

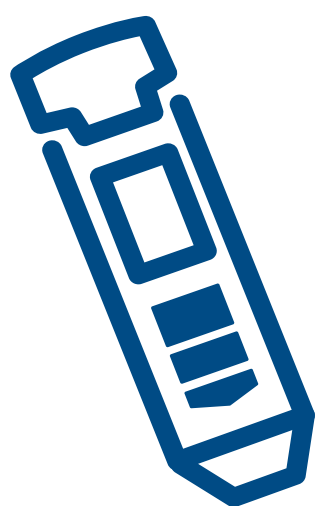
5 Actions TO PREPARE

For Safe Successful Field Research



Register Your Trip for UC Travel Insurance

You are automatically registered if you book travel using UC's central travel service Connexus; otherwise, register trips over 100 miles via the web portal [UC Away \(https://ehs.ucop.edu/away/#/\)](https://ehs.ucop.edu/away/#/). Shortly after registration you will receive an email with a destination-specific "trip brief" and insurance card with 24/7 travel assistance numbers. 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 travel intelligence reports directly by logging in to the [Worldcue Trip Planner](#) or by downloading the Worldcue mobile app.



Schedule a Pre-Trip Medical Consult

For international fieldwork, clinical work, wildlife studies, work at altitude, scientific diving, use of respirators, noisy environments, and other hazardous work, schedule a pre-trip medical evaluation 6-8 weeks prior to travel (consult with your medical director or EH&S as needed).



Develop an Emergency Communications Plan

For fieldwork 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 carry satellite phones or handheld devices that provide GPS-tracking and emergency SOS features, such as the inReach device that supports 2-way texting globally via satellite. Your field safety plan also serves as a hazard assessment tool and can include Go/No Go criteria, refer to other protocols, JHAs, or training, and be used to brief your field team or course participants on trip logistics, precautions, and emergency procedures.



Take First Aid Training & Carry a First Aid Kit

Cal/OSHA requires at least one employee to have first aid training at remote work sites. Wilderness First Aid training is available on or near many campuses and is an excellent option for outdoor fieldwork or remote travel. Basic first aid and CPR/AED training is also available on most campuses and Heat Illness Prevention training and Wildfire Smoke training is now available online via the UC Learning Center.

Customize your first aid kit for your destination, tasks, group size and training level; replenish expired materials and carry extra disposable gloves. At UC Berkeley we have the lightweight NOLS 4.0 med kits available to loan out, which include pointed tweezers for tick removal, Moleskin, an irrigation syringe for cleaning wounds, athletic tape, shears, various bandages, basic meds, and even a small roll of duct tape. Additional items suggested by field researchers include OcuFresh eyewash, Steristrips and Tegaderm, Tecnu, Quickclot, a Samsplint and epinephrine autoinjectors (prescription required).



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, for example regarding free time, code of conduct, leaving the group, alcohol and drug use, local crime risks, and situational awareness. Review the UC Field Operations Safety Manual for more on effective communication and decision-making in the field. 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. Set the tone for a safe, successful trip.

