



Fieldwork First Aid Kits

Introduction

Fieldwork at Oregon State University often takes students, faculty, and staff into environments where immediate medical assistance may not be readily available. Whether working in remote natural areas, laboratories away from campus, or community research sites, unexpected injuries can occur even during routine tasks. Having a well-equipped first aid kit—and knowing how to use it—is an essential part of preparing for safe, effective field activities. Any safety gear choices should be hazard and location based. Each type of fieldwork has its own unique hazards that should be mitigated on a case-by-case basis.

Recommended Kits

Select a kit appropriate to the nature and duration of the fieldwork activity. Three tiers are recommended based on trip type:

- **Day trips and non-technical outings:** Adventure Medical Kits Ultralight/Watertight Medical Kit .9 <https://adventuremedicalkits.com/products/ultralight-watertight-medical-kit-9>
- **Overnight trips where supporting gear is carried via backpack:** Adventure Medical Kits Mountain Series Backpacker <https://adventuremedicalkits.com/products/mountain-series-medical-kit-backpacker>
- **Extended fieldwork that is vehicle- or basecamp-supported:** Adventure Medical Kits Pro Series Guide I <https://adventuremedicalkits.com/products/pro-series-emergency-medical-kit-guide-i>

Supplemental Supplies

The following supplemental items should be considered based on fieldwork type and site-specific hazards. Items should be selected in coordination with hazard assessment for the activity.

1. Biological Exposure Add-ons

- Bottle of saline for wound irrigation, especially if potable water is limited
- Chlorhexidine or povidone-iodine wipes for wound cleaning
- Additional PPE for potential exposure scenarios: nitrile gloves, sleeve covers, eye protection, N95 respirator
- Small biohazard bag for disposal of bloody bandages or gauze
- Hand sanitizer

2. Additional Items Recommended by Field Researchers and Staff

- Extra disposable gloves
- Epinephrine auto-injector (prescription required, e.g., EpiPen) — for personnel with known severe allergies
- Field eyewash for dust and irritants (e.g., Ocufresh)
- Tecnu outdoor skin cleanser (for poison oak exposure)
- Sunscreen
- Oral rehydration salts
- Lightweight SAM splint (also available via NOLS store)
- Insect repellent
- Lightweight emergency blanket (e.g., SOL from Adventure Medical Kits)
- Extra moleskin for blisters and hot spots
- QuikClot hemostatic agent (also available via Adventure Medical Kits)

Kit Inspection and Maintenance

First aid kits must be maintained in a ready state at all times. Supervisors are responsible for ensuring kits assigned to their field operations are properly stocked and current.

- Kits must be inspected at minimum once per year for expired items, depleted supplies, and physical damage to the container
- If a kit is used in the field, it must be either completely replaced or all used and depleted components replaced before the next field deployment
- All supplemental items (prescription medications, perishable supplies) must be checked for expiration at each annual inspection
- Kit selection (tier level) should be re-evaluated annually or when the scope or location of fieldwork changes

Injury Response and Reporting Procedures

When a field injury occurs that requires medical attention, the following steps must be completed. Timely reporting is required under Oregon workers' compensation law (ORS Chapter 656) and OSU policy.

1. **(Employee)** Notify the treating medical provider that the injury is work-related at the time of treatment.
2. **(Employee)** Obtain a completed Employee Status Report form from the treating provider documenting return-to-work status. Form available at: <https://risk.oregonstate.edu/workerscomp/forms>
3. **(Supervisor/Employee)** Complete the **SAIF 801 form** to file a new workers' compensation claim. Available at: <https://risk.oregonstate.edu/workerscomp/forms>
4. **(Supervisor)** Complete the Incident Report via the Incident Portal within 24 hours for all accidents, work-related illnesses and injuries, and near-miss incidents. Portal: <https://risk.oregonstate.edu/workerscomp/forms>
5. **(Supervisor)** In the event of a death or dismemberment, contact EH&S within 8 hours of the incident at 541-703-7833 or ehs@oregonstate.edu
6. For questions on workers' compensation and accident reporting, contact Heidi Melton, Office of Insurance and Risk Management, at Heidi.Melton@oregonstate.edu or 541-737-2916.

Regulations/References

The following regulations and standards are applicable to fieldwork first aid kit requirements and injury reporting at Oregon State University:

29 CFR 1910.151 – Medical Services and First Aid (OSHA General Industry)

- Requires employers to ensure the ready availability of medical personnel and, where not feasible, to have a person trained in first aid and adequate first aid supplies readily available

OAR 437-002-0161 – Oregon OSHA Medical Services and First Aid

- Oregon-specific equivalent to 29 CFR 1910.151; requires adequate first aid supplies and trained personnel, with particular relevance to remote or field settings where emergency medical response times may exceed four minutes

ORS Chapter 656 – Oregon Workers' Compensation Law

- Governs workers' compensation claims, injury reporting timelines, and employer responsibilities for work-related injuries sustained in the field; requires completion of SAIF 801 form and timely incident reporting

ANSI/ISEA Z308.1 – Minimum Requirements for Workplace First Aid Kits and Supplies

- Establishes minimum required contents for workplace first aid kits by Class (A and B); provides a reference benchmark for evaluating adequacy of kits selected for fieldwork use