

## Standard Operating Procedures

### #AU 0009 Working in and around water

#### **Materials:**

First aid kit  
Waders  
Flotation vest  
Cell phone  
Change of clothes  
Pair of pliers

#### **Prevention/Precaution:**

Before travelling to any field sites for the day, the Principal Investigator/Team Leader must be notified that you will spend the day in the field and which sites you plan to visit. You must also notify the Principal Investigator/Team Leader when you have returned from the field. When working in the field, always use the buddy system. When working around water, you have to wear a flotation vest. When you work in the water, you also need to wear a pair of waders.

If you need to work in the water, the following rules must be observed:

- Do not wade through water that is deeper than your waist height and faster than 50 cm/sec.
- Do not wade through areas that are deep and/or the water is not transparent.
- Observe common sense rules around water.

#### **Procedure:**

The following procedure applies when the above prevention rules have been observed. If you slip or fall in shallow water, try to stand up right away. Wade out to the shore as soon as possible and change clothes. If you cannot stand up, do not fight the current, float down river to a shallower area stand up and wade out to the shore. If you have been hurt during the fall, have your co-worker assess the extent of damage. Small cuts and bruises can be attended on site with the help of a first aid kit. If the extent of damage is larger, keep the affected person comfortable on the shore, dial 911 from a cell phone and wait for the arrival of emergency personnel.

If you get pierced by a fishing hook while collecting fish samples, never try to remove the hook by trying to move it backwards – it will result in extensive tissue damage. Push the hook through the wound, cut the barbed part off with a pair of pliers and remove the rest of the hook carefully. The wound should be carefully sterilised and field dressed using a first aid kit. Medical attention should be sought as soon as possible. An Accident/Injury Report should be completed by the Principal Investigator.

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