

LARG Field Day Safety Checklist – 2022

[Version 0.9 - 22 June 2022]

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BACKGROUND:

- This checklist provides reminders and handy guidance for ensuring a safe LARG FD event!
- Please read & heed!
- Bonus!! ARRL awards LARG 100 points for active Safety Officers, from beginning to end!
- Also, this list supports completion of the official ARRL FD SO Checklist, which will be included with the LARG FD documentation. >> Safety & 100 points!! :-)

PRINCIPLES:

- Everybody at the LARG FD is responsible for staying alert and ensuring safety, for themselves, their family and friends, and any visitors and guests.
- The Safety Officer Team plans to cruise during the event and will be there to assist and advise.
- If you spot a hazard, please fix it fast, if you can! If you need help, please ask! Plus advise us?
- Your diligence and constructive suggestions are always welcome!
- And please help us improve this checklist, and be safer in the future, too!

REFERENCES:

- Based on the [ARRL Field Day Safety Officer Checklist 2017 v2](#). (Required elements plus essential upgrades are highlighted in **YELLOW**).

SAFETY RESOURCES (&Sources):

- **The Guidance:** This LARG Field Day Safety Officer Checklist (free copies for everyone!).
- **Contacts:** Lists of *LARG participants* Safety Support Personnel, including Safety Officers, persons trained/experienced in First Aid, CPR, AED, plus (hopefully) First Responders, Advance Life Support, Fire Fighters, as available. (See *LARG Safety Skill Sign-up List*)
- **Medical:** First Aid Kit(s), CPR & AED (if able?) gear, sun burn, insect sting, water, ice & ziplock bags, etc. FA, Medical & First Responders. (Multiple sources) **[WANT to borrow AED!]**
- **Public Safety:** Land-line & cellphones, plus contact information for calling EOC (911) & guiding fire/rescue/police. (Multiple sources. Read info below in Safety Checklist)
- **Operational Safety:** Fire Extinguishers, grounding & bonding systems, barrier & flagging tapes, gloves & helmets (for towers), headlamps & flashlights (night), etc. (Multiple sources)
- **Weather:** NWS weather alert receiver.
- **Comms:** On Duty Safety Officer cellphone. (See SO List – Each BYO Cellphone)

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		= HF 1	= HF 2	H F /	H F A	O D & F A	O D & F A	D I S T E
1	<p>Fuel for generator properly stored. (See also 1G-Generators & 2-Extinguishers.)</p> <ul style="list-style-type: none"> • Use only <u>marked</u> & <u>fuel-approved</u> containers, preferably with <u>automatic shutoff spouts</u> (spring loaded). • Locate fuels <u>upwind</u> of generators, <u>toward</u> but <u>downwind</u> of Stations, and well <u>away</u> from people, facilities and flammable materials. • With barrier or flagging tapes, establish a <u>clearly marked</u> <u>"fuel zone"</u>. • A non-flammable sun & weather <u>shelter</u> is good. • Keep <u>fire extinguisher</u> near the <u>Station</u> (<u>not</u> the fuel!) and <u>upwind!</u> 							
1 G	<p>Generators & Electric Power Distribution. [Added] (See also 1-Fuels & 2-Extinguishers.)</p> <ul style="list-style-type: none"> • Locate generators well <u>downwind</u> of both fuels and Stations (and fire extinguishers!), and well <u>away</u> from people, facilities and flammable materials, preferably at <u>distant end</u> of long cords. • With barrier or flagging tapes, establish a <u>clearly marked</u> <u>"generator zone"</u>. • A non-flammable sun and weather <u>shelter</u> is good, especially as a <u>noise barrier</u>. • For safety, generators are <u>isolated</u> & <u>not grounded</u>. • Extension cords are <u>wrapped low</u> and <u>anchored</u> at generator, then <u>looped</u> into sockets, for strain relief and continuity. • Gather & <u>route</u> cables <u>neatly</u>, well away from people movement lanes & areas, & <u>clearly mark</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. • Include <u>circuit breaker</u> power strips. • <u>Surge arrestors</u>, and especially <u>GFCIs</u> are better! 							
2	<p>Fire extinguisher on hand and appropriately located. (See also 1-Fuels & 1G-Generators)</p> <ul style="list-style-type: none"> • Use only UL <u>approved</u> fire extinguishers. 							

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	<ul style="list-style-type: none"> • Minimum: 2 pound Type BC (or ABC?) <u>dry chemical</u>. • Better! 5 pound Type BC <u>carbon dioxide</u> (CO2). • Keep <u>fire extinguisher</u> near the <u>Station</u> (<u>not</u> the fuel!). • Remember, keep extinguishers <u>upwind</u> of fuels and generators! <p>(Note – Most “dry chemical” units are OK for <u>fuels & generators</u>. But <u>ABC</u> types typically use <u>mono-ammonium phosphate</u>, which is very <u>corrosive</u> and will <u>destroy</u> your electronics!! For your precious Ham gear, get a <u>less</u> corrosive <u>BC</u> sodium-bicarbonate, or best a BC <u>non-corrosive</u> “Purple K” or CO2 unit.)</p>							
3	<p>First Aid kit on hand. (See also 4, 11, 12)</p> <ul style="list-style-type: none"> • The designated <u>First Aid Station</u> is the <u>Food Tent</u>. • Only <u>basic gear</u> includes a First Aid Kit, plus (as <u>available</u>) modest support (cots, chairs & tables, shade & shelter, water & snacks, etc). • If feasible, additional gear & skills (CPR, AED, BLS, ALS...) will be provided or available on site. • The FA Station is staffed “<u>On Call</u>” as needed. • For <u>true emergencies</u>, <u>dial 911</u>. (See 11 & 12 below.) 							
4	<p>First Aid, CPR and AED trained participants on site for full Field Day period. (See also 3, 11, 12)</p> <ul style="list-style-type: none"> • See Personnel Roster for FA & Medical skills & gear. • Expect most FA, Medical & First Responders in LARG to be Hams dispersed on site and busy making contacts! • The FA Station is staffed “<u>On Call</u>” as needed. • Skills include only <u>Basic First Aid</u>, plus CPR & AED if possible. • If feasible, additional gear & skills (CPR, AED, BLS, ALS...) will be provided or available on site. • For <u>true emergencies</u>, <u>dial 911</u>. (See 11 & 12 below.) 							
5	<p>Access to NWS alerts to monitor for inclement weather.</p> <ul style="list-style-type: none"> • Foul <u>weather</u> events, especially <u>thunderstorms</u>, are of great concern and must be <u>expected</u> and <u>planned</u>. • An NWS <u>Weather Alert</u> Receiver will be stationed at the <u>Food Tent</u>, or GOTA or other continuously manned location. 							

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	<ul style="list-style-type: none"> In event of a local <u>Alert</u>, <u>whomever</u> hears it should Please take <u>notes</u> of the <u>incident & times</u>, and <u>promptly</u> contact the SO. And if necessary <u>advise and warn</u> all Stations and personnel on site. All personnel on site should pragmatically and promptly protect themselves, plus their Stations & gear. (See 10 below) 							
6	<p>Tent stakes properly installed and marked. (See also 7, 8, 9)</p> <ul style="list-style-type: none"> Locate Stations & tents within easy <u>view</u> and <u>close</u> & <u>safe access</u> from people movement lanes & areas. [LARG] Tents and guy wires <u>must</u> be located at least <u>ten feet</u> away from any permanent structure. Stakes & guy lines must be <u>clearly marked</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. Include all <u>stakes</u>, plus along <u>lines</u> to at least <u>6 feet up</u>. 							
7	<p>Temporary antenna structures properly secured and marked.</p> <p>(See also 6, 8, 9)</p> <ul style="list-style-type: none"> Locate antenna masts & towers <u>near</u> their Stations, but well <u>away</u> from people movement lanes & areas. [LARG] Masts, towers, and guy wires <u>must</u> be located at least <u>ten feet</u> away from any permanent structure. [LARG] AB577 telescoping towers are great but <u>hazardous!</u> <u>Must</u> have and <u>follow</u> the manual and LARG AB577 <u>checklist</u>. Ensure all masts & towers are solidly <u>anchored</u> at <u>base(s)</u>, plus stakes & lines, to ensure structural strength & integrity, especially during <u>winds</u> and <u>storms</u>. Mast & tower <u>telescoping mechanisms</u> must be <u>locked/secured</u> to prevent unintentional collapse or retraction. Plus, <u>trailer</u> mounted masts & towers must also be <u>anchored</u> and/or <u>wheels chocked</u>. Need we say it? There are <u>NO tower climbing</u> during FD operations! Stakes & guy lines must be <u>clearly marked</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. Include all <u>stakes</u>, plus along <u>lines</u> to at least <u>6 feet up</u>. 							

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	<ul style="list-style-type: none"> With barrier or flagging tapes, establish a <u>clearly marked "tower zone"</u>. Gather & <u>route</u> cables <u>neatly</u>, well <u>away</u> from people movement lanes & areas, & <u>clearly mark</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. 							
8	<p>Site secured from tripping hazards. (See also 6, 7, 9)</p> <ul style="list-style-type: none"> Especially consider <u>visibility</u> in weather or darkness! <u>Relocate</u> and/or <u>prevent</u> placement of any <u>objects</u> or <u>tripping hazards</u> within or near people movement lanes or areas. If feasible, <u>clearly mark</u> any hazards, or at least key portions, with barrier & flagging tapes, traffic cones, parked vehicles, or other means. Stakes & guy lines must be <u>clearly marked</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. Include all <u>stakes</u>, plus along <u>lines</u> to at least <u>6 feet up</u>. Gather & <u>route</u> cables <u>neatly</u>, well <u>away</u> from people movement lanes & areas, & <u>clearly mark</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. With barrier or flagging tapes, establish <u>clearly marked</u> fuel, generator, and tower "<u>zones</u>", well <u>away</u> from people movement lanes & areas. 							
9	<p>Site is set up in a neat and orderly manner to reduce hazards. (See also 6, 7, 8)</p> <ul style="list-style-type: none"> Locate Stations & tents within easy <u>view</u> and <u>close</u> & <u>safe access</u> from people movement lanes & areas. [LARG] Masts, towers, tents & guy wires <u>must</u> be located at least <u>ten feet</u> away from any permanent structure. Assess likely <u>routes</u> and <u>flows</u> of persons within the FD site, including Stations, Food & GOTA, parking, etc. Include LARG & <u>experienced</u> persons, visitors and <u>inexperienced</u> persons, and especially <u>children</u>. Especially consider <u>visibility</u> in weather or darkness! As suitable, establish <u>recommended lanes or areas</u> along the driveway, to the Stations & Food & GOTA, etc. <u>Relocate</u> and/or <u>prevent</u> placement of any <u>objects</u> or <u>tripping hazards</u> within or near these people movement lanes or areas. 							

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	<ul style="list-style-type: none"> If feasible, <u>clearly mark</u> these lanes or areas, or at least key portions, with barrier and flagging tapes, traffic cones, parked vehicles, and/or other means. Stakes & guy lines must be <u>clearly marked</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. Include all <u>stakes</u>, plus along <u>lines</u> to at least <u>6 feet up</u>. Gather & <u>route</u> cables <u>neatly</u>, well <u>away</u> from people movement lanes & areas, & <u>clearly mark</u> with parallel <u>barrier</u> or frequent <u>flagging</u> tapes. With barrier or flagging tapes, establish <u>clearly marked</u> fuel, generator, and tower <u>“zones”</u>, well <u>away</u> from people movement lanes & areas. 							
1 0	<p><u>Stations and equipment properly grounded.</u></p> <ul style="list-style-type: none"> Use a <u>ground stake</u> as each station's <u>single point</u> ground. <u>Connect major gear</u> (transceivers, amplifiers, power supplies, surge arrestors for antenna cables or power, etc). Use <u>heavy braid or wire</u>. In event of nearby <u>thunderstorms</u>, <u>disconnect</u> antenna cables from radios & gear and <u>set aside</u>. (See 5 above) Likewise <u>disconnect</u> long <u>power cables</u> from gear, too. If able, <u>protect</u> connectors with zip-lock bags & tape. <u>Shut down</u> radios & gear. <u>Protect</u> your Team and take <u>shelter</u>. Houses & cars are good! 							
1 1	<p><u>Access to means to contact police/fire/rescue if needed.</u></p> <p>(See also 3, 4, 12)</p> <ul style="list-style-type: none"> <u>EMERGENCY</u> – Dial <u>911</u>. <u>Non Emergency</u> – <u>703-777-1022</u> <u>Location:</u> 44045 Riverside Pkwy, Leesburg, VA 20176 <u>Directions:</u> In the SOUTH parking lot of INOVA LOUDOUN HOSPITAL. If you need Fire & Rescue fast, <u>call them</u>! And Please call the SO soonest, if not before? Be <u>sure</u> that SO or somebody <u>meets</u> the Responders when they arrive at the corner at the road, and <u>directs</u> them to the incident or patient! Have somebody take <u>notes & times</u>, too. <u>First & top priority</u> – <u>ensure patients are treated!!</u> 							

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1 2	<p>Safety Officer is designated point of contact for public safety officials. (See also 3, 4, 11, 14)</p> <ul style="list-style-type: none"> • See Personnel Roster for Safety Officers & duty times. • The Safety Officers plan to meet with any Public Safety personnel, in event of any incident, and also to welcome them to the FD activities. • In event of an incident, the SO may <u>request your assistance</u> to guide or assist First Responders, etc. 							
1 3	<p>Minimize risks and control hazards to ensure no injuries to public.</p> <ul style="list-style-type: none"> • A preliminary informal Risk Assessment has been conducted, based on previous events, plus inputs from several experienced participants. • Most issues are already included in and addressed by this checklist. • All personnel are urged to make suitable observations, and contribute constructive suggestions, to improve FD safety! 							
1 4	<p>Safety Officer or a qualified designated assistant was on site for the duration of the event. (See also 12)</p> <ul style="list-style-type: none"> • See Personnel Roster for Safety Officers & duty times. • Lead SO: Rob Carnaroli, KC3SWZ, 302-562-3604 • Asst. SO: Bryan Schneiders, K1NSA, 571-992-6600 • SO Coordinator: Chris Fristad, KT9N, 540-229-0473 							
1 5	<p>As necessary, monitoring participants for hydration and ensures an adequate water supply is available.</p> <ul style="list-style-type: none"> • Water is available at the <u>Food Tent</u>, including bottles. • All personnel are <u>responsible</u> for their own welfare, including safety, water & food, personal protection & gear.... • Station operators should <u>monitor</u> their Team, especially during those intense contact QSO runs! 							
1 6	<p>Documentation. [Added]</p> <ul style="list-style-type: none"> • Everybody! Please take <u>photos</u> & <u>notes</u> of not only safety issues, but also good ideas and solutions for operations, training & publicity! 							

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1 7								
1 8								

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