

FIELD RESEARCH SAFETY HAZARD GUIDELINE

Food and Water-Borne Illness

Hazards	Potential Hazards	<ul style="list-style-type: none"> Food and waterborne diseases result from consuming contaminated food or water, often caused by bacteria, viruses, or parasites. Contaminated food or water can lead to gastrointestinal illnesses, vomiting, diarrhea, abdominal pain, and other severe health effects. Field researchers are particularly vulnerable due to their exposure to different environments and water sources. Symptoms: <ul style="list-style-type: none"> Abdominal Cramps Nausea Vomiting Diarrhea Dehydration
	Personal Protective Equipment	<ul style="list-style-type: none"> While personal protective equipment (PPE) may not apply directly to food and waterborne diseases, maintaining proper hygiene and sanitation practices is essential. Proper handwashing and the use of gloves and clean utensils during food preparation can act as preventive measures.
Hazard Controls	Preparation and Training	<ul style="list-style-type: none"> Field researchers should receive training on food and water safety, including identifying potential hazards and practicing proper hygiene. Training should cover safe food handling, water purification methods, and recognizing the symptoms of food and waterborne diseases.
	General Work Practice Procedures	<ul style="list-style-type: none"> Safe Food Handling: Wash hands thoroughly before handling food, prevent cross-contamination by using separate utensils, and cook food to safe temperatures. Safe Water Practices: Consume safe drinking water, wash hands with clean water and soap, and use clean water for washing fruits, vegetables, and utensils. Food Storage: Properly store food to prevent contamination, especially during field research where access to refrigeration might be limited.
Other	Waste	Containerize, remove, and properly dispose all generated waste when you leave the area.
	Emergencies	<ul style="list-style-type: none"> If someone experiences symptoms of food or waterborne illnesses, such as severe diarrhea or vomiting, seek medical attention immediately. In cases of severe dehydration due to illness, administer oral rehydration solutions or seek medical help promptly.
	Reference and Additional Resources	<ul style="list-style-type: none"> CDC: Division of Foodborne, Waterborne, and Environmental Diseases CDC: Travelers' Health USDA: Foodborne Illness and Disease
	Questions	Contact Environmental Health and Radiation Safety (EHRS) at (215) 707-2520