

Robotics Rodeo Safety Considerations :

Heat injuries prevention:

- Drink plenty of water and maintain good nutrition to replace salt and minerals lost through sweating. Drink fluids frequently, even when you are not thirsty. Monitor the color of your urine and watch for signs of dehydration. Urine color should be no darker than light yellow.
- Wear lightweight, light-colored, loose fitting clothing.
- Protect yourself from exposure to sunlight and wind: work and rest in the shade when possible, seek shades and wear sunscreen with SPF 30 or higher (seek immediate medical attention if heat injury is suspected).

Vector-borne Disease prevention:

In nearly all parts of the world, all year long, arthropods (insects, ticks, and mites) that can transmit diseases exist. Take the following measures to reduce the risk of diseases transmitted by biting arthropods, including mosquitoes (dengue, malaria, viral encephalitis), sand flies (sand fly fever, leishmaniasis), and ticks (Lyme disease, Rocky Mountain spotted fever, human ehrlichioses). Use insect repellent to prevent bites from insects.

- Avoid contact with animals (alive or dead).
- Perform routine "buddy-checks" for ticks.
- Take malaria prevention medicine as directed.

Avoid contact with all wildlife:

- Some snakes, spiders and other arthropods (including scorpions, centipedes, ants, bees, caterpillars, and wasps) have potentially dangerous venoms.
- Some plants have thorns, stinging hairs, or toxic resins that may puncture the skin or cause skin irritation, rashes or infections.
- Assume that any snake you encounter is venomous and do not handle.
- Seek immediate medical attention if bitten or stung by any animal or insect; untreated snakebites may cause serious illness or death within one hour.

Foodborne and Waterborne Disease prevention:

- **DO NOT CONSUME UNAPPROVED FOOD, WATER, OR ICE Food.** Consuming food from unapproved sources or food items that have been improperly stored, prepared, held, or served can result in life-threatening illness. Reduce the risk of diarrhea, hepatitis A and E, and other illnesses by following basic personal protective measures:
- Only consume food, water and ice from U.S. military-approved sources.