

Instructions
on safety and labor protection during the field routes in the field training practice on
pharmacognosy.

When performing tasks in natural conditions, being on excursions in the woods, fields, meadows, ponds, special attention should be paid to the observance of safety rules and labor protection:

1. On excursions students should go out in corresponding clothes and footwear. Shoes must be closed, comfortable, without heels, comfortable clothes with long sleeves if possible (shoulders must be closed from the sun), must have a headdress.

2. Strictly obey the rules of the road, especially when crossing highways, country roads, railroad tracks, when driving along country roads and asphalt roads.

3. Particular caution should be exercised when working near power lines, if possible not to be under them.

4. Do not take shelter from thunderstorms under trees. Always keep metal objects (spades, diggers, knives etc.) away from yourself. Do not use cell phones and internet during a thunderstorm.

5. It is strictly forbidden to smoke in the fields sown with cultivated plants, in steppe and forest natural communities.

6. It is forbidden to drink swamp or river water. Drinking water must be taken from home.

7. You should be especially careful when collecting poisonous plants, as well as plants capable of causing local irritation and having photosensitizing action. You must not taste their fruits, bite the shoots and leaves, or allow the juice of these plants to get on your skin. Remember that freshly picked plants are more dangerous than dried ones. Lying on the grass can cause skin irritation.

8. It is impossible to take perishable foodstuffs as dry rations, to eat food with unwashed hands, especially after collecting poisonous plants. It is not to eat unwashed berries and fruits.

9. It is strictly forbidden to bathe in the open water, especially in places not suitable for this purpose.

10. It is forbidden to climb trees, and also to go down the steep slopes of ravines and steep riverbanks.

11 It is forbidden to touch animals, including pets (they can be carriers of infections). Do not tease animals, especially big ones (dogs, cows, horses, camels).

12. It is desirable to have repellent against insects and ticks, especially when visiting the places of their mass withdrawal.

13. In case of tick, spider, insect or snake bite, immediately inform the instructor to provide first aid.

14. After the excursion, the body should be examined in order to remove ticks.