

## SAFETY IN OUTDOOR EDUCATION AND RESEARCH ACTIVITIES

### ORDINARY RULES

- Provide the necessary first aid kit and don't work alone at least in risk places (mountains, creeks...)
- For the activities where you can get accidentally injured or involving the manipulation of organic matter (litter, soil, etc ...) vaccination against tetanus is compulsory
- Persons allergic to insect bites should inform your supervisor
- To reduce the risk of contact with ticks, you should walk on paved paths, avoid sitting on the grass, wear clear and opaque (long pants and closed at the ankles, long sleeved shirt, hat, etc ...) and possibly use insect repellents. Afterwards always check if there are any ticks attached to the skin
- Pregnant women are required to report their status to the responsible of the teaching activity
- Don't work in riverbeds, even if they are dry, if weather conditions are not stable. Sudden floods are also possible when rainstorm happens so far away you couldn't realize that.
- Wear clothes and shoes suitable for the environment and the season. Use shoes with slip resistant soles when hiking (if in doubt ask your supervisor). Pay particular attention at the stumps and rock outcrops
- Acquiring construction helmet, a helmet or helmet with CE mark to protect the head from accidentally falling branches or tops
- Try to plan your field trip when weather condition are stable. In case of thunderstorms, try to reach a safe place as soon as possible (shelter, cabin, camp, etc.) and in any case, **never** shelter under isolated trees or near sharp objects or peaks and head to open spaces. In the forest stay away from the tallest trees.
- Do not carry loads which result in excessive stress and when moving, especially in steep terrain, keep hands free
- If you use glasses, be aware that in case of fall, they can break and/or not wearable anymore, so contact lens could be an alternative.
- Do not get in gear pockets sharp or pointed instruments. Do not move, even a few meters, instruments or tools with sharp edges or deprived of their protection
- Always bring plenty of food and water appropriate to the duration of the activity.

### SPECIAL EMERGENCIES

- In case of tick bite ensure immediate removal of tick grasping, preferably with tweezers near the head, and making a slight pull and contemporary anti-clockwise rotation; disinfect the bite area. The tick bite is considered an accident at work so do not miss going to the first aid service and requiring the certificate/report issued. If, after days or weeks, you see a reddish glow in the area around the tip, contact your doctor immediately
- In case of viper bite, remove anything that can compel (rings, bracelets, watches); immobilize the affected limb, like a broken limb; do not make any incision to drain the poison, and do not suck the blood directly with the mouth; do not restrict blood circulation (i.e. with tourniquet), in case a light bandage (upstream the bitten part) can be useful but just if it exerts a moderate local pressure and does not prevent any spontaneous leakage of blood. Try to remember the appearance of the snake. Go to hospital.

### VISITS TO FACTORIES AND CORPORATE SITES

- Follow all safety instructions given by the host [e.g. follow the directional lines to move into work areas (yards, warehouses, etc. ...) avoiding hazardous travel across the routes of moving machine]

- Wear any equipment supplied by the host (e.g. ear protection, helmets, etc.)
- Specific safety standards relating to particular educational activities will be reported by your supervisor.

**It should be noted that the responsibilities of teaching activity in the field and insurance are limited to periods of actual teaching, excluding breaks of various kinds. The insurance coverage is extended to periods of transfer only if made with means made available by the University**

## APPENDIX

During the excursions and field activities, the main sources of risk are due to factors summarized in the following table.

Hazard	Possible damage	Prevention
Vehicle accident	Serious injury dead	Respect traffic laws Check the vehicle Don't drive impaired and recklessly Rest if you are tired Pay attention roadway condition
Temperature extremes	Discomfort or in extreme cases, dehydration or hypothermia	Wear appropriate clothing Suspend operations if necessary Ensuring adequate food and / or hydration
Precipitation	Discomfort, stress	
Insolation	Discomfort, burns	Wear suitable clothing Suspend operations if necessary Ensuring adequate food and / or hydration Use protective creams
Lightning	Electrocution	Suspend their activities during lightning storms Do not shelter under trees
Fallen on steep slopes, slippery, rocks and accidentally bumps	Bruises Crooked Muscle injury Fractures	Moving with hands-free, Wear appropriate boots or shoes with non-slip sole
Fallen twigs, branches whipping accidental	Bruises Injuries to the eyes	Use protective helmet, possibly integrated with visor Wear suitable clothing
Bumps on twigs and thorny shrubs	Laceration wounds Eye injuries	Provide for allocation of first-aid kit Vaccination against tetanus
Mammalian bite	Injuries Disease transmission	Provide for allocation of first-aid kit Inquire about any communicable disease in the area
Bitten by snake	Poisoning	Be aware of conduct aimed at facilitating the transfer to hospital (see "Emergencies details)
Tick bite	Infections Disease Transmission	Visual inspection during and after the hike In case of puncture contact the Service of Preventive Medicine of the University Vaccination against TBE
Stinging insects	Anaphylactic shock	Identifying people at risk Acquiring antagonists when prescribed by your doctor Be aware of conduct aimed at facilitating the transfer to hospital

Use of tools and device	Laceration wounds Bruises Injuries	Wear protective equipment (helm, protective glasses...) and proper clothes Use tools and devices just if you are able or you have been trained Provide for allocation of first-aid kit Vaccination against tetanus
Steam flood	Drowning Injuries	Don't walk on the riverbed if weather conditions are not stable. Floods are also possible when rainstorm happens far away and you couldn't realize that.

**Safe hiking/field trip checklist**

 <p><b>Hiking boots</b></p> <p>Feet stay warm and dry. They help to avoid slipping and falling</p> <p><b>Tip:</b> Bring a spare pair of socks in case your feet get wet</p>	 <p><b>Work helmet</b></p> <p>To save your head when there is the risk of falling branches and rocks</p> <p><b>Tip:</b> refer your supervisor</p>	 <p><b>Bright colour clothes</b></p> <p>To be visible in dark conditions and at long distance if necessary (i.e. possible rescuers)</p> <p><b>Tip:</b> an high visibility vest is the easier solution (light and handy): <b>refer your supervisor</b></p>
 <p><b>Food</b></p> <p>Snack/lunch keep you going as you burn energy walking</p> <p><b>Tips:</b> nuts, seeds and chocolate are very good having a high energy/weight ratio</p>	 <p><b>Water</b></p> <p>To stay hydrated (fluid loss is heightened in extreme weather)</p> <p><b>Tip:</b> you need to consume about 1 litre of additional water a day for every 7-8 km you hike</p>	 <p><b>Raincoat and extra clothing</b></p> <p>It could be rain especially in the mountains</p> <p><b>Tips:</b> synthetic clothes are better because they don't trap water against the skin and are quick to dry</p>
 <p><b>Rucksack</b></p> <p>To carry comfortably all you need reducing your effort while hiking</p> <p><b>Tip:</b> choose specific mountain backpack</p>	 <p><b>First Aid Kit</b></p> <p>To treat minor injuries</p> <p><b>Tip:</b> seek medical attention as soon as possible for more serious injuries</p>	 <p><b>Sun cap/sunglasses</b></p> <p>To avoid annoying and hurting sunburn and protect your eyes in case of high solar radiation</p>
 <p><b>Map &amp; compass</b> (analogue or digital)</p> <p>To get not lost Help you find your way back and recognize the land morphology and possible dangerous places</p> <p><b>Tip:</b> inform your supervisor about your trail. Don't move alone</p>	 <p><b>Light</b></p> <p>In case you get lost and night falls it helps you to find your way back</p> <p><b>Tip:</b> make sure to have extra batteries</p>	 <p><b>Knife/Multitool Lighter/Matches</b></p> <p>Tools can be useful to solve unexpected problems</p> <p>In an emergency, fire keep yourself or someone else warm until help arrives</p>