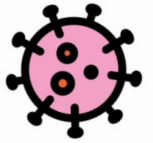


# Routines for field work at MINA

**General: The authorities' rules and guidelines must be followed at all times.**

## Before work is initiated:

- All activities, including master's and PhD projects, must be registered and risk assessed.



## General measures:

- Persons with symptoms of Covid-19-infection cannot participate in field work.
- If any project participants start showing symptoms of Covid-19-infection during field work, the person in question must be isolated and return home as soon as it is practically possible.
- Maintain proper distancing and follow governmental guidelines for infection protection, including group size.
- Soap and water is preferable to antibac, so bring water if you can.
- **Wash your hands** before and after work. Use antibac if you do not have access to water and soap.
- Always have antibac (or wet wipes containing antibac) available.
- **Work surfaces** and **equipment** must be **washed** with soap and water or alcohol before and after all activities.
- Minimize and preferably avoid sharing equipment. Gloves should be worn in case of extended equipment use.
- Gloves should be worn if necessary and changed regularly. Take off your gloves when pausing or finishing a work assignment.
- If you are going to work closer than two meters for more than 15 minutes, use face mask and gloves.



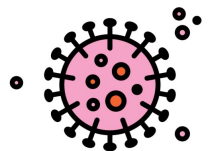
# Routines for field work at MINA

## Transport:

- Remember to observe governmental distance recommendations for transportation in cars. The upper limit per May 2020 is three passengers per car. Any passengers should be seated in the back.

## Accommodation:

- Minimize the number of nights sleeping away from home as far as possible.
- Everyone must have their own room / unit. That means no sharing of tents or bedrooms.
- When staying overnight, choose cabins with running water, and preferably avoid having to use shared shower facilities. Check this in advance if possible.
- Be careful about hygiene - clean common areas frequently, including door handles, remote control and the like.
- Facilitate larger food purchases, i.e minimize the number of shopping rounds as far as possible. For example, by using an electric cooling bag (and the like).



## Working alone:

- When working alone you must have routines for checking in and out with a colleague or a supervisor.
- When working alone you must bring a mobile phone. Consider downloading the 113-app (When using Help 113, the emergency center can automatically get your location. It can save vital time. It also contains location and information about defibrillators in Norway. You can call and send your location to either fire, medical or police emergency centers ).

**Accidents** must be reported to the head of admin., Karen D. E. Johnsen, as soon as possible at **+4795257719**.