

BAFS DUNE SERVICE PROJECTS: HEALTH AND SAFETY PRECAUTIONS

SAFETY:

- Wear gloves and closed-toed (covered) shoes (*NO slippers*).
- Keep shoes on at all times
- Full-length pants highly recommended (*tuck cuffs into socks if concerned about bugs*).
- Lots of sunblock! (Long-sleeved shirts offer more sun protection).
- Brimmed hats also great to protect the face from the sun.
- GLOVE PROTOCOL: Gloves are provided. After use, keep glove with right side out (*please do not NOT roll up together or turn inside out*). Place used gloves in blue bin marked “dirty gloves”.
- Water bottle (water provided, bottle is not)
- Tools, please handle carefully. Tools present swing and puncture risks!
- Keep shovels and rakes below shoulders (no blades in the air!)
- Keep track of tools. When not in use, stick shovel blade in dirt or place shovel blade facing down on ground. Place rake tines (spikes) on ground facing down into the ground.
- Saws must be in cases or closed in sheath and placed in black plastic tote when not in use. Do not swing sharp blades and know where your buddy is located at all time!
- Do NOT pick up any wildlife (especially centipedes!)
- Do NOT eat wildlife

HEALTH:

- If you have an open cut, avoid contact with water, especially stream/pond fresh water, to avoid potential leptospirosis exposure (bacteria present throughout the world, NOT specific to Bellows AFS; there have been no cases here, and we want to keep it that way; symptoms show up 2 days to 4 weeks after exposure, and consist of headaches, fever, nausea, vomiting; if these symptoms occur and the individual may have been exposed to leptospirosis bacteria, seek medical attention promptly).
- Bees, Wasps, Scorpions and Centipedes. Please let us know if you are allergic to bee stings!
- Drink plenty of water!
- Bath houses with restroom are within walking distance.
- If you get a cut or are injured, let your group leader know so that the injury may be treated and cuts cleaned promptly.
- If you feel faint, let your group leader know; it is okay to take rests in the shade if they are needed.