Self and Team Safety in the Field – FAOC SFSAR 4-18 MM

Introduction: Chance to share ideas and experiences and consider these issues ahead of time. Safety priorities- Self, Team, Subject. May be several right answers- need to choose what's best for you.

Preparing:

- Maintain fitness level
- Pack ready? Set up for season and weather?
  - Warm gear? Are you prepared to spend the night out?
  - Sun protection
  - Insects
  - Snakes
  - Water purification
  - Personal first aid kit – specific for your needs
- Helicopter- would you fly?
- Hunters – proximity to weapons?
- What are my limits? Weather, Night mission, body recovery

Ahead of time – each day:

- Check weather
- Vehicle gassed and ready to go?
- Radio and phone charged? Maps downloaded? Extra batteries?
- Mental and emotional state?
- Personal/work/family commitments – pet care?
- Health/sleep
- Food/hydration/alcohol
- Should I go?

When you get the call:

- Gear for vehicle?
- Specific for that mission- snake gaiter? Snowshoes? How much water?
- Additional maps?
- Ground pounder or IB?
- OTC pain meds

Briefing:

- Be honest with yourself and your team – can you do the assignments?
- Specific medical issues- critical meds and where they are located in pack. Eg asthma inhaler or epipen
- Gear or equipment issues
- Time commitments?
- Fears or concerns about mission – dealing with diseased