

# 5 SIMPLE SUGGESTIONS FOR FIELD RESEARCHERS

## 1. Register Your Trip

You are automatically registered if you book travel using UC's central travel service [Connexus](#); otherwise, you should register trips over 100 miles via the website [UC Away](#). Shortly after registration you will receive an email with UC travel insurance numbers and destination-specific information. If conditions change during your trip (e.g. approaching storm, disease outbreak, heightened security), you will receive updated alerts via email with specific guidance for your location. You may also access iJet's travel intelligence reports directly by logging in to the [Worldcue Trip Planner](#) or by downloading the mobile app Worldcue 2.0.



## 2. Develop a Communications Plan

For field work in remote locations - or hazardous work off campus - develop a field safety plan with site information and emergency procedures. Many researchers including biologists, archeologists and engineers are using hand-held satellite devices that provide GPS-tracking and emergency SOS features, for example Spot Messengers or the Delorme Inreach that supports 2-way texting globally via satellite. Your field safety plan serves as a hazard assessment tool and can include Go/No Go criteria, refer to other protocols or training, and be used to brief your field team or course participants on trip logistics and precautions. Berkeley's [Field Safety Plan](#) template is available as an example; or contact your campus EH&S office for guidance.

## 3. Take First Aid Training

Cal/OSHA requires at least one employee to have current first aid training at remote work sites (e.g. more than 30 minutes from emergency medical services and/or with unreliable phone service). Wilderness First Aid training is available on or near many campuses through outdoor education programs and is a good option for outdoor field work and/or travel to developing countries or work sites with limited medical services. Basic 4-hour first aid training is also available on most campuses and Heat Illness Prevention training is now available online via the UC Learning Center (search using the keyword "heat", course length is 15-20 minutes).



## 4. Carry a First Aid Kit

Customize the kit for your location and tasks, replenish expired materials and carry extra disposable gloves. At UC Berkeley we've been promoting the lightweight NOLS 4.0 kit, which includes pointed tweezers for tick removal, Moleskin, an irrigation syringe and povidone iodine for wounds, athletic tape, shears, various bandages, and even a small roll of duct tape. Additional items suggested by field researchers include OcuFresh eyewash, Technu, a Sam-splint and epinephrine autoinjectors (prescription required).

## 5. Consider (and Discuss) Security Risks and Personal Safety

Consult with reliable local contacts, check [State Department](#) warnings, and review a "security brief" for your destination, available via the [Worldcue Trip Planner](#). If you're teaching a field course or leading a trip, review precautions and expectations before your trip, e.g. regarding free time, leaving the group, alcohol and drug use, local crime risks, and situational awareness. Concise, clear messages keep your group aware. Effective leaders brief at the start of the day, at the start of an activity, and as conditions change.



*This guidance was compiled by Sara Souza, Research Safety Specialist at UC Berkeley Office of Environment, Health & Safety. She will be launching a new UC system-wide Center of Excellence in Field Research Safety on July 1 and may be reached at (510) 643-5809 or [sarasouza@berkeley.edu](mailto:sarasouza@berkeley.edu).*