

## **Katy Prairie Conservancy Workday Safety Information**

### What to wear

- Pick light colors to reflect the sun.
- Long sleeved shirt - protection from the sun, bugs, and thorny vegetation.
- Straw hat with wide brim - straw is breathable and the wide brim protects your ears and neck. Baseball caps are hot and have limited protection!
- Socks - longer is better, no ankle socks.
- Pants - absolutely no shorts!
- Closed toed shoes - hiking boots offer the best protection.

### What to bring

- Bandana, hand towel – these are especially great to soak in the ice chest and put around your neck.
- Fanny packs or the like are useful for carrying a water bottle.
- Sunglasses are very helpful.
- Bug spray and sunscreen.
- If you have work gloves, bring them. KPC provides cotton gloves to wear, but they are one-size fits all and that is not really the case.
- Rubber gloves are provided for handling herbicide at Chinese Tallowtree control workdays– wear gloves on both hands at all times when handling the herbicide!
- For evening workdays, people like to bring snacks or a light dinner and hang out at the wildlife viewing platform to watch the sunset.

### Other considerations

- Eat breakfast or lunch before the workday.
- Drink water before the workday to get your body properly hydrated.
- Stay with your work partner at all times.
- If at any time during the workday, you feel lightheaded, get a headache, feel dizzy, or otherwise don't feel well, tell a KPC staff member. These are all signs of dehydration!
- KPC does have basic First Aid kits that include Benedryl, but if you are highly allergic to bee stings, fire ants, or other insect bites, bring your Epinephrine shot.