

Safety, Health and Logistic

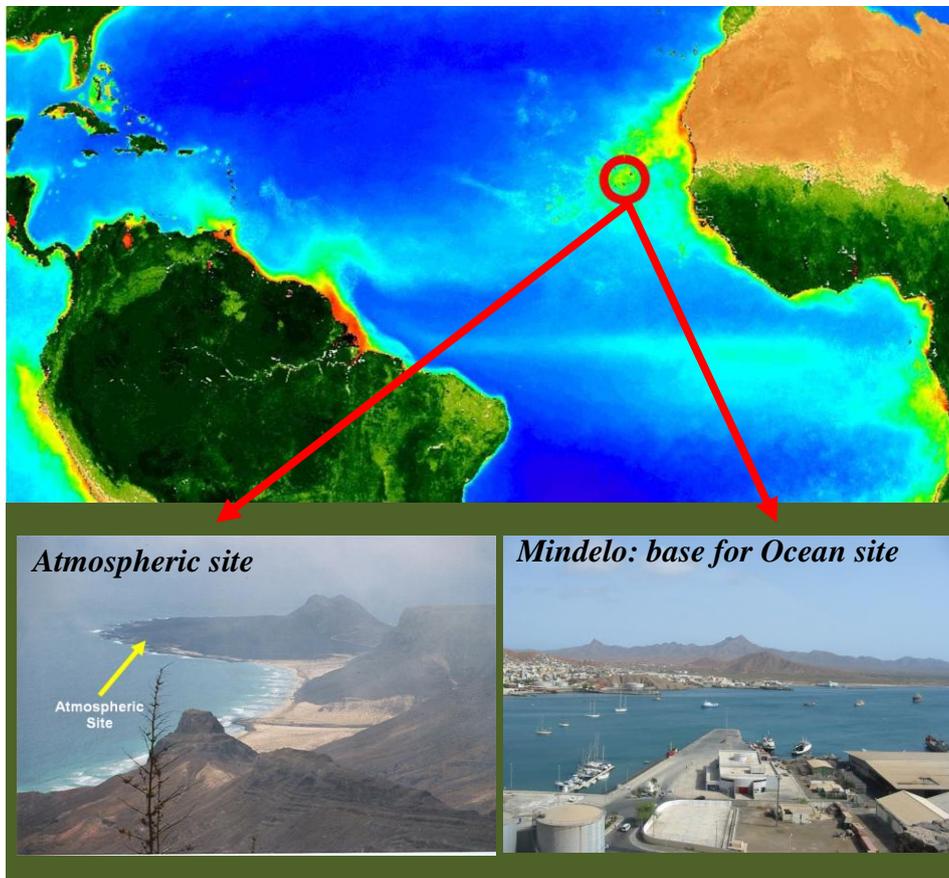
Guidelines



IFM-GEOMAR

THE UNIVERSITY *of* York

Location general information



Location: São Vicente, Republic of Cape Verde.

Language: Portuguese and crioulo.

Nature of the Site: Coastal/Shoreline.

Climate: Desert/arid/Tropical.

Politics: Area is politically stable.

Currency: Escudos Caboverdianos (CVE), being the exchange rate 1 EUR = 110,265 CVE.
(Euros is mostly accepted, however at a 1 EUR = 100 CVE rate).

Communications: cell phone charges can be very high, please inform yourself beforehand (with your roaming/cell phone provider). When at sea, communication is assured by a satellite phone, radio SBS and VHF, and cell phones.

Health and Safety

Endemic health problems

- No particular disease prevalence.
- No need for international vaccination certificates required.
- AIDS incidence: low rate but few information

Emergency information

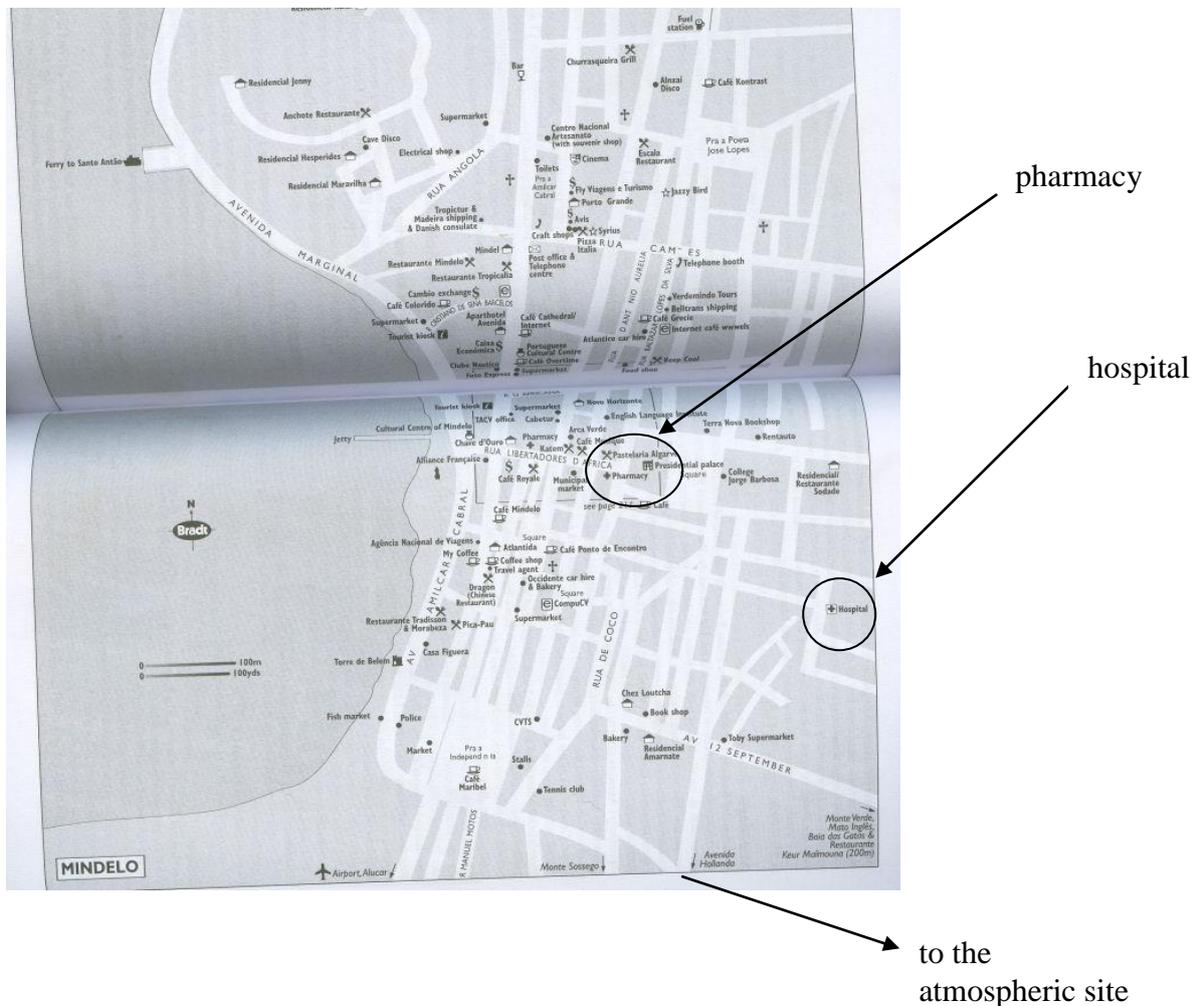
Hospital: South east part of Mindelo (00 238) 232 7355 / 231 1879. Payment is made in cash

Private clinics: Private clinics are available at extra cost.

Medicentro: (00238) 231 8515

Urgimed: (00238) 230 0170/71/71

Pharmacy: There are many pharmacies in Mindelo, some of which are marked on the map below.



Farmácia Alto São Nicolau: 23-B Alto são Nicolau
(00238) 232 7465

Farmácia Avenida: Rua 1-Montesossego
(00238) 232 4588/231 1717

Farmácia Higiene: Rua Libertadores de Africa
(00238) 231 5262/79

Farmácia do Leão: 357, Rua Libertadores de Africa
(00238) 232 6604

Farmácia Jovem: Avenida 12 de Setembro
(00238) 232 4530

Emergency service numbers:

- Fire department (Bombeiros) - 232 5231
Say: fogo na/o (fire at....address).
- Ambulance (ambulância) - 112
Say: ferido na /o (injured at....address). / inconsciente na /o (unconscious at....address). / afogamento na /o..... (drowning at....address).
- Police (polícia) - 231 4631

Other useful telephone numbers:

- Taxi – diurnal (Abertino) 9962437; nocturnal (Orson) 9929733
- Transportation to the Airport- 232 3718

Accidents and health issues

What are the most serious foreseeable accidents arising from the field activities and while going to or from the site or during recreation:

General

- Traffic accident.
- Stomach illness.

Atmospheric site

- Sunburn.
- Tripping on the Lava Rock.
- Tower climbing accident.
- Traffic accidents.
- Flash flood risk

Oceanic site

- Sunburn.
- Seasickness.
- Falling on slippery deck of Islandia.
- Falling overboard.
- Injury due to gear handling.

Recreational

- Drowning.
- Surfing injury.
- Diving accident.
- Etc.

Can the local emergency services be contacted easily?

Yes

Is the remoteness or nature of the site likely to make emergency access difficult? No, except when at sea.

Scientific Organisation and contacts

<i>Institute</i>	<i>Personel</i>	<i>Address</i>	<i>Telephone</i>
INMG: Instituto Nacional de Meteorologia e Geofisca (Bruno Faria) Delegação SW Sao Vicente Monte	Katie Alana Read	CP 15 Mindelo	(00 238) XXXX
	Admir Targino	Cape Verde	
	James Daniel Lee		
	Alastair Lewis		
	Lucy Carpenter		
	Luis Mendes Neves		
INDP: Instituto Nacional de Desenvolvimento das Pescas, Mindelo	Óscar Melício	Cova da Inglesa, CP	(00238) 232
	Carlos Santos	132,	1373/74
	Aníbal Medina		
	Péricles Silva	Mindelo São Vicente	(00238) 232 6869
	Ivanice Monteiro	- Cabo Verde	

Nearest local contact point, name, address and telephone number:

INMG

Luis Mendes Neves
Rua 13,
N489,
Ribeira Bote,
São Vicente,
Cape Verde
(00 238) 9816115

INDP

Péricles Silva
Cova da Inglesa
CP 132 Mindelo
São Vincente, Cabo Verde
(00238) 9838976

Safety at the observatory

Specific Information

Atmospheric station

Remote Location: The site is 25 minutes from Mindelo where the nearest medical (and most other) facilities are located.

Specific dangers associated with the site:

30m Tower: See specific protocol but no more than three people to climb at any one time. Not to be climbed during wind speeds of greater than 15 m/s

Ocean: The site is situated 10m from the ocean. Strong currents and rocks are present-no entry into the water at this point.

DOAS beam: The DOAS beam is fired out across the bay from the end of the container. It is fenced off but no walking in front of this beam.

Base for the Ocean station

Location: The INDP and Tenatso laboratory are 1200 m from Mindelo where the nearest medical (and most other) facilities are located.

Site particular definitions:

Working hours: the INDP schedule is from 8:00 to 15:30. When working there beyond the schedule, the safety guard should be informed.

Working allowed: there must be at least 2 people working at the sites at any time.

Walking alone at night to or from the site: walking alone at night is not advised. Taxis or walking in groups are the best options.

Ocean: The site is situated close to the ocean. Do not bath at this place due to sewage pollution.

First aid training: There should be a sufficient number of participants trained in first aid in relation to the size of the group.

Ocean site

Safety clothing (deck is very wet):

- Non-slippery / hard tip boots.
- Safety helmets compulsory when on deck.
- Always wear working life-vests (supplied) when on deck.

Behavior on deck:

- Keep one hand on the boat and one for working.
- Inform somebody if you are going to deck during the night.
- Be extra careful during the cast, because at that point the “back of the ship” is open.

Seasickness (Islandia’s rolling is not very easy):



- Seasick medication is advised. Take it in advance.
- As RV Islandia's rolling isn't very easy, and some of the scientists and crew members may feel sick, here go some tips:
 1. Ride the waves: postural anticipation of the boats motion is the natural cure for seasickness.
 2. Let the tripulation know that you have symptoms. Don't be embaressed, experienced skippers know seasickness happens because most of them have gotten seasick sometimes as well.
 3. Go on deck, get lots of fresh air and minimize the time you spend inside.
 4. Keep your eyes on the horizont line as much as possible, even while sampling.

CTD handling:

Done by the tripulation and by CTD reponsable (Pericles Silva)

When CTD is on deck, always use safety jackets and hats.

Personal safety

Free time

Swimming: There are several interesting beaches. Strong currents and rocks are present in some occasions. Entry into the water should follow a period of careful observation of the site chosen. Avoid swimming at the Praia grande, near the Atmospheric Site. Very strong currents and big waves

Diving: There are many interesting locations to dive. Strong currents and rocks are present in some occasions. Entry into the water should follow a period of careful observation of the site chosen. Good and safe places to dive: Ask Péricles Silva (site manager).

Sun protection: sun protection lotions are recommended.

Food / restaurants: Restaurante Archote: Alto de S. Nicolau (00238) 232 3916; Restaurante Nellas: Rua Lisboa (00238) 231 4320; Restaurante Sodade: 38 R Franz Fanon (00238) 230 3200/3370

General advice

- **Money withdrawal:** Most of the cards (e.g. Visa, Electro Visa, MasterCard) can be used to withdraw money on cash machines. Money can also be exchanged at the airport in Lisbon or Praia. Credit cards can be used to get money inside the banks, but this process may take a bit longer.
- **Energy supply:** European plug style 220V. Americans and British will need adaptors.
- **Accommodation:** Mindel Hotel: (00238) 232 8882/83/84; Hotel Porto Grande: (00238) 232 3191; Mindelo Residencial: (00238) 230 0863/65
- **Personal belongings:** frequent delay / loss of bags. Make sure your bags are very well labelled and easily identified. Consider carefully what you should bring in the hand-luggage.
- **Personal belongings / thief:** do not leave your personal belongings alone (never)
- **Street kids:** Don't give money
- **Language:** Optimally at least one member of the team should know the local language (official language- Portuguese). (frequently local people understand some English, French and Spanish).

Insurance

Personal insurance

Experience shows that insurance coverage should be very carefully checked in advance of one travel to Cape Verde. Check especially whether insurance from your employer covers you for non-work-related activities during your stay. This is often not the case. Check your health insurance for overseas coverage including cost of emergency return travel. Please consider purchasing travel insurance in case your research stay has to be shortened, delayed or extended.

Declaration

Signatures of Team Leader / Individual and Date