information)

Participant's Health Insurance Company:

Policy #

POISON IVY



(<https://www.pennmedicine.org/updates/blogs/health-and-wellness/2018/july/poison-ivy-sumac-oak>)

POISON PARSNIP: SAP BURNS IF SAP GETS ON SKIN IN THE SUNLIGHT



(<https://www.burlingtonfreepress.com/story/life/2019/07/11/dangers-wild-poison-parsnip-vermont/1692017001/>)

(<https://www.dec.ny.gov/animals/105364.html>)

COW PARSNIP BURN



(<https://www.usatoday.com/story/news/nation-now/2018/07/19/dangerous-hobo-parsnip-plant-severely-burns-blisters-woman/799636002/>)