

# Albuquerque Wildlife Federation

## Written Safety Talk

We are glad that you have chosen to join us at an Albuquerque Wildlife Federation (AWF) volunteer ecological restoration service project! These projects are a fun and fulfilling way to give back to your New Mexico community and restore important wildlife habitat while having a good time in a beautiful place.

Keeping our volunteers safe is AWF's top priority on our restoration projects. One way we keep you safe is to make sure that you are aware of the potential risks involved in camping and working outside, as well as the actions that AWF takes to reduce those risks. We encourage you to review this document in advance of the project. Before starting work, we will ask you to sign a liability waiver indicating that you understand the potential risks of participating in a restoration project and that you accept responsibility for your safety on the project.

Here is a description of the potential hazards that may be faced on this project and what we – and you – can do to reduce them:

<b>Hazard</b>	<b>Abatement Actions</b>
<p><b>Driving to and from the project site.</b></p> <p>This is the highest risk part of any project. Hazards include driver fatigue; getting lost; narrow, rough roads; poor visibility; mechanical failure; poor weather conditions; collisions with other vehicles, pedestrians, bicycles, and wildlife.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Bring a printout of the directions to the project (and emergency contact information) with them.</li> <li>• Ensure that you have reliable communication.</li> <li>• Drive defensively and slowly.</li> <li>• Always wear seatbelts and turn lights on.</li> <li>• Obey speed limits.</li> <li>• Use parking brake, and do not leave vehicle while it is running.</li> <li>• Inform someone of your destination and estimated time of return. Call in if plans change.</li> <li>• Carry extra food, water, and clothing.</li> <li>• Stop and rest if fatigued.</li> </ul>
<p><b>Slip and Fall.</b></p> <p>AWF restoration projects take place on rocky and uneven surfaces, often in canyons where volunteers must ascend and descend slopes to the worksite or in riverbeds where surfaces are wet and slippery.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Wear sturdy, closed-toe footwear with good soles.</li> <li>• Walk slowly, watch your feet on rocky or uneven surfaces, and be especially cautious on slippery, muddy banks.</li> <li>• Report any injury promptly to the project lead or another AWF or project partner leader on site.</li> </ul> <p>AWF will have a first aid kit available at the project site for all projects and will identify leaders who have medical training and are</p>

	available to assist in dealing with any injuries that occur during a project.
<p><b>Hand/finger injury from rocks.</b></p> <p>This is the most common injury experienced on AWF restoration projects. When placing a rock in a rock structure, fingers or hands can become caught between or underneath the rocks and injured.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Wear gloves.</li> <li>• Work slowly and carefully when placing rocks, and use special care when working in close quarters with other volunteers.</li> <li>• Report any injury promptly to the project lead or another AWF or project partner leader on site.</li> </ul> <p>AWF will have a first aid kit available at the project site for all projects and will identify leaders who have medical training and are available to assist in dealing with any injuries that occur during a project.</p>
<p><b>Foot/leg injury from rocks.</b></p> <p>The most serious injuries experienced on past AWF projects have been caused by rocks being dropped on feet or legs. This can lead to bruising, crush injury, or broken bones.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Wear long pants and protective footwear, including sturdy closed toe shoes.</li> <li>• Work slowly and carefully when placing rocks, and use special care when working in close quarters with other volunteers.</li> <li>• Report any injury promptly to the project lead or another AWF or project partner leader on site.</li> </ul> <p>AWF will have a first aid kit available at the project site for all projects and will identify leaders who have medical training and are available to assist in dealing with any injuries that occur during a project.</p> <p>If a serious injury occurs, the volunteer should be evacuated to seek medical attention. AWF leaders will assist in transporting a volunteer if needed.</p>
<p><b>Injury from lifting.</b></p> <p>Lifting a rock or other heavy object can strain muscles or cause back injury.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Use proper lifting techniques when picking up items: bend knees, not back; lift straight.</li> <li>• Know your limits and do not lift anything that is too heavy for you to carry safely.</li> <li>• Stretch periodically.</li> <li>• Work with a partner to lift heavy objects, ideally using a tool like a rock litter.</li> </ul>

<p><b>Injury from tools or equipment.</b></p> <p>Tools and equipment can cause injury in a variety of ways. If they are not carried properly, a shovel or other long-handled tool can strike another person. Tools like pickaxes can strike someone standing behind the person using the tool. Shovels used improperly (such as by jumping on them) can cause foot and leg injury. Wheelbarrows can be unsteady when filled with a heavy load, like rocks, and may tip over and fall on someone.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Wear gloves and protective footwear, including sturdy closed toe shoes.</li> <li>• Carry tools safely and carefully. Most tools, especially long tools, should be carried to one's side.</li> <li>• Do not use a tool unless you know how to use it safely.</li> <li>• Do not use a broken tool or one with a loose handle.</li> <li>• Be aware of others working around you, and look around for other people and hazards before swinging tools.</li> <li>• Have firm footing and good balance when swinging a tool.</li> <li>• Report any injury promptly to the project lead or another AWF or project partner leader on site.</li> </ul> <p>AWF will have a first aid kit available at the project site for all projects and will identify leaders who have medical training and are available to assist in dealing with any injuries that occur during a project.</p>
<p><b>Sunburn.</b></p> <p>AWF projects take place outside and often at high altitude where there is a high risk of sunburn.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Wear long sleeves, long pants, and a hat.</li> <li>• Wear sunscreen and reapply it during the day.</li> </ul>
<p><b>Dehydration, Heat Exhaustion, Heat Stroke.</b></p> <p>New Mexico is a desert environment, and AWF's projects take place outside in the sun, which creates the potential for dehydration or heat exhaustion. Symptoms of dehydration can include headache, extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness, and confusion. Symptoms of heat exhaustion can include cool, moist skin with goose bumps when in the heat; heavy sweating; faintness; dizziness; fatigue; weak, rapid pulse; low blood pressure upon standing; muscle cramps; nausea, and headache.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Drink plenty of water and not overtax their physical limits.</li> <li>• Rest if they feel tired.</li> <li>• If experiencing any symptoms of heat exhaustion, stop all activity, move to a cooler, shady location, drink plenty of fluids, and rest.</li> <li>• Report any symptoms of dehydration or heat exhaustion to the project lead or another AWF or project partner leader on site.</li> <li>• If symptoms of heat exhaustion do not improve within an hour, the volunteer should be evacuated to seek medical treatment.</li> </ul> <p>AWF leaders will assist in transporting a volunteer if needed.</p>

<p><b>Biting and Stinging Insects (Ticks, Spiders, Mosquitoes, Wasps, Bees)</b></p> <p>AWF's projects take place outside, and biting and stinging insects are sometimes present at the project locations.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Let AWF project leaders know if they have sting allergies. AWF's first aid kit will include bee sting treatments containing epinephrine.</li> <li>• Use appropriate insect repellents on skin and clothing.</li> <li>• Clothing should fit tightly at wrists, ankles, and waist. Tuck in shirt tails.</li> <li>• Search yourself, especially hair and clothing, for ticks and other insects.</li> <li>• Remove any embedded ticks properly.</li> <li>• Seek treatment promptly if symptoms of tick-borne illness develop later, even if tick bite was not known to occur. The most common symptoms of tick-related illnesses are: (1) fever/chills; (2) aches and pains including headache, fatigue, muscle aches, and joint pain; (3) distinctive rashes.</li> <li>• Change clothes at the end of each work day.</li> <li>• Report any serious insect bite or sting to the project lead or another AWF or project partner leader on site.</li> </ul>
<p><b>Snake or other animal bites.</b></p> <p>AWF's projects take place outside, and snakes and other potentially hazardous wildlife are sometimes present at the project locations. Dogs are permitted at some projects.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Watch for snakes, which may be found under logs or rocks, in shady areas, or sunning on rocks. Be especially careful when moving rocks, as snakes or rodents may be underneath them.</li> <li>• If you bring a dog to a project, keep it under control.</li> <li>• Report any animal bite promptly to the project lead or another AWF or project partner leader on site.</li> <li>• If a serious animal bite occurs, the volunteer should be evacuated to seek medical treatment.</li> </ul> <p>AWF leaders will assist in transporting a volunteer if needed.</p>
<p><b>Weather conditions, lightning strikes.</b></p> <p>Storms can come up during AWF projects, bringing hard rain, hail, and lightning, among other dangerous conditions.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Be aware of the weather forecasts for the day and keep an eye on any stormclouds moving toward the project site.</li> <li>• Bring proper equipment to keep dry,</li> </ul>

	<p>including raincoat and hat, and quick drying, non-cotton clothing.</p> <ul style="list-style-type: none"> <li>• Ensure that camping equipment is waterproof.</li> <li>• If lightning is seen in the vicinity of the project site, immediately return to vehicles or to the AWF campsite.</li> </ul>
<p><b>Falling objects.</b></p> <p>Campsites and project sites are often in forested areas where there may be standing dead trees that can fall or drop limbs. During projects, rocks may be rolled down a slope to a worksite.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Avoid camping beneath standing dead trees.</li> <li>• Be aware of and careful of standing dead trees when you are walking to and working at a project site.</li> <li>• When rolling rocks, be aware of where other people are. Never roll a rock down a slope when there is anyone standing at the bottom.</li> <li>• Let people know loudly that you are rolling a rock down a slope.</li> <li>• Report any injury promptly to the project lead or another AWF or project partner leader on site.</li> </ul> <p>AWF will have a first aid kit available at the project site for all projects and will identify leaders who have medical training and are available to assist in dealing with any injuries that occur during a project.</p>
<p><b>Burns.</b></p> <p>AWF uses propane cooking stoves to boil water for coffee, cook breakfast burritos, and heat up dinner. There are also often charcoal grills and campfires at projects. Any of these create the potential for burns.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Stay a safe distance away from fires, stoves, and grills.</li> <li>• Only use stoves and grills if you can do so safely.</li> <li>• Report any burns to the project lead or another AWF or project partner leader on site.</li> </ul> <p>AWF will have a first aid kit available at the campsite and will identify leaders who have medical training and are available to assist in dealing with any burns that occur during a project.</p>
<p><b>Hypothermia.</b></p> <p>AWF's projects involve camping in high altitude desert locations where</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Bring proper equipment to stay dry and warm, including multiple layers of clothes and a warm sleeping bag.</li> </ul>

<p>temperatures can be at or below freezing. In addition, some projects take place in locations with running or standing water, and volunteers may become wet. If a volunteer has inadequate equipment (such as insufficiently warm camping gear or only cotton clothing that becomes wet), there is a risk of hypothermia. Symptoms can include shivering; slurred speech; slow, shallow breathing; weak pulse; clumsiness or lack of coordination; drowsiness or very low energy; confusion or memory loss.</p>	<ul style="list-style-type: none"> <li>• Report any symptoms of hypothermia to the project lead or another AWF or project partner leader on site.</li> </ul> <p>AWF leaders will assist in evacuating a volunteer to seek medical attention if needed.</p>
<p><b>Altitude sickness.</b></p> <p>AWF’s projects involve camping and physical labor at high altitudes (up to 11,000 feet), so there is a possibility that volunteers may develop altitude sickness. Symptoms may include headaches, vomiting, tiredness, trouble sleeping, and dizziness.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• Drink plenty of water and not overtax their physical limits.</li> <li>• Rest if they feel tired.</li> <li>• Report any potential altitude sickness symptoms to the project lead or another AWF or project partner leader on site.</li> <li>• Get down to a lower altitude promptly if they are experiencing symptoms of altitude sickness.</li> </ul> <p>AWF leaders will assist in transporting a volunteer to a lower altitude if needed.</p>
<p><b>Transmission of communicable illness, including the novel coronavirus that causes Covid-19.</b></p> <p>AWF projects bring together groups of people, which creates the possibility for the transmission of communicable diseases, such as gastrointestinal or respiratory illnesses.</p>	<p>Volunteers are asked to:</p> <ul style="list-style-type: none"> <li>• <b>Follow all of AWF’s Covid-19 Safety Protocols.</b></li> <li>• Wash hands frequently, especially before eating and after using the port-a-potty. Handwashing stations with soap and water are provided by AWF.</li> <li>• Wash hands before handling food and assisting with meal preparations.</li> <li>• Do not assist with meal prep if you have any symptoms of communicable illness.</li> <li>• Do not attend the project if you have symptoms of communicable illness (such as fever, coughing, sneezing, etc.)</li> </ul>
<p><b>Other hazards identified at Safety Talk, if applicable.</b></p>	