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- 4.1.3.5. Some plants are toxic on contact or when ingested. Use appropriate protective clothing when casual contact may occur or when working with such plants. Do not ingest anything from the field unless verified safe by an authority.
- 4.1.3.6. Water can be contaminated with toxic compounds or biological agents. Some plants and mushrooms can be lethal when ingested. Carry necessary food and water.
- 4.1.3.7. **The Nova Scotia Department of Natural Resources advises to contact the local DNR office and notify them where you will be working. They will advise of any known hazards, including problem wildlife. Be aware of your surroundings, travel in pairs, and make noise while you are travelling. If eating, do not discard any food scraps which can attract animals. If you meet potentially dangerous wildlife (coyotes, wolves, bears, moose, etc.), do not feed, touch, or photograph the animal from close distances and remove yourself from the area by slowly backing away while remaining calm. Do not turn and run because this may initiate a predatory response. Use personal alarm devices to frighten or threaten the animal and encourage the animal to leave by providing an escape route. If an animal exhibits aggressive behavior, then be larger and noisier by throwing sticks and rocks.**
- 4.2. Transportation to and from the field site is often accomplished by automobile. Exercise diligence and obey all highway safety regulations when operating a vehicle. For additional information, please refer to the Saint Mary's University Vehicle Rentals and Insurance Coverage – Frequently Asked Questions section of the Financial Services Department website: <http://smu-web5.smu.ca/pages/webfiles/FAQs-VehicleRentalInsuranceCoverage.pdf>. Saint Mary's University liability

- 4.5. Alcohol and drug consumption is not allowed. Please see the Saint Mary's University Student Responsible Use of Cannabis Policy https://www.smu.ca/webfiles/6-2018_StudentCannabisPolicy.pdf, Saint Mary's University Responsible Use of Alcohol Policy https://www.smu.ca/webfiles/5-1003_Liquor.pdf, and the Saint Mary's University Drug and Alcohol Policy https://www.smu.ca/webfiles/6-2017_SaintMarysDrugAndAlcohol.pdf.
- 4.6. Pay particular attention to time and location when planning field work so that hazardous situations due to human activities (e.g. fieldwork in tidal zones, hunting season) can be avoided.
- 4.7. Conducting field work at a time and place frequented by hunters or all-terrain vehicles should be avoided.
- 4.8. Safe lifting practices are important to protect your health. Please review the CCOHS safe lifting video <https://www.youtube.com/watch?v=qP5nyfTDbfE> and Manual Materials Handling <https://www.ccohs.ca/oshanswers/ergonomics/mmh/generalpractice.html> for guidance. Depending on the nature of the work being performed, additional resources on safe lifting procedures are available from CCOHS.
- 4.9. Your personal safety and security are important. Please be aware of your surroundings and travel in pairs or with your group, where possible. Avoid frequenting remote locations alone. In case of an incident, see resources available from the Counselling Centre <https://www.smu.ca/student-life/counselling-centre-resources.html>. See the Saint Mary's University Sexual Violence and Harassment Policy https://www.smu.ca/webfiles/2-2025_SexualViolenceHarassment.pdf.

5. EQUIPMENT AND SUPPLIES

- 5.1. The primary article of safety equipment in the field is appropriate clothing. Sturdy boots with non-slip soles are ideal because they provide maximum ankle support and foot protection. Dress warmly, including hat, gloves, and windproof jacket (except in summer) and carry waterproof clothing. Adequate clothing is particularly important to increase the chances of a positive outcome should there be an accident (e.g. dressing appropriately in case one gets lost, wearing non-slip boots to prevent slips and falls in inclement weather or on loose terrain, etc.).
 - 5.1.1. Under some conditions rubber boots, waders or durable shoes are ideal. Some locations (e.g. drill core facilities) require steel-toed boots to be worn. Ensure that you are aware of any footwear requirements.
 - 5.1.2. Wear a "hunter orange" hat and/or jacket and/or high-visibility vests when conducting field work in the forest during hunting season. See <http://www.gov.ns.ca/NATR/hunt/regulations/> for Nova Scotia hunting regulations or look up regulations for the appropriate jurisdiction.
 - 5.1.3. An approved first aid kit complying with the Nova Scotia Occupational Health and Safety Act (

8. REFERENCES

- 8.1.** Heat Stress Guidelines. Saint Mary's University. <https://www.smu.ca/about/heat-stress-guidelines.html>
- 8.2.** Vehicle Rentals & Insurance Coverage Frequently Asked Questions. Saint Mary's University. <http://smu-web5.smu.ca/pages/webfiles/FAQs-VehicleRentalInsuranceCoverage.pdf>
- 8.3.** Occupational Health and Safety General Regulations, Part 3 Personal Protective Equipment, 14 Risk of Drowning. Occupational Health and Safety Act, Nova Scotia.