

required. Well-maintained vehicles are more reliable. It is important to minimize the chances of serious breakdowns, especially in remote areas, as these can seriously impact on the safety of all participants.

11.6.3.5 First aid training and kits

Since botanical specimens are often gathered from relatively remote areas, it is important that all members of the field team have training in basic first aid techniques, and that each member always carry a first aid kit that they are familiar with. Knowledge of cardiopulmonary resuscitation and other basic remote area first aid is important. Contact an organization that presents first aid courses in your area for training and more information.

Although you may visit a remote area alone, it is never safe to do so. The field team should consist of a minimum of three people. The skills and limitations of each person should be known to all members of the team to ensure that the fieldwork can be done efficiently and safely.

11.6.3.6 Medical conditions and personal capabilities

Within the limits of privacy and with due regard for confidentiality, the field leader must be aware of any medical conditions or physical limitation of all members of the team that may affect the safety of fieldwork. The leader is responsible for providing advice to personnel should a member require medication during fieldwork. All team members must ensure that they have all of their required personal medications.

It is the leader's responsibility to make adjustments to schedules and tasks to ensure minimal stress on all personnel. Furthermore, the leader should consider the interpersonal dynamics of the team under field conditions and monitor the level of activities and rest periods accordingly.

Medical advice should be sought prior to obtaining antiseptic solutions and medicines for pain management, antihistamines, anti-emetic medicine for nausea, anti-spasmodic medicine for diarrhoea, and treatment for other medical conditions.

p. 279 11.6.3.7 Climatic hazards

An assessment of the climatic conditions of the area being visited is important. The precautions for dealing with excessive heat, humidity, aridity, cold, and/or wet weather should include having water, protective clothing, sunscreen, amongst other aids. Drinking-quality water should be available, together with water-purifying tablets when relying on local water supplies of unsatisfactory quality.

11.6.4 Working with local communities

The above points have been provided to assist researchers to work in a safe environment, according to the various regulations. However, it is equally important to ensure a respectful, equitable, and mutually beneficial relationship with local community where the field studies are being undertaken. The following suggestions are offered:

1. Plan on a medium- to long-term relationship—although one-off visits are often all that is possible, longer-term collaborations are usually more beneficial to both the researcher and the community.
2. Learn the language—being fluent in a language that allows for communication between yourself and the community is extremely beneficial to essential. Plan ahead—start learning the language at least six months in advance.