

Field Safety Plan

Field Site Location: Leonard Lake Reserve, CA
Activity: Research Trip: Fri – Sun 22-24 April: Leonard Lake. Hiking, Surveying, Mapping
Created for: Geography Field Methods Course (G180), Date of rev: 3/21/2016
Spring 2016

General Site Information: 1500 – 2500ft. Some dense vegetation.

If travelling more than 100 miles from campus, register your trip at ehs.ucop.edu/away for UC travel insurance documentation and location-specific trip alerts. For international work, the [Worldcue Trip Planner](#) is available to assist with planning logistics, identifying local services, and guidance regarding local hazards.

Geographic Location:	Latitude: 39.270	Longitude: -123.369
Local Contact:	Leonard Lake Reserve Phone (888) 667-1460	University Contact: DG, Dept. of Geography: (510) 642- [REDACTED] Frequency of check-ins: <u>none planned</u>
Nearest Emergency Medical Services (EMS):	Ukiah Valley Medical Center 40 mins away – 275 Hospital Drive, Ukiah. 24 hour Emergency Services (Call 911 in the U.S.) - (707) 462-3111	
Nearest Emergency Department (ED):	See above.	
Go/No Go Criteria:	NO GO: Only severe weather, road blockages or fire will create a no-go situation	
Directions to site	Hwy 101 to Reeves Canyon Rd, north of Ukiah. Follow to end of road. Research will be conducted on the property of the reserve.	
Parking Areas:	On reserve at house site.	
Assembly Areas:	Leonard Lake Reserve, CA	
Expected temperature/weather:	Mild temperatures: 50's – 70's. with lows in the 40's – 50's. Possible rain.	
Drinking water availability:	<p>If forecast exceeds 80°, Cal/OSHA requires access to at least one quart (4 cups) per person per hour for the entire shift, i.e., an 8 hour shift of strenuous work requires access to 2 gallons per person. Water must be fresh and suitably cool.</p> <p><input checked="" type="checkbox"/> Plumbed water available <input type="checkbox"/> Water cooler with ice to be provided <input type="checkbox"/> Bottled water provided <input checked="" type="checkbox"/> Other: <u>Access to Large Water Jugs will be provided for each working group</u></p> <p><input type="checkbox"/> Natural source and treatment methods (e.g. filtration, boiling, chemical disinfection):</p>	
Access to Shade/Shelter:	<p>If forecast exceeds 80°, shade must be provided by any natural or artificial means for rest breaks. Shade is not considered adequate when heat in the area does not allow the body to cool (e.g., sitting in a hot car).</p> <p><input type="checkbox"/> Building structures <input checked="" type="checkbox"/> Trees <input type="checkbox"/> Temporary Canopy/Tarp <input checked="" type="checkbox"/> Vehicle with A/C <input checked="" type="checkbox"/> Other: A large shelter canopy will be provided in the campground in case of forecasted rain or high temperatures.</p>	
High Heat Procedures - Required when temperatures are expected to exceed 95° F	<p>If possible limit strenuous tasks to morning or late afternoon hours. Rest breaks in shade must be provided at least 10 minutes every 2 hours (or more if needed). Effective means of communication, observation and monitoring for signs of heat illness are required at all times. Pre-shift meeting required.</p> <p><input checked="" type="checkbox"/> Direct supervision <input checked="" type="checkbox"/> Buddy system <input checked="" type="checkbox"/> Reliable cell or radio contact <input type="checkbox"/> Other:</p>	
Personal Protective Equipment (PPE):	<p>Required: Boots or hiking shoes, rain gear, layered clothing that can hold up to abrasion, Sun hats and sunscreen. PFD's if riding in watercraft.</p> <p>Recommended: Insect repellent, warm clothing, extra shoes and socks, warm hat,</p>	
Out of Bounds Areas:	Areas outside of Reserve	
Cell phone coverage:	<p>Number: <u>(510) [REDACTED] / (510) [REDACTED]</u></p> <p>Coverage: none</p> <p>Nearest location with coverage: <u>Unknown</u></p>	<p>Research Groups will be outfitted with FM Radios with local line-of-site coverage.</p> <p>Comm Device carried? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no</p> <p>Type: Radios</p> <p>Line of sight only</p> <p>Nearest location with coverage:</p>
Nearby services:	Staying at house with full kitchen and restroom. Food resources in Ukiah, 40 minutes distant.	
Access:	Easy - moderate. Some researchers may need to work in dense vegetation or steep terrain. Some work in or near mud.	
Physical demands:	Hiking, possible, but not necessary canoeing to transport survey gear to far end of lake..	
Field Team/Participants:	<p>Primary Field Team Leader: DW – (510) [REDACTED] Secondary Field Team Leader: DP – (510) [REDACTED]</p> <p><input checked="" type="checkbox"/> Field Team/Participant list is attached as training documentation <input type="checkbox"/> Other attachment, e.g, course roster</p> <p>Is anyone working alone? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>If so, develop a communications plan with strict check-in procedures; carry a sat device for remote locations.</p>	
First Aid Training	<p>DP is trained in Wilderness First Aid, DW has basic CPR training</p> <p>Location of group medical/first aid kit: There is a medical kit in each of two vehicles. Additional kits for work away from vehicles.</p>	
Immunizations or Medical Evaluation (if applicable)	For travel-related immunizations or medical advice, contact the UHS International Travel Clinic at 510-643-7177 at least 6 weeks prior to your trip; for required or recommended immunizations and medical clearance related to your research protocol, contact the Occupational Health Clinic at 642-6891.	

Field Safety Plan

Safe Work Practices

List identified risks associated with the activity or the physical environment and appropriate measures to be taken to reduce the risks. Refer to relevant protocols, SOPs, etc. if applicable.

• Poison Oak: All participants will be briefed on identification and avoidance of Poison Oak on sight. A bottle of Technu is kept at the campsite should anyone feel they have encountered the plant.
• Bee Stings: No participants have identified any allergies to bee stings.
• Possible steep terrain. All participants will be briefed on safe practices in the environment. Trip leaders will accompany any work groups in their initial exposure to any terrain that may prove difficult.
• Snakebite: All participants will be briefed on sight on the identification, appropriate avoidance strategies and response to a Rattlesnake bite.
• Ticks: All participants will be briefed on site about identification, avoidance strategies and removal and retention of ticks should they be bitten.
• Watercraft: (not-required), Wear PFD's and have basic swimming skills in case of overturned craft.

Additional Considerations

Check all that apply. Contact EH&S at 510-642-3073 or ehs@berkeley.edu for guidance.

- ☐ One or more of the following will be handled/transported: hazardous biological, chemical, or radioactive materials, pesticides, animals, or fireworks.
- ☐ Activities involve one of the following: ATVs, snowmobiles, tractors or other motorized vehicles; rigging, climbing, fall protection; shoring/trenching, digging/excavations, caves, other confined spaces or egress/access limitations; chainsaws, hand held power tools; explosives or fire arms; lasers, portable welding/soldering devices; other hazardous equipment or tools.
- ☐ Modes of transportation other than regularly scheduled commercial carriers (e.g. chartering a boat, plane) will be used.
- ☒ The [University Auto Insurance Policy](#) for university vehicles, personal vehicles, and rental vehicles has been reviewed.
- ☐ Visas, permits, finances, import/export controls, transportation of specialized equipment, and data security have been considered. (See [UC Global Operations](#) (ucgo.org) or contact UC Berkeley [Office of Legal Affairs](#) or [Research Administration & Compliance](#) for guidance.)
- ☒ Personal safety risks during free time have been considered or discussed, e.g., alcohol or drug use, leaving the group, situational awareness, sexual harassment, or local crime/security concerns. You may use the [Worldcue Trip Planner](#) 'Location Intel' tab to generate a security brief.

Campus Contacts:

UCPD Emergency Number: (510) 642-3333

University Health Services (Tang Center): uhs.berkeley.edu

Faculty/Staff: (510) 642-6891 (Occupational Health).

Students: Access care via the online appointment system or the advice nurses at (510) 643-7197.

Office of Environment, Health & Safety (EH&S): ehs.berkeley.edu, (510) 642-3073 or ehs@berkeley.edu

Travel Insurance Emergency Number: (510) 289-8282 (Campus Risk Services) or (800) 527-0218 (United Healthcare - UC Travel Insurance)

Report injuries: Call EH&S at (510) 642-3073 and use the [Employer's Report of Injury](#). For non-paid students use: [Student Accident Report Form](#)

First Aid Reference – Signs & Symptoms of Heat Illness

Signs & Symptoms	Treatment	Response Action:
HEAT EXHAUSTION <ul style="list-style-type: none"> Dizziness, headache Rapid heart rate Pale, cool, clammy or flushed skin Nausea and/or vomiting Fatigue, thirst, muscle cramps 	<ol style="list-style-type: none"> Stop all exertion. Move to a cool shaded place. Hydrate with cool water. 	<p>Heat exhaustion is the most common type of heat illness. Initiate treatment. If no improvement, call 911 or seek medical help. Do not return to work in the sun.</p> <p>Heat exhaustion can progress to heat stroke.</p>
HEAT STROKE <ul style="list-style-type: none"> Disoriented, irritable, combative, unconscious Hallucinations, seizures, poor balance Rapid heart rate Hot, dry and red skin Fever, body temperature above 104 °F 	<ol style="list-style-type: none"> Move (gently) to a cooler spot in shade. Loosen clothing and spray clothes and exposed skin with water and fan. Cool by placing ice or cold packs along neck, chest, armpits and groin (Do not place ice directly on skin) 	<p>Call 911 or seek medical help immediately.</p> <p>Heat stroke is a life threatening medical emergency. A victim can die within minutes if not properly treated. Efforts to reduce body temperature must begin immediately!</p>

Field Safety Plan

Photos, Maps, Diagrams

Leonard Lake Reserve to Ukiah Valley Medical Center - Google Maps

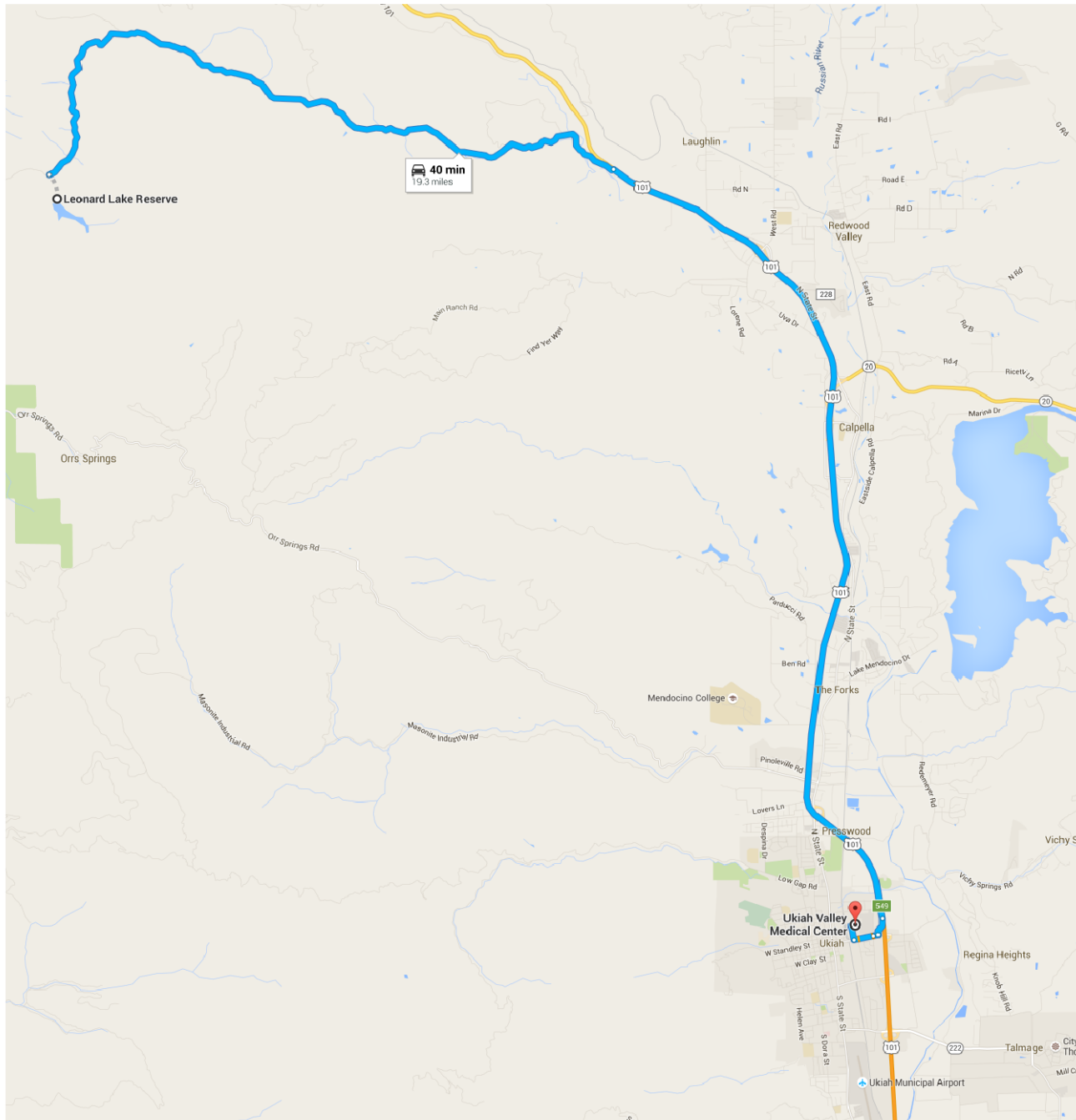
3/14/16, 5:06 PM



Leonard Lake Reserve to Ukiah Valley Medical Center

Drive 19.3 miles, 40 min

24 Hour Emergency Care



<https://www.google.com/maps/dir/Leonard+Lake+Reserve,+Reeves+Ca...164fa99913c810x4f2567a6a941461212m211d-123.202980612d39.153184>

Page 1 of 2

Field Safety Plan

Leonard Lake from Both Directions plus General Area Topography

Field Safety Plan



Field Safety Plan



Field Safety Plan

Training Documentation

Sign here to verify you read this Field Safety Plan, understand its contents, and agree to comply with its requirements.

Name/Phone Number	Signature	Date	Emergency Contact/Phone Number