

PERU PROJECT - FIELD WORK HEALTH & SAFETY PLAN + RISK ASSESSMENT

Introduction

This risk assessment summary addresses the hazards, risks and control measures associated with most generic field work research and can also be used as a project specific risk assessment. It draws attention to the hazards and control measures for carrying out field work overseas and has been adapted specifically for use in Peru. This assessment is written on the basis that basic common sense approach will be applied to working in unfamiliar situations and remote areas. It is also necessary to be aware of some specific environmental conditions that apply to our field work as detailed below.

Potential Hazards / Risks

The safety information in this risk assessment covers the following hazards which are commonly associated with field work:

- 1) Hazards associated with **lone working and security.**
- 2) Hazards associated with **dealing with other people.**
- 3) Hazards associated with **different environments.**
- 4) Hazards linked to **general health and fitness.**
- 5) Hazards linked to **use of drones.**
- 6) Hazards specific to the **infectious respiratory diseases.**

1) Hazards associated with Lone Working

Lone working is defined as 'working out of the eye sight of other colleagues'. These hazards apply to much generic fieldwork where you work alone, as well as travelling to and from research sites. Many of the control measures are common sense and apply to everyday life as well as research.

Hazard	Risk	Control Measures
<i>Lone Working - various Hazards</i>	Getting lost / stranded.	<ul style="list-style-type: none"> • Where possible work at least in pairs. • Where possible carry a mobile phone or walkie-talkie. • Ensure details of the work plan are left with colleagues specifying times of departure and return. If your plans change even slightly, inform someone. • Use a "check-in" system with colleagues. If you do not phone or return at a certain time, agree suitable action to be taken.
	Vehicle breakdown (becoming stranded).	<ul style="list-style-type: none"> • Make sure the vehicle is in good working order with spares (ie.tyres). • Plan your journey in advance - tell someone which route you mean to take and the estimated time of arrival at your destination. • Do not leave valuables visible in the car - even when you are in it. Keep bags, hidden and out of reach of (open) windows. • If driving, ensure headlights are on at all times during the day – this is a legal requirement. • Always leave someone with the vehicle if it breaks down. • Only travel to remote areas in convoy with at least one other vehicle and a local member of staff. • Carry charged mobile phones and walkie talkies for local communications.
<i>Lone Working - staying in hotels</i>	Risks to personal safety.	<ul style="list-style-type: none"> • Do not allow people into your hotel room unless known to you. • If you hear a disturbance, stay in your room and phone for information.

2) Hazards associated with *dealing with Other People*

It is important to be aware of the good practice in dealing with the public, and especially when entering on to other people's land.

Hazard	Risk	Control Measures
Dealing with People – -access	Risk of personal attack/abuse on private property.	<ul style="list-style-type: none"> Do not trespass, if it is not possible to obtain permission to visit.
-pets / animals	"Pets" - risk of injury, allergy, rabies, etc.	<ul style="list-style-type: none"> Do not touch cats or dogs or any other animal. If accessing land with a dog or cat or ? , first ask that the animal be kept under control by the owner.
-unexpected behaviour	Risk of personal attack/abuse due to misunderstanding of nature of work.	<ul style="list-style-type: none"> Be aware of any delicate issues involved with discussions, e.g. before asking a miner or farmer questions regarding their activities, explain why you need to know. Do not underestimate the importance of body language – keep your distance and don't turn your back on someone acting aggressively. Avoid an aggressive stance. Crossed arms, hands on hips or raised hands will challenge and confront. Talk yourself out of problems; placate rather than provoke - stay calm, speak gently and slowly. Establish potential escape routes.
-public places	Causing offence, leading to abuse/attack.	<ul style="list-style-type: none"> Do not stand in places where you will be causing an obstruction. Make sure you have sought permission from relevant authorities – this may include local community leaders - to work in the location.

3) Hazards associated with different *Environments*

Different environments will involve different hazards, and it is important to plan for these.

Hazards	Risk	Control Measures
Environment - Location	Working in other laboratories,	<ul style="list-style-type: none"> Ensure an establishment has its own safety guidelines in place and whilst on the premises follow their guidelines.
	Risk of causing offence which may lead to personal attack/abuse.	<ul style="list-style-type: none"> Respect must be paid to local customs and problems, and advice taken from local contacts, embassies etc. Dress appropriately.
	Working at high elevation – altitude sickness / hypothermia.	<ul style="list-style-type: none"> Team leader & group members to constantly monitor each other for signs when an agreed policy and majority decision will be enacted to evacuate at short notice to a lower altitude – evacuation procedure in place – for 1-3 days to recover. Constantly monitor weather conditions and act accordingly. Ensure appropriate clothing worn to stay warm and dry, including a hat, sunglasses and sunblock. Carry and drink plenty of water to ensure hydration. Carry an emergency oxygen cylinder. Ensure an appropriate diet is eaten prior and during the trip: lighter, high energy meals, low alcohol, etc. Walkie-talkies carried to ensure communication possible between group members.
	Working in or near rivers – hypothermia / drowning.	<ul style="list-style-type: none"> Wear suitable clothing for work in rivers as per altitude & climate. Ensure attention given to uneven/unconsolidated and slippery surfaces as well as underwater obstacles, deep mud, etc. Ensure attention paid to weather conditions and changing river discharge - do not enter fast flowing or possibly deep waters. Never work alone.

Environment – Urban areas	Risk of attack/abuse and personal injury.	<ul style="list-style-type: none"> • Avoid areas known to be ‘unpleasant’, ‘dangerous’, Consult Local Community groups, Local Authorities, Police etc. for information and possible contact names before setting out. • Walk with confidence and purpose – do not look as if you are unsure of where you are going. • Do not carry more money/valuables than you need to. • Dress appropriately - try to fit in without attracting attention.
	Risk of getting lost - straying into high risk areas.	<ul style="list-style-type: none"> • Plan your route carefully. Ensure you know of a second route should the first be impassable. • Ensure you have a means of raising alarm, if you are lost.

4) Hazards linked to *General Health & Fitness*

There are additional hazards to do with general health associated with working in the field, accidents and problems with allergies are most common in unfamiliar environments. Please ensure you have read the travel advisory for work in Peru and have understood the health & medical advice sections.

Hazard	Risk	Control Measures
Health - Accidents	Risk of injury.	<ul style="list-style-type: none"> • Carry a First Aid kit suited to the conditions and keep it accessible. • Be aware of where medical supplies or treatment can be obtained, if there is an accident, especially in remote areas.
Health - Medical Conditions	Risk of illness whilst in the field.	<ul style="list-style-type: none"> • Ensure any regularly taken medication is carried at all times. • Ensure someone else is aware of your medical conditions and will recognise signs & symptoms and know the location of medication.
	Fatigue leading to lack of concentration, accidents and risk of injury.	<ul style="list-style-type: none"> • Do not try to do too much in one day, especially if the work is to be followed by a long drive home and or further work in the evening. • Lack of sleep and fatigue can lead to accidents - ensure sufficient rest breaks are taken.
	Level of physical fitness leading to risk of personal injury,	<ul style="list-style-type: none"> • Know your limitations - do not be forced to over-stretch yourself. • Plan your work within your limits and if you feel unwell - stop. Do not carry excessive weights, etc without assistance.
Health – phobias & allergies	Allergies - insect bites and some plant material or food may cause allergic reactions.	<ul style="list-style-type: none"> • If aware of an allergy, carry any necessary medication and inform other members of the team prior to the trip. Be aware that some forms of anti-histamine can cause drowsiness. If affected do not continue with fieldwork. • Seek medical attention asap if there is a risk of anaphylactic shock.
Health – bites	Bites - animal, arachnid or reptile bites.	<ul style="list-style-type: none"> • Do not touch or approach any animals, especially in rural districts. • In the event you think you may have been bitten by an animal you MUST inform a colleague or supervisor immediately.
Health – addictions	Alcohol - risks of dehydration; hangover impacting on work; in cold weather, alcohol consumption can lead to hypothermia. Drugs – can inhibit safe working.	<ul style="list-style-type: none"> • Do not drink more than moderate amounts of alcohol the night before going into the field. • Do not drink alcohol during fieldwork - alcohol can impair judgements and will remain in the system for several hours after consumption. • Aside from prescription medicines, the consumption of other drugs is not compatible with fieldwork.
	Miscellaneous Risks - Food poisoning, dehydration, etc.	<ul style="list-style-type: none"> • In remote/overseas locations be cautious with what you eat - particularly salads, iced water, • Do not drink tap, river or lake water. • Caffeinated drinks (coffee, cola, etc.) can increase dehydration - avoid drinking them a lot in hot weather and at altitude.

Health – other illnesses	Yellow fever Hepatitis Rabies Polio/Diphtheria Tetanus Typhoid	<ul style="list-style-type: none"> Check the UK government advice with respect to vaccinations prior to travel and act accordingly. Check the Peruvian government vaccination requirements prior to travel and act accordingly.
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5) Hazards linked to *use of drones*

The use of drones in Peru is governed by rules similar to those in the UK. It is essential that any drone destined for field use is packed appropriately in its box to protect fragile and costly equipment from damage whilst in transit in any vehicle being used in the field.

Hazard	Risk	Control Measures
Equipment - field workers and other persons.	In-field injury - risks of personal injury to field workers.	<ul style="list-style-type: none"> Field operator to be familiar with the functioning of the drone and to work with at least one other person who can also operate drones. Awareness of any local restrictions and regulations. Drone functions to be checked prior to flying and ‘flights’ to be announced prior to take off to field workers in the field. Drone to be placed away from the field vehicle and field workers in an unobstructed location. Field workers on site to wear safety glasses for take-off and landing.
Equipment - field environment.	In-field damage: risks of colliding with obstacles.	<ul style="list-style-type: none"> Drones to be flown from flat open areas with good clearance for take-off and landing. Drones to be flown away from restricted areas: urban areas, industrial complexes, military bases and airports. Drones to be flown with due care and attention with regard to commonly known or possible obstacles: electricity power lines, traffic, livestock, flocks of birds and daily weather conditions.
Equipment - emergency procedures.	Operator failing or accident: emergency needs.	<ul style="list-style-type: none"> Second operator always on call. Ensure mobile phone carried at all times.

6) Hazards linked to ‘infectious respiratory diseases’.

Participants should be aware of any restrictions imposed by countries or airlines relating to ‘Infectious respiratory diseases’ such as Covid-19. This applies to both UK and Peruvian team members. All team members are expected to have received the Covid-19 vaccination (2+ jabs).

Please ensure you have read the relevant government travel advisory information, etc for visiting Peru, and all required certification for Covid-19 and any other diseases for which certification is a requirement – see links below.

Each fieldwork team will be expected to carry PPE equipment: masks, gloves, wipes, sanitiser, etc and to use it should it be required. Additional water will be carried for the regular washing of hands.

Hazard	Risk	Control Measures
Travel -	Flights	<ul style="list-style-type: none"> Follow airport and airline advice at all times.
	Vehicles	<ul style="list-style-type: none"> Keep windows at least partially open whenever possible to do so.
Accommodation -	Hotels	<ul style="list-style-type: none"> Use wipes on surfaces if in any doubt about their cleanliness. Avoid having your room cleaned on a daily basis, if appropriate.
Eating out -	Restaurants	<ul style="list-style-type: none"> Wipes should be used on surfaces, cutlery, furniture, etc, if in any doubt about their cleanliness.

Fieldwork -	Team work	<ul style="list-style-type: none"> Form a 'bubble' with your team to create greater flexibility.
	Teaching in the field	<ul style="list-style-type: none"> Try to maintain a 2m distance unless a task requires closer contact. Group size <6 is probably best.
	Field lab. work	<ul style="list-style-type: none"> Try to maintain a 2m distance unless a task requires closer contact. Group size <4 is probably best.

NB. All PPE should be disposed of appropriately once used.

PROJECT DETAILS

<p>Title of Project:</p> <p>Brief description of project:</p> <p>Names of Field Research Team:</p> <p>Name of Supervisor:</p>

Declaration

<p>We have reviewed and assessed the possible hazards that might arise from the work planned for the project detailed above. All persons carrying out this work declare that they have read, understood and agree to abide by the safety instructions and control measures in this RISK ASSESSMENT and the TRAVEL ADVISORY on the drop-box. This assessment will be reviewed if there is a significant change to the project, and annually for projects of over one year's duration.</p> <p>*Trip dates:</p> <p>*Trip destinations:</p> <p>*Peru University contact:</p>
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In signing below you are confirming that you have watched / read the following Cambridge University travel advice -

- Please watch this clip to dynamically assess risks during travel: <https://www.safeguarding.admin.cam.ac.uk/risk-assessment-training-video>
- Please read these Travel tips: https://www.safeguarding.admin.cam.ac.uk/files/downloadable_travel_tips.pdf
- Please read the FCO travel advice: <https://www.safeguarding.admin.cam.ac.uk/useful-documents-and-links>
- Please read the overseas preparation checklist: <https://www.safeguarding.admin.cam.ac.uk/individuals-travelling-health-and-safety-those-working-away/overseas-preparation-checklist>

Travel insurance: details of the 'free' Cambridge University travel insurance can be found at: University travel insurance requirements: <https://www.safeguarding.admin.cam.ac.uk/individuals-travelling-health-and-safety-those-working-away/travel-insurance>

Researcher:

***Name:**

Destinations:

Dates:

I confirm that I have read and understood the risk assessment advice contained in this document:

Signed:

Date:

***Name:**

Destinations:

Dates:

I confirm that I have read and understood the risk assessment advice contained in this document:

Signed:

Date:

***Name:**

Destinations:

Dates: :

I confirm that I have read and understood the risk assessment advice contained in this document:

Signed:

Date:

***Project Supervisor:**

Review date for risk assessment: