Risk and safety in fieldwork and excursions

This document applies mainly to fieldworkers at CEC and to fieldwork within Sweden, and considers the most common risks. Other risks may apply in specific environments (both in Sweden and abroad), and should then be outlined in the text field at the end of the document.

The employer (coordinator) shall make a risk assessment for every field project, in accordance with the law of Systematic Work Environment work (In Swedish “SAM”), and it has to be documented.

Pre-excursion: In general the coordinator has done a pre-excursion at the site. The coordinator is also responsible for going through the safety precautions with all fieldworkers when the excursion starts.

The fieldworkers should disclose any health issues that may affect their ability to undertake the fieldwork and such information must be treated confidentially.

Use this form to tick the boxes/risks you find relevant for your fieldwork

General safety rules:

- **Inform** about leaving and coming home: Inform your fieldwork coordinator.
- **Avoid risks**: Do not expose yourself to unnecessary risks. Don’t overestimate your own or your colleague’s abilities.
- **Safety equipment**: Bring safety equipment: mobile phone, gps, gloves, whistle, medication, safety goggles, headlamp, helmet etc.
- **Visibility**: Use magnetic stickers with LU-logo on your cars, and also use caps or T-shirts with the logo.
- **First aid kit**: Bring a small first aid kit to carry with you, or one per group.
- **Report incidents/accidents**: All incidents or accidents must be reported to the coordinator (= head of admin.)
- **Insurance**: Make sure you are insured at all times.
  - Registered university students or employees are always insured by the university (For work outside the EU you must bring the insurance certificate card from Kammarkollegiet. This is not needed within the EU).
- **Not allowed**: Friends, children or pets are not allowed to bring in fieldwork.
- **Working alone**: Working alone should be avoided. It is always safer to be more than one.
- **Mobile phone**:
  - Everyone should bring a mobile phone.
  - Field working personnel are encouraged to program ICE – In Case of Emergency – plus phone numbers to the closest relatives. Through this number rescue personnel can, in the event of a serious accident, quickly get in touch with relatives.
  - Exchange telephone numbers in your field group.
  - Maintain regular contact with each other.
  - Keep your telephone loaded. Don’t use the last bits of batteries while at work.
  - Bring extra charger if necessary.

Risks and how to minimize them

☐ **Allergies - known**: Anyone who knows that he or she is allergic is responsible for their own medication.

☐ **Allergies – acute attacks**: Unfortunately cortisone tablets cannot be provided by the employer. Purchase privately and on prescription.

☐ **Animal attacks**:
  - Grazing animals: avoid contact/confrontation. No one should work alone on pasture ground. Show safe and respectful behavior towards farm animals. Contact landowner for advice if unsure about whether it is safe/appreciated for you to enter an area under grazing.
  - Loose dogs: Stand still and avoid eye contact. Walk slowly away from the dog when the dog has calmed down.
  - Snakes: If you get bitten by a viper/snake, always contact healthcare!
  - Wild animals: Make noises while you are in an area with animals that you want to avoid.
  - Insects – see “Stings and bites” and “TBE” below.
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☐ **Chemicals - fire, explosions poisoning:**
- If you work with chemicals, it’s very important that you know the risks and how to handle them.
- You should make one risk analysis per risk element!
- Don’t work with chemicals alone or don’t handle chemicals if you work alone!
- Lab safety course: At least one person in your field group – yourself or a colleague – have to have attended the course “Lab safety” at the Biology department (Responsible teacher: Helene Bracht Jørgensen).
- Coordinators of fieldwork should attend the course in “Risk analysis in connection with the handling of chemicals or during fieldwork” at Biology department (Responsible teacher: Helene Bracht Jørgensen).

Chemicals and fuel – transportation and storing
- Transportation of chemicals must be carried out in accordance with special safety regulations.
- Never keep chemicals in a hot car! Make a plan for the storage during field work!
- Ethanol, which many groups use for disinfecting, can be dangerous when left in a hot car.
- Batteries should be handled with caution. They could be dangerous if left in a hot car.
- Spirit or gas used for cooking should also be handled with caution.

☐ **Dehydration:** If the weather is hot, bring enough water and refreshments.

☐ **Emergency:**
Mobile phone with the number to all in the field group.
ICE (“In Case of Emergency”) programmed on your mobile phone.
First aid course: At least one in the group should have attended such a course.
Hospital: Check where the closest health care facility/hospital is situated.

☐ **Equipment:** Become familiar with safety risks associated with the equipment/instruments you will be using before starting fieldwork and take a training course if necessary.

☐ **Getting lost:** Maps and/or GPS for work in terrain far away from roads. Don’t forget to bring extra batteries! Carry a headlamp if you work in evenings, to secure visibility. Mobile phone of course.

☐ **Getting tired:** Schedule breaks during work. Don’t drive if you are tired.

☐ **Ladders:** If a ladder is used you are not allowed to climb higher than 4 meters. (If you intend to climb higher than that you must complete a special course).

☐ **Landowners – respect and avoiding confrontation:** The landowner must always be contacted beforehand if destructive sampling is to be carried out (beyond what is covered by Allemansrätten- Check carefully and if in doubt contact the landowner), and/or if sampling equipment, like traps, are left in the field. Use clothes and car stickers with the LU logo

☐ **Lifting:** Ask for help when lifting or carrying very heavy items, and use the correct technique for lifting (i.e. bending your knees).

☐ **Mental health:** Avoid working alone, schedule regular breaks, plan enough time to complete fieldwork and, where possible, limit long working hours. Make a list of work priorities with the fieldwork coordinator so that it is clear what the most important tasks are to focus on and which ones can be left out if necessary.

☐ **Pregnancy:** Risk assessment should be done immediately for work where workers are pregnant, have given birth to a child not more than 14 weeks before work is to be performed, or for workers who are breastfeeding.

☐ **Sexual harassment:** There is a risk of sexual harassment during field work. Follow general safety rules and avoiding working alone contribute to reducing (but not eliminating) these risks. Prioritize personal safety when in an ambiguous situation. If you suspect sexual harassment has happened inform the field work coordinator, and contact your line manager, administrative manager or your safety representative. You can also contact one of the colleagues in the CEC’s group for gender equality and equal treatment, and/or seek support outside CEC by contacting The Occupational Health Centre at Lund University, or in the case of PhD students, The Doctoral Student Ombudsman.
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□ **Slipping**: Be careful along slippery ground. Use suitable shoes.

□ **Stings or bites by insects**: If you are allergic to bee or bumblebee stings you must carry your personal medicine and also avoid working alone. In case you get stung, always go to a hospital, since you could experience a paraphyletic shock unexpectedly.

□ **Temperature – getting too warm or cold**: Adapt your clothing so you do not get too warm in summertime or freeze in winter. Bring extra clothes in case you get wet and need to change.

□ **Ticks**: Look out for ticks during fieldwork and examine yourself afterwards. Use repellent if possible and put your socks outside your trousers. It’s also advisable to use rubber boots.

□ **TBE**: Will the fieldwork be carried out in an area with TBE?

If the answer to these questions is yes, the employer will pay the vaccination for all fieldworkers, including hourly employed. The employee is responsible for the vaccination process him- or herself and the employer takes no responsibility for anyone who does not vaccinate.

The vaccination consists of three doses during one year. You get some protection even after the first dose. Keep in mind that the first dose of TBE vaccine must be taken two months before the fieldwork begins to provide proper protection. Save the receipts and register as expenses in Primula and CEC will reimburse the costs.

□ **Transportation**:
  - Avoid driving for a very long time. Don’t drive if you are tired.

□ **Weather hazards**: check for weather warnings and avoid working when there is a high risk of e.g. extreme heat, wildfire, heavy snowfall, flooding etc.

□ **Other risks**: Are there more risks to be considered? Describe below and explain how to minimize them:

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I have read and understood the information above and ticked appropriate points.

Date

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My signature

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Coordinator’s signature

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