

# SAFS FIELDWORK SAFETY PLAN

<b>Plan Created for</b>	<i>Applied Ecology Lab</i>	<b>Date of revision:</b>	<i>06/20/2022</i>
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<b>Field Team Leader/ Chief Scientist</b>	<i>Nicole Doran, <a href="mailto:ncdoran@uw.edu">ncdoran@uw.edu</a>, 440-478-1297 Karl Veggerby, <a href="mailto:veggerk@uw.edu">veggerk@uw.edu</a>, 206-669-0943</i>		
<b>Brief Activity Description</b>	<i>Fish and invertebrate collection</i>		
<b>Field Site Location(s)</b>	<i>Lake Sammamish; Lake Washington; Puget Sound</i>		
<b>Date(s) of Fieldwork</b>	<i>Weekdays from June 21 through September 30</i>		

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## INSTRUCTIONS FOR THE PI:

1. Complete the first three tables (Emergency contact, participant list, and Campus contacts) in Part 1 of the safety plan and ensure that they are easily accessible by fieldwork participants.
2. Respond to the prompts in Part 2 of the safety plan: insert specifics for your project, delete irrelevant sections, add sections that may be unique to your work.
3. Provide a copy to your unit administrator or other designated individual for use in an emergency.
4. Complete appropriate training for your site, operations, and personnel (e.g., first aid, task-specific training).
5. Obtain immunizations and prophylaxis for your destination, if applicable.
6. Hold a pre-trip meeting with your group and/or supervisor to review your field safety plan, travel logistics, packing lists, personnel safety and security concerns, conduct expectations, and any remaining training needs.
7. As applicable, register your fieldwork with:
  - a. [UW International Travel Registry](#) for location-specific travel alerts and emergency/travel assistance contacts.
  - b. [UW Youth Program Registration System](#) for projects that involve individuals under the age of 18.

In addition, the fieldwork must have an approved project-specific Health and Safety Plan that explicitly addresses the additional health and safety measures to be taken to mitigate the spread of COVID-19 and respond to potential or confirmed cases in the field. This UW Fieldwork Health and Safety Plan (COVID Prevention) Template can be used or an existing Health and Safety Plan. If applicable, the fieldwork must also meet the criteria for continuation for research involving [human subjects](#) or [travel](#).

This UW Fieldwork Health and Safety Plan (COVID Prevention) should be approved according to the processes established by each Dean-level unit. See the [University of Washington COVID-19 Prevention Plan](#) for the Workplace for further details on unit-level prevention plan requirements and approvals.

## Additional Resources

[UW Field Operations Safety Webpage](#)

[UW Field Operations Safety Manual](#)

[COVID-19 Health and Safety Resources](#)

[UNOLS News Coronavirus Considerations Document](#)

## SAFETY PLAN PART I: SUMMARY INFORMATION

Emergency Services and Contact Information			
<b>Local Contact</b>	<i>Sarah Romero</i> <i>WACFWRU administrator</i> <i>sarahjh@uw.edu</i> <i>206-221-5424 (O); 206-265-9719 (M)</i>	<b>University Contact</b>	<i>Sarah Romero</i> <i>WACFWRU administrator</i> <i>sarahjh@uw.edu</i> <i>206-221-5424 (O); 206-265-9719 (M)</i> <b>Frequency of check ins:</b> <i>End of work day</i>
<b>Lodging Location</b>	<i>N/A</i>		
<b>Local Emergency Number</b>	<i>911</i>		
<b>Emergency Medical Services</b>	<i>Dial 911 or use channel 16 on the onboard VHF radio to call US Coast Guard</i>		
<b>Nearest Emergency Department</b>	<p><u><i>Lake Sammamish</i></u>  <i>Overlake Hospital</i>  <i>1035 116th Ave NE</i>  <i>Bellevue, WA 98004</i></p> <p><u><i>Lake Washington</i></u>  <i>University of Washington Medical Center</i>  <i>1959 NE Pacific St</i>  <i>Seattle, WA 98195</i></p> <p><u><i>North Puget Sound</i></u>  <i>Haggen Family Emergency &amp; Trauma Center</i>  <i>2901 Squalicum Pkwy</i>  <i>Bellingham, WA 98225</i></p> <p><i>Island Health Emergency Department</i>  <i>1211 24th St</i>  <i>Anacortes, WA 98221</i></p> <p><i>Providence Regional Medical Center</i>  <i>1700 13th St</i>  <i>Everett, WA 98201</i></p>		

<b>Cell Phone Coverage</b>	<p><b>Cell phone Number(s) for Field Team Leaders and Participants:</b></p> <p><i>Scheuerell: 206-406-9055</i></p> <p><i>Doran: 440-478-1297</i></p> <p><i>Veggerby: 206-669-0943</i></p> <p><i>Hennings: 253-797-1179</i></p> <p><i>Min: 415-794-8231</i></p> <p><b>Coverage:</b> <i>good</i></p> <p><b>Nearest location with reliable coverage:</b> <i>all sites</i></p>
<b>Satellite phone/other device</b>	<p><b>Device carried?</b> <input checked="" type="checkbox"/>yes <input type="checkbox"/>no</p> <p><b>Type/number:</b> VHF radio (Channel 16)</p> <p><b>Location/access:</b> <i>Mounted at the helm of the boat</i></p>

Participant Information	
<b>Field Team/ Participants</b>	Primary Field Team Leader: <i>Mark Scheuerell</i> Secondary Field Team Leaders: <i>Nicole Doran &amp; Karl Veggerby</i>
<b>Physical Demands</b>	<ul style="list-style-type: none"> <li>• <i>Ability to lift up to 50 pounds (eg, coolers with samples, nets, sampling gear)</i></li> <li>• <i>Walking over difficult terrain, such as intertidal mud flats, slippery rocks in streams &amp; nearshore areas</i></li> <li>• <i>Requires long days in the field, which may be cold and wet.</i></li> </ul>
<b>Mental Demands</b>	<ul style="list-style-type: none"> <li>• <i>Working with pre-existing mental health issues (eg, depression, stress, anxiety)</i></li> <li>• <i>Interpersonal communications with other team members as well as landowners, recreational boaters</i></li> <li>• <i>Potentially long travel days (up to 12 hours).</i></li> </ul>
<b>Lone Worker</b>	Is anyone working alone? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>First Aid Training</b>	<p><a href="#">UW policy (APS 10.5)</a> requires that all academic and/or research field teams must include at least one person with valid first aid certification. The level of first aid training required will depend on the type of activity the team is pursuing; the location; and the availability, response time, and means of communication by and with emergency response units. The EH&amp;S Training office (206-543-7201, <a href="mailto:ehstrain@uw.edu">ehstrain@uw.edu</a>) can advise on the first aid training and certification requirements on a case-by-case basis.</p> <p><i>Mark Scheuerell (Wilderness First Aid, 10/03/2021)</i></p> <p><i>Nicole Doran (Wilderness First Aid, 11/14/2021)</i></p> <p><i>Karl Veggerby (Wilderness First Aid, 11/14/2021)</i></p> <p><i>Markus Min (Wilderness First Aid, 11/14/2021)</i></p> <p><i>Andrea Hennings (Wilderness First Aid, 1/11/2022)</i></p>
<b>Immunizations or Required Medical Evaluation</b>	<p>For travel-related immunizations or medical advice, contact <a href="#">UW Travel Medicine</a> 6-8 weeks in advance of departure. Consultations include country-by-country analysis of project itinerary and anticipated activities.</p> <p>N/A</p>
<b>Participant Emergency Contact Information</b>	<p>While the University cannot require field participants to provide current emergency contact information and proof of medical insurance, PIs are encouraged to request this information from all field trip participants so that they have the information on hand to give to medical providers if the field team participants are not able to do so themselves. This information should be 1) treated as confidential (i.e., locked, limited access and distribution); 2) accessed and shared only with health providers during an emergency; and 3) shredded immediately upon completion of the trip.</p> <p><input checked="" type="checkbox"/> Encourage field team members to ensure their emergency contact information in Workday is current for use in case of an emergency.</p> <p><input checked="" type="checkbox"/> Check box if optional Emergency Contact Information/Medical Information Forms have been collected.</p> <p><i>All forms are kept in a ziplock bag within an envelope in the vehicle or vessel.</i></p>

<b>Volunteers</b>	<p><a href="#">UW Risk Services describes volunteers</a> and the process for ensuring their work is authorized in writing and in advance so that they have access to both UW liability coverage and limited workers' compensation coverage (medical payments only) for their approved duties.</p> <p><input type="checkbox"/> If your project involves volunteers, create a volunteer service agreement for each volunteer that documents the person's name, a description of the duties they'll be performing, and the dates and hours of work. Volunteer service should not be engaged in by individuals if it is not permitted by their visa status and/or immigration law rules.</p>
<b>Minors</b>	<p><a href="#">University Policy (APS 10.13)</a> requires all UW and third party led youth programs to register with the UW Youth Program Registration System (YPRS). If your field project is employing volunteers or is otherwise engaging individuals under age 18:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> register project in the <a href="#">YPRS</a>;</li> <li><input type="checkbox"/> confirm completion of both background checks and the two required trainings for all authorized personnel <b>before</b> your program start date.</li> </ul> <p>It is recommended that you begin the YPRS registration process at least 1 month prior to the program start date. Contact the <a href="#">Youth at UW Program</a> if you have questions.</p>

Campus Contacts	
<b>Primary Department Contacts</b>	<p>Tim Essington, School Director, <a href="mailto:essing@uw.edu">essing@uw.edu</a>, (206) 616-3698 (O), (206) 335-9578 (M)</p> <p>Sarah Converse, WACFWRU Unit Leader, <a href="mailto:sconver@uw.edu">sconver@uw.edu</a>, (206) 221-5791(O), (202) 607-1381 (M)</p> <p>Sarah Romero, WACFWRU administrator, <a href="mailto:sarahjh@uw.edu">sarahjh@uw.edu</a>, (206) 221-5424 (O), (206) 265-9719 (M)</p>
<b>Mental Health</b>	<p>Employees: <a href="#">CareLink</a> (24 hours a day, 7 days a week, 866-598-3978)</p> <p><u>Students</u></p> <ul style="list-style-type: none"> <li>• Bothell: <a href="#">Counseling Center</a> (425-352-3183)</li> <li>• Seattle: <a href="#">Counseling Center</a> (206-543-1240) and <a href="#">Hall Health Mental Health</a> (206-543-5030)</li> <li>• Tacoma: <a href="#">Counseling &amp; Psychological Services</a> (<a href="mailto:uwtcaps@uw.edu">uwtcaps@uw.edu</a>)</li> <li>• While Abroad – The UW Student Abroad Insurance has mental health coverage. Students can arrange to see a mental health provider in-person locally or remotely.</li> </ul> <p>National Suicide Prevention Lifeline (24 hours a day, 7 days a week, 800-273-8255)</p>
<b>Environmental Health and Safety (EH&amp;S)</b>	206-543-7262, <a href="mailto:ehsdept@uw.edu">ehsdept@uw.edu</a>
<b>International Assistance</b>	<p><u>Emergency assistance</u></p> <ol style="list-style-type: none"> <li>1. Take whatever actions are necessary to assure your immediate safety.</li> <li>2. Call the local emergency number.</li> <li>3. Call CISI at 1-855-327-1419 (toll-free) or 1-630-694-9794 (accepts Collect calls).</li> <li>4. Contact the UW Global Emergency line at 001-206-632-0153 for further assistance.</li> </ol> <p><u>Non-emergency assistance</u></p> <p>If the incident is no longer an immediate or potential risk to health, safety or security, report it to the UW Global Travel Security Manager during the next business day at 001-206-616-7927 and/or <a href="mailto:travelemergency@uw.edu">travelemergency@uw.edu</a>. For time sensitive matters, please call versus emailing.</p>

<b>Report Injuries and Accidents</b>	<p>Report any work-related injury or illness to your supervisor as soon as possible. After reporting the incident to your supervisor, submit a report of the incident within 24 hours to EH&amp;S via the UW's <a href="#">Online Accident Reporting System (OARS)</a>.</p> <p><b>Call EH&amp;S immediately at 206-543-7262 if the incident involves any of the following:</b></p> <ul style="list-style-type: none"> <li>• In-patient hospitalization</li> <li>• Recombinant/synthetic DNA exposure or spill</li> <li>• Fatality</li> </ul> <p>EH&amp;S must immediately report any employee in-patient hospitalization or fatality to Washington State Department of Labor &amp; Industries (L&amp;I). Do not move any equipment involved in the incident until EH&amp;S receives clearance from L&amp;I.</p> <p><b>Outside of EH&amp;S business hours (8:00 a.m. to 5:00 p.m., Monday to Friday), call the UW Police Department (UWPD) at 206-685-UWPD (8973).</b> UWPD will notify an EH&amp;S on-call staff member.</p>
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<b>Report Harassment</b>	<p>All members of the UW community have the right to a non-harassing (both sexual and non-sexual in nature) and non-discriminatory environment both on campus and in fieldwork situations. Individuals are encouraged to bring up safety and well-being concerns for themselves or others with the following individuals:</p> <p><b>Field Team</b></p> <ul style="list-style-type: none"> <li>• Field Team Leader/Chief Scientist: <i>Mark Scheuerell</i></li> <li>• Another senior person (e.g., Co-PI, ship captain, bosun): <i>Sarah Converse</i></li> <li>• Other members of the science team: <i>Sarah Romero</i></li> <li>• Field Buddy: <i>N/A</i></li> <li>• On-site anonymous reporting mechanism: <i>N/A</i></li> </ul> <p><a href="#"><u>SAFS Anonymous Reporting Tool</u></a></p> <p><b>UW Resources and Reporting</b>  <i>(NOTE: UW Advocates and Offices may be contacted regardless of the institutional affiliation(s) of the individuals involved).</i></p> <p><u>Confidential Advocates for support, information and assistance</u></p> <ul style="list-style-type: none"> <li>• Faculty/Postdocs/Staff - Victim Advocate: <a href="mailto:UWPDAAdvocate@uw.edu">UWPDAAdvocate@uw.edu</a>, 206-543-9337</li> <li>• Students <ul style="list-style-type: none"> <li>○ Bothell: Violence Prevention and Advocacy Program Manager, <a href="mailto:uwbvae@uw.edu">uwbvae@uw.edu</a>, 425-352-3851</li> <li>○ Seattle: Livewell Student Advocate: <a href="mailto:hwadvoc@uw.edu">hwadvoc@uw.edu</a>, 206-685-4357</li> <li>○ Tacoma: Assistant Director for Student Advocacy and Support, <a href="mailto:uwtsva@uw.edu">uwtsva@uw.edu</a>, 253-692-5934</li> </ul> </li> </ul> <p><u>Other University Resources</u></p> <ul style="list-style-type: none"> <li>• <a href="#"><u>SafeCampus</u></a>: 24 hours a day, 7 days a week, 206-685-7233</li> <li>• UW Global Emergency Line for international assistance: 206-632-0153 (Emergency) or 206-616-7927 (Non-Emergency)</li> <li>• Office of Ombud (office hours): <a href="mailto:ombuds@uw.edu">ombuds@uw.edu</a>, 206-543-6028</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Campus/Home Buddy: <i>Michael Martinez (SAFS DEI Specialist); <a href="mailto:mcfm@uw.edu">mcfm@uw.edu</a>; 206-616-9771</i></li> </ul>
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## SAFETY PLAN PART 2: PROJECT – SPECIFIC SAFETY CONSIDERATIONS

### SITE INFORMATION

#### Lake Sammamish

Field work on Lake Sammamish is typically based out of the boat ramp at Lake Sammamish State Park (2000 NW Sammamish Rd, Issaquah, WA 98027).

#### Lake Washington

Field work on Lake Washington is typically based out of the boat ramp at Magnuson Park (7400 Sand Point Way NE, Seattle, WA 98115).

#### Puget Sound

Field work on Puget Sound is based out of several locations, depending on the specific project and whether it is boat- or shore-based. For boat operations, we typically use the following access points

- Eddie Vine Ramp at Seattle's Golden Gardens Park (8001 Seaview Ave NW, Seattle, WA 98117)
- Mukilteo's Lighthouse Park Public Boat Launch (609 Front St, Mukilteo, WA 98275)
- Anacortes' Washington Park (6300 Sunset Avenue, Anacortes, WA 98221)

The specific launch site, destination(s), and expected departure and arrival times will be detailed on the day's float plan.

### FIELDWORK SAFETY POLICIES

#### "No-go" criteria

Final authority for deciding whether field work will proceed rests with the crew leader. In many cases this will be Mark Scheuerell (PI). The crew leader will consult the [National Weather Service Marine Zone Forecast](#) for information on forecasted temperature, wind, and precipitation both the evening prior to and the morning of the planned work. Although they are not the exclusive criteria, any of the following conditions constitute a "no-go":

- Temperatures are forecasted to be below 45F or greater than 90F
- Wind waves are forecasted to be greater than 4 feet
- Thunderstorms are likely
- Poor air quality from wildfire smoke or other causes (check [AirNow](#))
- Water quality concerns (e.g., cyanobacteria blooms, high levels of fecal coliform)

All participants will continue to monitor weather conditions throughout the day via weather apps on mobile devices and the WX channel on the VHF radio. If anything should change, the crew leader will call off sampling and the vessel will return to the vessel launch location or home port. If conditions are such that returning to the vessel launch location or home port would constitute an additional hazard (e.g., lightning spotted or thunder heard), the vessel operator should proceed to the closest location that offers shelter from the elements.

## Personal conduct

All individuals are expected to abide by our [Code of Conduct](#). Anyone who violates these rules—no matter how much they have contributed to the lab, or how specialized their skill set—will be asked to stop any inappropriate behavior and they are expected to comply immediately. Drug and alcohol use is strictly forbidden while transiting to a location or doing field work.

## Hazards

Working in nearshore environments (e.g., mudflats, rocky intertidal areas) and on research vessels is inherently risky. The ground, decks, gunwales are typically wet and slippery, so crew should exercise caution when moving about, especially in windy conditions. Appropriate footwear (eg, Xtratuffs) will help reduce risk of slipping. Cool water and wind can reduce manual dexterity in hands and arms, so crew members should be aware of possible mobility limitations. Neoprene or other non-cotton gloves will reduce heat loss.

Crew members should be especially mindful of ropes and cables in the boat, as they present both a tripping and entanglement hazard. Some equipment (eg, Van Dorn bottle) relies on spring-loaded mechanisms, which can potentially pinch the skin if not armed and activated properly. Careful attention to detail will help mitigate any risk of doing so.

Knives, scalpels, and other sharp implements pose a risk of suffering a cut or puncture wound. In particular, care should be exercised when using these items, especially under adverse weather conditions such as high winds and cold temperatures.

## PERSONAL PROTECTIVE EQUIPMENT

All participants are expected to always wear a personal flotation device (PFD) when working “over the water”; these will be provided. Crew members will also be provided with well-fitting rain gear (jacket and bibs) and closed-toed shoes or boots (eg, Xtratuffs). No sandals, flip-flops, or other open-toed shoes are allowed on the research vessel. In addition, properly fitting waders and wading boots may be necessary when working in nearshore or lentic environments. If so, they will be provided.

Temperatures out on the water are often much colder than those in Seattle, so crew members are encouraged to bring a warm hat, gloves, and additional layers. We have waterproof bags that people can use to keep their extra clothes dry. Crew members are also encouraged to wear sunscreen, sunglasses (polarized, if possible), and a hat, even when conditions are not particularly sunny. The crew leader will provide sunscreen for everyone.

We will stop for occasional bathroom breaks, which may include using porta potties or pit toilets at boat launches or parks. In the even that no facility is available, field crews will also have a toilet kit containing a hand trowel, toilet paper, feminine hygiene products, waste bags, and hand sanitizer. On the boat, this kit is kept inside the main console under the helm of the vessel.

## WHAT TO DO IN CASE OF ACCIDENT OR INJURY

In case of accident or injury, all crew members should cease their activities and attend to the affected person(s). There is a first aid kit in an orange Pelican case located in a locker behind the helm of the vessel. The kit contains numerous items for treating cuts, burns, and other maladies. Shore-based operations will also have a well-supplied first aid kit available for use.

If an accident involves another vessel, crew members should first attend to any injuries to passengers in all vessels. If necessary, there is a signal kit in an orange Pelican case located in a locker behind the helm of the vessel. The signal kit includes hand-held and aerial flares, and a signal flag. The Coast Guard can also be reached via channel 16 on the vessel's VHF radio.

In the event of a serious injury requiring immediate medical assistance, the crew leader will designate one of the other members to contact medical professionals. If the crew leader is themselves injured, the second-in-command will designate a communications person.

After an injury has been addressed and the immediate threat has passed, the injured person or someone else from the field crew will alert Mark Scheuerell (PI). At a minimum, their report should detail the following information:

- Name(s) of persons injured
- Location, date, and time of the injury
- Nature of the injury (eg, "laceration to right index finger", "sprained left ankle")
- Whether or not professional medical assistance was rendered

## CLEANING AND SANITIZING PROCEDURES

All work surfaces in the lab and on the vessel will be cleaned with 95% ethanol prior to use. This also includes knives, forceps, and other small handheld tools and instruments. Field gear such as nets, sondes, etc should be rinsed well in the field using the onboard wash pump, and then rinsed again upon returning to the lab. Nets and ropes should be hung in the lab to dry. Waders and wading boots should be placed in the freezer for at least 24 hours to kill potential invasive species.

## FOOD AND MEALS

Everyone is responsible for bringing their own food and drinking water or other beverages for day trips. We often work long days, sometimes in hot and windy conditions, so people are encouraged to bring more food and beverages than they might typically consume. There may be opportunities to purchase additional food and beverages along the way, but people should not rely on that as an option.

## PART 3: RESOURCES AND INFORMATION

### COVID-19 SUPPLEMENTAL INFORMATION

Signs & Symptoms	Treatment	Response Action:
<p><b>COVID-19</b></p> <p>People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.</p> <p>Symptoms may appear <b>2-14 days after exposure to the virus</b> and may include:</p> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fever</li> <li>• Chills</li> <li>• Muscle pain</li> <li>• Sore throat</li> <li>• New loss of taste or smell</li> <li>• Runny nose</li> <li>• Headache</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul> <p>The <a href="#">UW Coronavirus website</a> and CDC are resources for <a href="#">current lists of COVID-19 symptoms</a>.</p>	<p><i>If members of the field team begin experiencing symptoms while in the field, they should avoid all contact with other members of the field team. Describe specific isolation plans for individuals who exhibit mild symptoms of COVID-19 and evacuation plans for individuals when isolation is not possible, and/or who exhibit symptoms of concern, and/or who are directed to leave the field site by medical professionals.</i></p> <p>Additional UW guidance on health, wellness, and prevention FAQs can be found on the UW COVID-19 webpage: <a href="https://www.washington.edu/coronavirus/">https://www.washington.edu/coronavirus/</a></p>	<p><b>When to Seek Emergency Medical Attention</b></p> <p>Look for emergency warning signs* for COVID-19. <b>If someone is showing any of these signs, seek emergency medical care immediately:</b></p> <ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Persistent pain or pressure in the chest</li> <li>• New confusion</li> <li>• Inability to wake or stay awake</li> <li>• Bluish lips or face</li> </ul> <p>*This list is not all possible symptoms. Please call a medical provider for any other symptoms that are severe or concerning to you.</p> <p>Members of the field team who develop a suspected or confirmed case of COVID-19 should report it to UW EH&amp;S Employee Health (206-616-3344 or <a href="mailto:covidehc@uw.edu">covidehc@uw.edu</a>) for public health follow up.</p>

<b>Reporting Cases of COVID-19</b>	<p>If a member of the field team shows any symptoms of COVID-19 infection, they should do the following:</p> <ol style="list-style-type: none"> <li>1. Isolate themselves from all other members of the field team</li> <li>2. Contact their health care provider in advance or a <a href="#">UW Medicine facility</a> to discuss whether they should be evacuated and/or tested. Do not go directly to a clinic.</li> <li>3. Contact <b>UW EH&amp;S Employee Health Center</b> at <a href="mailto:covidehc@uw.edu">covidehc@uw.edu</a> or 206-616-3344. They will help facilitate testing and provide next steps for field group tracking and contact tracing.</li> </ol> <p><b>Field team leads are required to direct personnel to follow the steps in the FAQ "<a href="#">What do I do if I feel sick?</a>" which includes the above information.</b></p>
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### First Aid Reference – Signs & Symptoms Relevant to Conditions of Proposed Fieldwork

Signs & Symptoms	Treatment	Response Action:
<b>HEAT EXHAUSTION</b> <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Headache</li> <li>• Sweaty skin</li> <li>• Weakness</li> <li>• Cramps</li> <li>• Nausea and/or vomiting</li> <li>• Rapid heart rate</li> </ul>	<ol style="list-style-type: none"> <li>1. Stop all exertion.</li> <li>2. Move to a cool shaded place. Hydrate with cool water.</li> </ol>	<p>Heat exhaustion is the most common type of heat illness. Initiate treatment. If no improvement, call 911 and seek medical help. Do not return to work in the sun. Heat exhaustion can progress to heat stroke.</p>
<b>HEAT STROKE</b> <ul style="list-style-type: none"> <li>• Confused, disoriented, irritable, combative</li> <li>• Convulsions/seizures</li> <li>• Fainting</li> <li>• Poor balance/coordination</li> <li>• Hot, dry and red skin</li> <li>• Fever, body temperature above 104 °F</li> </ul>	<ol style="list-style-type: none"> <li>1. Move (gently) to a cooler spot in shade.</li> <li>2. Loosen clothing and spray clothes and exposed skin with water and fan.</li> <li>3. Cool by placing ice or cold packs along neck, chest, armpits and groin (Do not place ice directly on skin)</li> </ol>	<p><b>Call 911 or seek medical help immediately.</b></p> <p><b>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!</b></p>
<b>COLD STRESS (moderate to severe)</b> <ul style="list-style-type: none"> <li>• Shivering stops</li> <li>• Confused, disoriented</li> <li>• Poor coordination</li> <li>• Dilated pupils</li> <li>• Pulse/breathing slow</li> <li>• Loss of consciousness</li> </ul>	<ol style="list-style-type: none"> <li>1. Move to a warm, dry area.</li> <li>2. Remove wet clothes and replace with dry clothes, cover the body (including the head and neck – NOT face) with layers of blankets; and with a vapor barrier. Warm bottles or hot packs can be placed in armpits, sides of chest, and groin.</li> <li>3. If <u>conscious</u>, give warm, sweetened, non-alcoholic drinks.</li> </ol>	<p><b>Call 911 or seek medical help immediately.</b></p> <p><b>Hypothermia can be a life-threatening medical emergency. A victim can die if not properly treated. Efforts to rewarm the individuals must begin immediately!</b></p>

## APPENDICES (PROVIDE ALL THAT ARE APPROPRIATE)

First Aid Training Certifications





American Safety & Health Institute  
1450 Westec Drive  
Eugene, OR 97402  
800-447-3177

Friday, June 17, 2022

Karl Veggerby

Dear Karl

Congratulations on successfully completing your American Safety & Health Institute ASHI Wilderness First Aid (G2015) class. In an effort to be more environmentally friendly your ASHI Approved Training Center has chosen to issue your certification card electronically.

The digital certification card below is identical to a printed version of the card and documents that a properly authorized ASHI Instructor evaluated your knowledge and hands on skills in accordance with the program standard. You may duplicate this page as needed to provide proof of your training.




Go online to access your HSI Passport and take advantage of the additional training resources available to you:

- Metronome for CPR Rate
- CPR and First Aid Skill Guides
- Digital download of Student Handbook
- Mobile Application Downloads
- E-mail Renewal Notification
- Rate Your Program Survey

Find the mobile app in the appstore on your smartphone or tablet

Register now at [www.hsi.com/passport/](http://www.hsi.com/passport/). Use the registration code 159322 to register.

CPR Seattle  
118 NE 45th St Ste B  
Seattle, WA 98105

CERTIFICATION CARD		Validation Code: 6225512227	
<b>Wilderness First Aid</b>		<b>Sean McNally</b> Authorized Instructor (Print Name)	
<b>Karl Veggerby</b> has successfully completed and competently performed the required knowledge and skill objectives for this program.		<b>2547906</b> Registry No.	
		<b>11/14/2021</b> Class Completion Date	<b>11/2023</b> Expiration Date
		<b>206-504-3280</b> Training Center Phone No.	<b>53746</b> Training Center ID
  		<small>This card certifies the above named individual has successfully completed the required objectives and hands on skill evaluations to the satisfaction of a currently authorized ASHI Instructor. This program conforms to the 2015 AHA Guidelines Update for First Aid and meets or exceeds the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines — 2017 Edition. Expiration date may not exceed two years from month of class completion.</small>	



American Safety & Health Institute  
1450 Westec Drive  
Eugene, OR 97402  
800-447-3177

Thursday, January 13, 2022

Andrea Hennings

Dear Andrea

Congratulations on successfully completing your American Safety & Health Institute ASHI Wilderness First Aid (G2015) class. In an effort to be more environmentally friendly your ASHI Approved Training Center has chosen to issue your certification card electronically.

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CPR Seattle  
118 NE 45th St Ste B  
Seattle, WA 98105

CERTIFICATION CARD		Validation Code: 6225512955	
<b>Wilderness First Aid</b>		<b>Don Cheyette</b> Authorized Instructor (Print Name)	
<b>Andrea Hennings</b> has successfully completed and competently performed the required knowledge and skill objectives for this program.		<b>3818877</b> Registry No.	
<b>01/11/2022</b> Class Completion Date		<b>1/2024</b> Expiration Date	
<b>206-504-3280</b> Training Center Phone No.		<b>53746</b> Training Center ID	
  		<small>This card certifies the above named individual has successfully completed the required objectives and hands on skill evaluations to the satisfaction of a currently authorized ASHI Instructor. This program conforms to the 2015 AHA Guidelines Update for First Aid and meets or exceeds the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines — 2017 Edition. Expiration date may not exceed two years from month of class completion.</small>	



American Safety & Health Institute  
1450 Westec Drive  
Eugene, OR 97402  
800-447-3177

Monday, November 15, 2021

Markus Min

Dear Markus

Congratulations on successfully completing your American Safety & Health Institute ASHI Wilderness First Aid (G2015) class. In an effort to be more environmentally friendly your ASHI Approved Training Center has chosen to issue your certification card electronically.

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Register now at [www.hsi.com/passport/](http://www.hsi.com/passport/). Use the registration code 159322 to register.

CPR Seattle  
118 NE 45th St Ste B  
Seattle, WA 98105

CERTIFICATION CARD		Validation Code: 6225512228	
<b>Wilderness First Aid</b>		<b>Sean McNally</b> Authorized Instructor (Print Name)	
<b>Markus Min</b> has successfully completed and competently performed the required knowledge and skill objectives for this program.		<b>2547906</b> Registry No.	
		<b>11/14/2021</b> Class Completion Date	<b>11/2023</b> Expiration Date
		<b>206-504-3280</b> Training Center Phone No.	<b>53746</b> Training Center ID
  		<small>This card certifies the above named individual has successfully completed the required objectives and hands on skill evaluations to the satisfaction of a currently authorized ASHI Instructor. This program conforms to the 2015 AHA Guidelines Update for First Aid and meets or exceeds the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines — 2017 Edition. Expiration date may not exceed two years from month of class completion.</small>	

2017-01-01



American Safety & Health Institute  
1450 Westec Drive  
Eugene, OR 97402  
800-447-3177

Monday, October 04, 2021

Mark Scheuerell

Dear Mark

Congratulations on successfully completing your American Safety & Health Institute ASHI Wilderness First Aid (G2015) class. In an effort to be more environmentally friendly your ASHI Approved Training Center has chosen to issue your certification card electronically.

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Register now at [www.hsi.com/passport/](http://www.hsi.com/passport/). Use the registration code 159322 to register.

CPR Seattle  
118 NE 45th St Ste B  
Seattle, WA 98105

CERTIFICATION CARD		Validation Code: 6225511325
<b>Wilderness First Aid</b>		<b>Sean McNally</b> Authorized Instructor (Print Name)
<b>Mark Scheuerell</b> has successfully completed and competently performed the required knowledge and skill objectives for this program.		<b>2547906</b> Registry No.
		<b>10/03/2021</b> Class Completion Date
		<b>10/2023</b> Expiration Date
		<b>206-504-3280</b> Training Center Phone No.
		<b>53746</b> Training Center ID

This card certifies the above named individual has successfully completed the required objectives and hands on skill evaluations to the satisfaction of a currently authorized ASHI Instructor. This program conforms to the 2015 AHA Guidelines Update for First Aid and meets or exceeds the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines — 2017 Edition. Expiration date may not exceed two years from month of class completion.

2017-10-01



American Safety & Health Institute  
1450 Westec Drive  
Eugene, OR 97402  
800-447-3177

Thursday, June 23, 2022

Nicole Doran

Dear Nicole

Congratulations on successfully completing your American Safety & Health Institute ASHI Wilderness First Aid (G2015) class. In an effort to be more environmentally friendly your ASHI Approved Training Center has chosen to issue your certification card electronically.

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Find the mobile app in the appstore on your smartphone or tablet

Register now at [www.hsi.com/passport/](http://www.hsi.com/passport/). Use the registration code 159322 to register.

CPR Seattle  
118 NE 45th St Ste B  
Seattle, WA 98105

CERTIFICATION CARD		Validation Code: 6225512233	
<b>Wilderness First Aid</b>		<b>Sean McNally</b> Authorized Instructor (Print Name)	
<b>Nicole Doran</b> has successfully completed and competently performed the required knowledge and skill objectives for this program.		<b>2547906</b> Registry No.	
		<b>11/14/2021</b> Class Completion Date	<b>11/2023</b> Expiration Date
		<b>206-504-3280</b> Training Center Phone No.	<b>53746</b> Training Center ID
  		<small>This card certifies the above named individual has successfully completed the required objectives and hands on skill evaluations to the satisfaction of a currently authorized ASHI Instructor. This program conforms to the 2015 AHA Guidelines Update for First Aid and meets or exceeds the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines — 2017 Edition. Expiration date may not exceed two years from month of class completion.</small>	

2017-01-01