

## SAFETY IN THE FIELD

While in the field always use common sense, good judgment, alertness, and follow these straightforward safety rules:

### **1. Wear appropriate field clothes and shoes.**

The primary function of field clothes is to keep you warm, dry, and protected from the sun. In general, you should wear long pants and long sleeves, and have rain gear and spare warm clothing with you in case the weather turns bad. Wear waterproof, sturdy tennis shoes or hiking boots. Use gloves to protect your hands.

In case of warm weather wear white or light colored clothing made of cotton. Wear a hat, use sunglasses, sunscreen, and drink frequently. In cold weather, wear warm clothes and dress in layers with a wind- and waterproof outer layer (avoid cotton clothes in cold or wet weather). Wear a hat, use toe- and hand-warmers, eat and drink frequently.

### **2. Use the right equipment and use it properly.**

Always wear safety glasses while using rock hammers! Use hard-steel hammers with a square head. Hammers should only be used on rock corners that stand a chance of being knocked off. Do not indiscriminately hammer, and do not swing the hammer wildly. Do not hammer at rocks above your head. Use downward blows, and ensure no one is standing close to you. Do not use a hammer to strike another hammer. Instead, use rocks chisels with a soft metal head that can be struck safely. Do not use chisels on solid rock faces; work them into existing fissures.

Avoid spilling acid on exposed skin. Wear hard hats when working at roadcuts where falling debris is a possibility.

### **3. Avoid risky situations and do not put others at risk.**

Do not climb outcrops with others below you. Avoid walking and climbing on slick or slippery surfaces, and under or on top of unstable or overhanging cliffs. Never roll rocks down slopes and never throw them off the top of cliffs. Do not excavate at the base of sand or mud cliffs that might slump. **Use extreme care while crossing roads and working along busy roadcuts.**

### **4. Protect yourself from insects and poisonous plants.**

Use insect repellent. Wear light-colored clothes so that ticks or other insects can be spotted more easily. Have frequent "tick-checks." Learn to recognize poisonous plants and avoid them.

For more information see: Planning for Field Safety, 1992, by American Geological Institute, Alexandria, Virginia, 197 p. (QE 45 P53)