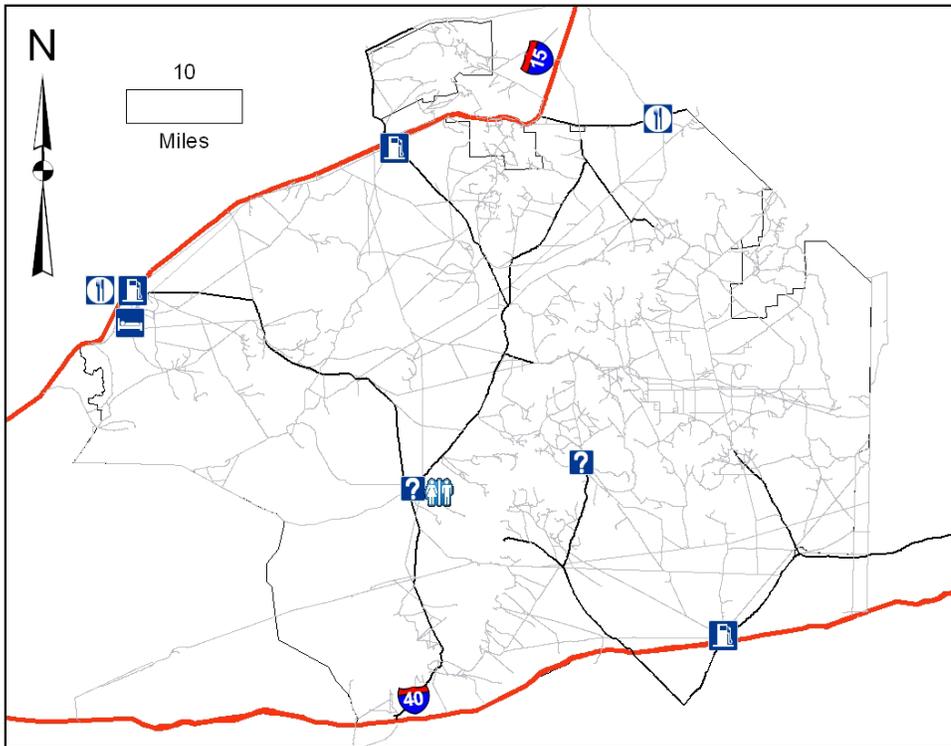




Safety Tips for Field Work



EMERGENCY CONTACT

PHONE NUMBERS
909-383-5668 or 909-383-5667

FAX NUMBER
909-383-5587

E-MAIL ADDRESS
ficc@fs.fed.us

blanket) in case of communication device failure.

- Tell somebody where you are going, when you will return, and provide them with the emergency contact information in the event that you do not return on time. Do not divert from your planned route without communicating your changed plans.
- Prepare for extreme conditions (refer to the list of recommended supplies and equipment).
- Cell phone coverage in the Preserve is sparse and unreliable. Carry a satellite phone and personal locator beacon in good working condition with batteries charged.
- Avoid working or traveling alone in remote areas.
- Ensure that your vehicle is well-maintained and full of gas. Two vehicles are better in case one gets stuck or breaks down. Carry two spare tires if possible with jack and tire wrench.
- Plan your route in advance. Check with the park (760-252-6108, 6101) regarding road conditions. Most unpaved roads require 4-wheel drive. Carry a map, compass, and GPS unit.
- Obtain a weather forecast prior to departing and assume that back roads will be impassable during and after precipitation events.
- Beware of wildlife. Especially watch for snakes and bee hives.
- Food – At least one day extra supply of preserved items (dried fruit, granola bars) beyond your planned trip duration.
- Equipment – lighter, matches, or fire starter, cutting tool, headlamp or flashlight and extra batteries, space blanket or bivouac gear, sleeping bag, pad, tent or tarp, stove and fuel, personal hygiene, medications.
- First Aid Kit – Tweezers, safety pins, triangular bandages for splints or tourniquets, antibiotic ointment, antiseptic towelettes, wound closure strips, moleskin or duct tape for blisters, Band-Aids (several sizes), ACE bandage, gauze or other products for control of bleeding injuries, Ibuprofen, aspirin, Tylenol, antihistamine tablets such as benadryl, glucose, energy bars, gatorade powder, emergency blanket, water purification tablets, signaling device, matches or fire starter.

RECOMMENDED GEAR AND SUPPLIES