Safety Tips

General Field Safety

When working in the field, it is important to consider what measures you need to take to keep yourself safe. The following is a list of recommended safety precautions to take before entering the field.

- Wear a long-sleeve shirt, long pants, and high socks.
- Tuck your shirt into your pants and tuck your pants into your socks.
- Wear closed-toe, closed-heel shoes. Boots are best, but sneakers are acceptable. Avoid wearing footwear that exposes any part of your feet, such as open-toe shoes, flip-flops, sandals, or clogs.
- Cover your head. Baseball caps and other hats are acceptable. For added protection you can cover your head with a T-shirt, towel, or cloth.

Field Safety—Survey and Community Interviews

When working in the field, it is important to consider what measures you need to take to keep yourself safe. This is especially important when you are conducting a community survey or interview. Interviewing people in your local community is an integral part of this research. Information obtained from surveys and interviews will help team members better understand what people in your community know about the topic you are researching.

The following is a list of recommended safety precautions for conducting community surveys and interviews.

- Do not conduct interviews alone. A responsible adult over the age of 18 should accompany minors at all time. (Note that age may vary, depending on the region and culture of the community where the interviews are conducted.)
- Walk with purpose. Keep your head up and eyes forward.
- Be aware of your surroundings. Avoid using electronic devices such as cell phones, which can distract you from your surroundings.
- Know the area surrounding the community where you will be conducting interviews.
- Always be polite. Introduce yourself and explain the project you are working on.
- Ask the individual if you may have permission to interview them for your project.
- Never enter a home or residence without permission and an adult chaperone, parent, or guardian present.

Additional Resources

http://www.ucd.ie/t4cms/Home%20Visits%20-%20Face%20To%20Face%20Interviews%20Safety %20Guidelines.pdf

https://www.le.ac.uk/emoha/training/no6.pdf

Laboratory Safety

When working in the lab, it is important to follow all laboratory safety rules and guidelines. Depending on the kind of lab you are working in, these rules and guidelines may differ. Even if you do not have a traditional laboratory, wherever lab work is conducted, basic laboratory rules and guidelines should be established. The following is a list of recommended safety guidelines.

- No eating food, drinking of any kind, or gum chewing in the lab.
- Personal protective equipment (PPE) should be worn at all times. Gloves, goggles, and lab coats are examples of PPE worn in most laboratories. You always want to protect your hands, eyes, and clothes. The appropriate PPE depends on the work you are doing and the kind of laboratory you are working in.
- Wear closed-toe shoes with rubber soles. Avoid wearing high heels, flip-flops, sandals, open-toe, or open-heel shoes.
- Wash your hands before and after doing lab work. This prevents contamination and cross-contamination, and ensures you do not bring anything unwanted into or take anything unwanted out of the lab.
- When wearing gloves, take care not to tear them or get anything inside them. If your glove tears, remove it, wash your hands, and put on a new one. If anything gets into your gloves, chances are they are too big. Remove your gloves, wash your hands, and put on a new pair. If different sizes are available, use a smaller size.
- No running or playing in the laboratory.
- Follow all instructions, written and verbal, for whatever you are working on. If you are unsure about what to do, ask for help.
- Keep your lab area clean.
- Always be alert. If something is out of place, spilled, or broken, let your teacher, parent, guardian, or lab technician know. Report any unsafe conditions.

Additional Resources

https://www.thermofisher.com/us/en/home/references/gibco-cell-culture-basics/cell-culture-laboratory-safety/guidelines-for-safe-laboratory-practices.html

https://www.ors.od.nih.gov/sr/dohs/safety/laboratory/Pages/student_goodlab.aspx

http://nobel.scas.bcit.ca/debeck_pt/science/safety.htm

Internet Safety

Having access to the Internet opens doors to information that was once impossible to access. Today students can learn just about anything on the Internet. Interactions with people from across the globe enable students to stay connected with family members, friends, and fellow citizen scientists. Thanks to the Internet, collaboration is much easier.

It is very important to protect yourself and your identity when using the Internet; this is especially important for children under the age of 13. For this reason, the United States federal government passed the Children's Online Privacy Protection Act (COPPA) in 1998. This act prevents websites from obtaining information from children without parental consent. Even with the act in place, though, there are still many dangers out there in cyberspace.

The following is a list of recommended Internet safety precautions.

- Always follow your classroom and home Internet rules.
- Only visit websites you have permission to visit.
- Use a screen name to protect your identity, and never give out personal information such as your birthday, phone number, address, Social Security number, or any other identification number. Screen names should not include personal information. If a website is asking for this information, tell your teacher, parent, or guardian.
- Do not share your log-in information with anyone, not even your best friend.
- Although selfies are popular, avoid sharing personal photos and videos. Once your image is on the Internet, it is out there for all to see, not just the person you shared it with.
- Avoid opening e-mails from unknown senders or e-mail addresses you don't recognize. If you are not sure about an e-mail, check with your teacher, parent, or guardian. If you are still not sure the e-mail is safe, when in doubt, throw it out.
- Always get permission from your teacher, parent, or guardian before downloading and opening e-mail attachments.
- Never agree to meet anyone in person who you met on the Internet. If someone is asking to meet with you, tell your teacher, parent, or guardian.
- Do not buy anything or sign up for anything online before getting permission from your teacher, parent, or guardian.
- Avoid cyber bullying by not sending or replying to anything mean, nasty, offensive, insulting, or malicious.
- If you ever receive an inappropriate e-mail or message, or one that makes you feel uncomfortable, tell your teacher, parent, or guardian.
- Know which websites are safe and which ones are not. Never visit inappropriate or unsafe websites. If you are not sure which sites are safe and which ones are not, check with your teacher, parent, or guardian.

Additional Resources

https://kidshealth.org/en/kids/internet-safety.html?ref=search&WT.ac=msh-k-dtop-en-search-clk

https://kidshealth.org/en/kids/online-id.html?ref=search&WT.ac=msh-k-dtop-en-search-clk#

https://kidshealth.org/en/teens/internet-safety.html?ref=search&WT.ac=msh-t-dtop-en-search-clk

https://www.nypl.org/help/about-nypl/legal-notices/internet-safety-tips

https://www.nypl.org/sites/default/files/safekidslist.pdf

COPPA

http://www.coppa.org/coppa.htm

https://www.epic.org/privacy/kids/

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