

WORK PROJECT OR ACTIVITY: <b>Front and Backcountry Travel</b>		DATE:	<input type="checkbox"/> NEW <input type="checkbox"/> REVISED
LOCATION OF JOB: <b>NPS/ROMO/ Continental Divide Research Learning Center</b>	DIVISION:	BRANCH:	
EMPLOYEE(S) INVOLVED IN ANALYSIS: <b>employees, volunteers, researchers</b>	SUPERVISOR:	DIVISION CHIEF:	

<b>REQUIRED AND / OR RECOMMENDED PERSONAL PROTECTIVE EQUIPMENT (PPE)</b>	<i>extra water and food, first aid kit, compass, map, flashlight, extra batteries, matches and lighter in waterproof container, space blanket, extra clothing, hat, gloves, park radio and extra battery, snowshoes or skis as necessary</i>
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SEQUENCE OF BASIC JOB STEPS	POTENTIAL HAZARDS UNSAFE ACTS OR CONDITIONS	RECOMMENDED ACTION OR PROCEDURE
Preparation	<ul style="list-style-type: none"> <li>Lack of supplies and equipment</li> <li>Lack of communication about travel plans</li> </ul>	<ul style="list-style-type: none"> <li><b>Gather all necessary equipment:</b> extra water and food, first aid kit, compass, map, flashlight, extra batteries, matches and lighter in waterproof container, space blanket, extra clothing, hat, gloves, park radio and extra battery, snowshoes or skis as necessary.</li> <li><b>Wear appropriate footwear.</b> Wear sturdy but comfortable shoes or boots. Low-top shoes may be suitable, but care should be taken when crossing uneven or slippery surfaces like mossy rocks. In these cases, it is desirable to wear boots that give some support to the ankles. Always wear good quality, fairly thick, cotton or wool socks.</li> <li><b>Carry a park radio and flashlight,</b> in case you are out after dark.</li> <li><b>Notify dispatch, supervisor or other responsible party of travel plans,</b> including destination and schedule.</li> <li><b>Travel with a partner</b> when possible.</li> </ul>
Front and Back Country Travel	<ul style="list-style-type: none"> <li>Falling or tripping due to wet areas, holes, fences, poor footing, snow and ice, uneven terrain, loose/rolling rocks and heavy pack.</li> </ul>	<ul style="list-style-type: none"> <li><b>Wear proper footwear.</b></li> <li><b>Always tread carefully</b> as areas can become loose or uneven after heavy rain or very dry periods.</li> <li><b>Be alert</b> to changes in terrain and weather.</li> <li><b>Prepare for winter travel:</b> take snowshoes, avalanche beacon, probes, and shovel, when traveling on snow and ice.</li> <li><b>Stay in shape.</b></li> <li><b>Carry a First Aid Kit.</b></li> <li><b>Plan activities</b> with a cushion of energy at the end of the day; accidents happen when hikers are fatigued.</li> <li><b>Adopt appropriate stride and speed.</b></li> <li><b>Carry reasonable pack weight</b> for your condition and size.</li> </ul>
What to do if injured	Not taking proper measures to prevent further injury	<ul style="list-style-type: none"> <li>If you or a fellow walker trips and sprains a limb, you should take the following "RICE" action. R=REST. Rest and reassure the casualty. I=ICE. Apply and ice pack, or cloth soaked in cold water, for 20 minutes. It may be reapplied every two hours for the first 24 hours. C=COMPRESSION. Bandage the sprain firmly. E=ELEVATE. Elevate the sprained limb and support the injury. Remember to avoid both heat and massage.</li> <li><b>Seek medical attention</b> if necessary. Immediately notify your supervisor of any injury, even a minor one. Follow all park guidelines for employee injury.</li> </ul>

