

WEEKLY TIP

FOR FIELD SAFETY & INCLUSION

Toilet stops in the tundra can often leave field members feeling exposed. It's best to prepare everyone on your team before heading out.

Be upfront and direct in meetings to discuss this. Don't assume that everyone knows what to do, especially with menstruation or nursing. And be sure to give folks privacy when out there.

Tips for menstruation:

- Pack a field kit with menstrual hygiene products, hand sanitizer, wipes, pain medication, and a spare plastic bag to bring waste back to the station where you can **properly** dispose of it.
- Folks will often line the outside of waste bags with opaque duct tape for increased privacy.
- Some also take hormonal birth control to stop or delay periods. Ask your doctor if that's something you'd like to do.

For more tips, check out the resources on our website bit.ly/toolik-field-functions

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Have you heard of a Field Bill of Rights? It's a document that communicates what liberties are afforded to all team members during a field campaign.

The Association of Polar Early Career Scientists (APECS) template bill of rights includes:

- Right to **respect, dignity, & professionalism**
- Right to **privacy**, especially when attending to personal hygiene
- Right to **communicate** and access to emergency communication devices
- Right to **anonymity** when reporting misconduct
- Right to **rest**
- Right to **safety** equipment and training
- Right to agreeing on **data access** policies in advance of data collection

Creating & agreeing on a field bill of rights before a campaign begins can help build a cohesive, safe, & supportive team. Learn more on APECS website.

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Does everyone in your team know the plan before you depart for the field? Support safe field teams by making sure everyone is prepared, every day.

Meet before you depart to discuss proper field gear & create shared expectations.

- Point out where to find important safety resources & how to use them, like sat phones, first aid kits, or tire changing equipment.
- Address often overlooked personal & medical hygiene concerns: What can people expect for toilet breaks? Should those with daily prescriptions pack extra doses in case of emergency delays?

Don't forget to give space for team members to voice concerns & propose alternative field plans. It empowers your team & helps foster inclusion.

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Conflicts amongst team members are bound to arise in the field. Knowing how to intentionally manage them is key to resolution.

Try using the VOEMP model for resolving conflicts in a healthy way.

1. **Vent:** Take turns to explain your frustrations to gain a view of the full story. Listen actively, make sure everyone speaks, & be open to hearing differing perspectives.
2. **Own & Empathize:** Own what you believe you did or said—nothing more or less. Take some time to set aside your own perspective & imagine the other person's experience. Accept your contribution to the conflict.
3. **Plan:** Form action steps that help you move forward. Discuss what each person wants & what you expect of yourself & each other. Be realistic in your commitments & hold yourselves accountable to your plan.

adapted from National Outdoor Leadership School

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Mental & emotional safety are intertwined with physical safety. Fieldwork can be a trying place for both. Similar to how you would conduct an equipment check before heading into the field, check in daily with yourself & others in your team.

Get ahead of stressors by:

- Taking a rest day.
- Calling your support systems
- Going for a walk.
- Naming your emotions.
- Getting enough sleep
- Practicing other self-care methods.

Early intervention can help prevent a mental health crisis. If struggling, reach out to someone OR the Alaska Careline (877-266-4357) & THRIVE textline (313-662-8209)

Remember – your wellbeing & safety take priority over science-related tasks.

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Caribou hunting is underway on the North Slope. Hunting is an important cultural & economic activity in Alaska and draws over 1000 hunters in this region annually.

With increased visitors, it can help to be extra aware to protect your safety. When out in the tundra, **wear bright colors** to more readily distinguish yourself from a caribou. **Prepare to share the road** with more folks, some of whom may not be well-experienced in Haul Road travel.

Many hunters are interested in friendly chats. **Don't feel obligated to engage in conversation with hunters if you're not up for it.** You can direct them to the Toolik website instead. If a hunter's behavior ever makes you feel unsafe, you can:

- report them to the Alaska State Troopers, 911 or CB radio channel 19
- report hunting violations to a citizen's safeguard org, 1-800-478-3377
- seek help from the on-duty Toolik station manager, EMT, or on-site management team member.

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The annual hazardous waste pickup is fast approaching - time to start clearing out old & unused chemicals from your lab space.

Please speak to Dennis **within the next week** if you have chemicals and/or other hazardous waste for removal. Do not drop off chemicals in the Haz Shed unless you have spoken with Dennis first and been instructed to do so.

Chemicals should only be stored overwinter if there is a definitive plan to use them next season. Anything that doesn't have a clear owner or use case should be disposed of unless another project is willing to claim it. Additionally, liquids with a freezing point above -60°F must be stored in Warm Storage over the winter months - space may be limited so make a plan sooner rather than later.

Radioactive materials are more involved & will require coordination with the UAF Health & Safety Department. Speak with Dennis if you are unfamiliar with the process.