

SAFETY IN OUTDOOR EDUCATION AND RESEARCH ACTIVITIES

ORDINARY RULES

- Provide the necessary first aid kit
- For the activities where you can get accidentally injured or involving the manipulation of organic matter (litter, soil, etc ...) vaccination against tetanus is compulsory
- Persons allergic to insect bites should inform the responsible of the teaching activity
- To reduce the risk of contact with ticks, you should walk on paved paths, avoid sitting on the grass, wear clear and opaque (long pants and closed at the ankles, long sleeved shirt, hat, etc ...) and possibly use insect repellents. Afterwards always check if there are any ticks attached to the skin
- Pregnant women are required to report their status to the responsible of the teaching activity
- Dress clothing suitable for the environment and the season
- Wear shoes with slip resistant soles when hiking (if in doubt ask the responsible of the teaching activity). Pay particular attention at the stumps and rock outcrops
- Acquiring construction helmet, a helmet or helmet with CE mark to protect the head from accidentally falling branches or tops
- During a thunderstorm, try to reach a safe place as soon as possible (shelter, cabin, camp, etc.) and in any case, **never** shelter under trees
- Do not carry loads which result in excessive stress and when moving, especially in steep terrain, keep hands free
- Do not get in gear pockets sharp or pointed instruments. Do not move, even a few meters, instruments or tools with sharp edges or deprived of their protection
- Always bring plenty of food and water appropriate to the duration of the activity.
- If there is a risk of falling from more than **2 m height**, every job activity is forbidden, without a certified training.

SPECIAL EMERGENCIES

- In case of tick bite ensure immediate removal of tick grasping, preferably with tweezers near the head, and making a slight pull and contemporary anti-clockwise rotation; disinfect the bite area. The tick bite is considered an accident at work so do not miss going to the first aid service and requiring the certificate/report issued. If, after days or weeks, you see a reddish glow in the area around the tip, contact your doctor immediately
- In case of viper bite, remove anything that can compel (rings, bracelets, watches); immobilize the affected limb, like a broken limb; do not make any incision to drain the poison, and do not suck the blood directly with the mouth; do not restrict blood circulation (i.e. with tourniquet), in case a light bandage (upstream the bitten part) can be useful but just if it exerts a moderate local pressure and does not prevent any spontaneous leakage of blood. Try to remember the appearance of the snake. Go to hospital.

VISITS TO FACTORIES AND CORPORATE SITES

- Follow all safety instructions given by the host [e.g. follow the directional lines to move into work areas (yards, warehouses, etc ...) avoiding hazardous travel across the routes of moving machine]
- Wear any equipment supplied by the host (e.g. ear protection, helmets, etc.)

Specific safety standards relating to particular educational activities, will be reported by your supervisor.

It should be noted that the responsibilities of teaching activity in the field and insurance are limited to periods of actual teaching, excluding breaks of various kinds. The insurance coverage is extended to periods of transfer only if made with means made available by the University

ANNEX

During the excursions the main sources of risk are due to factors such as weather, orography of the territory, upon contact with the vegetation and wildlife and are summarized in the following table

Hazard	Possible damage	Prevention
Vehicle accident	Serious injury dead	Respect traffic laws Check the vehicle Don't drive impaired and recklessly Rest if you are tired Pay attention roadway condition
Temperature extremes	Discomfort or in extreme cases, dehydration or hypothermia	Wear appropriate clothing Suspend operations if necessary Ensuring adequate food and / or hydration
Precipitation	Discomfort, stress	
Insolation	Discomfort, burns	Wear suitable clothing Suspend operations if necessary Ensuring adequate food and / or hydration Use protective creams
Lightning	Electrocution	Suspend their activities during lightning storms Do not shelter under trees
Fallen on steep slopes, slippery, rocks and accidentally bumps	Bruises Crooked Muscle injury Fractures	Moving with hands-free, Wear appropriate boots or shoes with non-slip sole
Fallen twigs, branches whipping accidental	Bruises Injuries to the eyes	Use protective helmet, possibly integrated with visor
Bumps on twigs and thorny shrubs	Laceration wounds Eye injuries	Wear suitable clothing Provide for allocation of first-aid kit Vaccination against tetanus
Mammalian bite	Injuries Disease transmission	Provide for allocation of first-aid kit Inquire about any communicable disease in the area
Bitten by snake	Poisoning	Be aware of conduct aimed at facilitating the transfer to hospital (see "Emergencies details)
Tick bite	Infections Disease Transmission	Visual inspection during and after the hike In case of puncture contact the Service of Preventive Medicine of the University Vaccination against TBE
Stinging insects	Anaphylactic shock	Identifying people at risk Acquiring antagonists when prescribed by your doctor Be aware of conduct aimed at facilitating the transfer to hospital
Use of tools and device	Laceration wounds Bruises Injuries	Wear protective equipment (helm, protective glasses...) and proper clothes Use tools and devices just if you are able or you have been trained Provide for allocation of first-aid kit Vaccination against tetanus