

Keep yourself safe in fieldwork by following these simple guidelines:



- Avoid lone working - always make sure someone you know is at least nearby if not working alongside you.



- Have a clear plan of what you are going to do, where you will be and at what time. Share this plan with someone responsible so that they will know where and when to expect you.



- Keep in contact with others by mobile phone, especially if your plans change.



- Carry the phone number of someone you know with you (such as a teacher or school mobile number) to use in case of emergencies.



- Avoid using your phone unnecessarily as it can drain the battery very quickly and leave you without a way of contacting others.



- Use well lit, open spaces to engage with members of the public. Do not be drawn into areas which you have previously not been able to conduct a recce of.



- Avoid displaying digital or expensive equipment (or personal items) too openly - place them back in a bag as soon as you have finished using them.

- Always use and carry equipment in the right way.



- Take care when crossing roads if you are collecting data 'on the go' - look up from your clipboard or tablet to ensure your safety first.



- If conducting on the street surveys, make sure you stand off the road and in such a way that you do not force pedestrians into the road in order to move around you.



- Wear weather appropriate clothing - and carry spares in case something gets wet or damaged.

- Wear terrain appropriate footwear.



- Carry more food (and especially water) than you think you might need.

- Carry a simple first aid kit to help with minor scrapes and cuts.



- Never go after equipment that is lost in the field, such as that floating out to sea or that which has fallen down a cliff face.



ALWAYS - if in doubt, don't do it!