

Precautions in the Field

HAZARD



PRECAUTIONS

Wear long pants, socks. Use EPA-approved repellent.

- Stay in middle of the trail
- Do tick checks
- Remove ticks promptly with pointed tweezers, pulling straight out. Rub site with alcohol.
- Monitor for flu-like symptoms and bullseye ring around bite.

HAZARD



PRECAUTIONS

Leaves of three, let it be.

- If exposed to poison oak, wash with Tecnu to remove oils from skin and wash your clothes.
- Poison oak reaction can be serious if person is highly sensitized or smoke from burning poison oak is inhaled.

HAZARD



PRECAUTIONS

Don't provoke or handle snakes.

- If bitten by a rattlesnake, evacuate and seek medical treatment immediately to receive anti-venom.
- DO NOT use snake bite kits, tourniquets, or suction.
- Have an emergency communication and transport plan in place.

HAZARD



PRECAUTIONS

Avoid contact with rodents and droppings.

- Do not sweep or inhale dust/droppings.
- Wash hands after being around animals, even if you didn't touch any.
- Disinfect equipment, traps, and reusable PPE with a high level, EPA-registered disinfectant.
- Wear respiratory protection for work in potentially rodent-infested closed spaces (consult with EH&S in advance).

HAZARD



PRECAUTIONS

Have you had a cough, fever, or painful breathing for more than two weeks?

ASK YOUR DOCTOR ABOUT VALLEY FEVER

Valley Fever is caused by a fungus that lives in soil or dirt in some areas of California. You can get it by breathing in dust where the fungus grows. Digging, truck driving, construction and operating heavy machinery causes the most exposure.

If you work outdoors, stay upwind of dirt disturbance, wet soil before digging and contact EH&S about ways to keep dust down or to be fitted for a respirator.

HAZARD



PRECAUTIONS

Dump or drain standing water. Prevent mosquito bites:

- Use EPA-approved insect repellent.
- Wear long sleeves and long pants.
- Use windows/doors with screens or keep closed and use A/C.
- If you get sick, tell the doctor where you traveled.

Basic Field Biosafety

- Keep hands clean
- Employ barrier protection (gloves, hiking boots, long pants)
- Avoid bites and scratches from animals
- Prevent bites from mosquitoes, ticks, and fleas with EPA-registered insect repellent
- Disinfect equipment, traps and reusable PPE
- Consult with EH&S to assess work practices
- If you become ill, inform your doctor about your field activities and travel



More resources are available at the UC Field Research Safety website, or contact your campus EH&S office for assistance. These suggestions were compiled by Sara Souza, UC Berkeley Office of Environment, Health & Safety. She leads the UC Center of Excellence in Field Research Safety and may be reached at sarasouza@berkeley.edu.