

**Capital RC&D**  
**EMPLOYEE OUTDOOR SAFETY RECOMMENDATIONS**



**OUTDOOR SAFETY CHECKLIST**

- Sunscreen
- Insect repellent
- First aid kit\*
- Body fluids barrier kit\*
- Fire extinguisher\*
- \*Located in vehicle
- Appropriate clothes for the field:
  - Long pants
  - Hat with visor for shading out sunlight
  - Comfortable shoes with good gripping soles
- Water
- Field equipment that is not damaged and in good working order
- Bee sting medicine (especially if you are allergic to bee stings)
- Hard hat for overhead construction situations

**SITUATIONS TO WATCH OUT FOR**

- ✓ Walk carefully and watch your footing.
- ✓ Observe logs, rock piles, and woodpiles for snakes.
- ✓ Avoid pastures with bulls or cows with calves in them.
- ✓ Dogs
- ✓ Bee nests
- ✓ Keep updated on current weather conditions, and dress appropriately; especially in cold weather.
- ✓ Avoid walking through streams with very swift currents; especially after a heavy rain storm.
- ✓ Be aware of overhead powerlines and practice avoidance measures; especially when working around cranes, concrete booms, etc.
- ✓ Be careful when working around underground utilities.
- ✓ Exercise caution when working around manure pits; be aware of manure pit gases.
- ✓ Stay clear of moving construction equipment; don't assume that the operator sees you.
- ✓ Do not enter trenches or test pits without proper protection.
- ✓ Do not wear loose clothing when working around moving machinery parts (i.e. sprockets, PTO shafts, etc.)
- ✓ Wear head protection when working around overhead construction.
- ✓ Use proper ear protection when working around engines, jackhammers, and other loud equipment.