

# Safety Guideline Packet

## University of Colorado Mountain Research Station

818 County Road 116, Nederland, CO 80466 / 303-492-8842

### WHAT IS AN EMERGENCY?

- **Life or limb?** Are you or an injured person in danger of losing a limb or life if not taken to definitive care in a timely manner?
- **Missing person?** Has the person been missing long enough to be a life threat? Include weather conditions (cold temps, high wind speeds) and time of day (will it be dark soon?) in your determination.
- **Wildland or structural fire?** Small fires may be controlled by fire extinguishers. Large wildland or structural fires to be controlled by first responders.
- **Suspicious person** or activity? If you see something...say something.

If the answer is **YES** – **GET TO SAFETY**

- Use your Cell Phone
- Use any MRS Phone
- Use the phone (**303-735-0547**) in the southwest corner of the Marr Lab breezeway.
- Use the phone (**303-735-1035**) in the Dining Hall lobby.
- Use the phone (**303-735-0641**) in the Lodge front room.

### Call or text 911

For the dispatcher...

- You are at CU Mountain Research Station
- Contact #'s for MRS- **303-492-8842 or 303-492-8841 or 303-258-3017**
- Address of MRS- **818 County Road 116 Nederland, CO 80466**
- If possible and if safe, send a person to the main entrance near the Marr Lab so they can direct emergency vehicles.

**AFTER** you call 911 **Call the MRS** to let us know what is happening and so we can help facilitate a response. Continue down this list, if no one answers ***please leave a message w/ the following before calling the next number***

<input type="checkbox"/> Description of Incident or person	<input type="checkbox"/> What you Need
<input type="checkbox"/> Location/time	<input type="checkbox"/> Who has been contacted and what measures are being taken.

Marr Lab: 303-492-8842 or 303-492-8841 or 303-258-3017 (land line)

Kris Hess (MRS Manager) Cell: 720-474-6378

Dave Hill (MRS Facilities) Office: 303-735-0682

Jen Morse (MRS/LTER) Cell: 720-903-0181

Scott Taylor (Director): MRS Office: 303-735-0474 Campus Office: 303-735-5227

24 Hour CU Facilities Management: 303-492-5522

\*If it is not a life or limb emergency but you do need help start w/calling the MRS and work down the list.

### FIRE EXTINGUISHERS:

Located in all buildings and found hanging on the outside of each cabin. Pull pin, point at base of the fire and squeeze the trigger. It may take several bursts to extinguish the flame.

## FIRST AID KIT LOCATIONS:

Marr Lab - Mailroom  
Moores-Collins Family Lodge – Front entryway  
Dining Hall – Lobby  
Bathhouse – Exterior Wall

## DEFIBRILLATOR (AED) LOCATIONS:

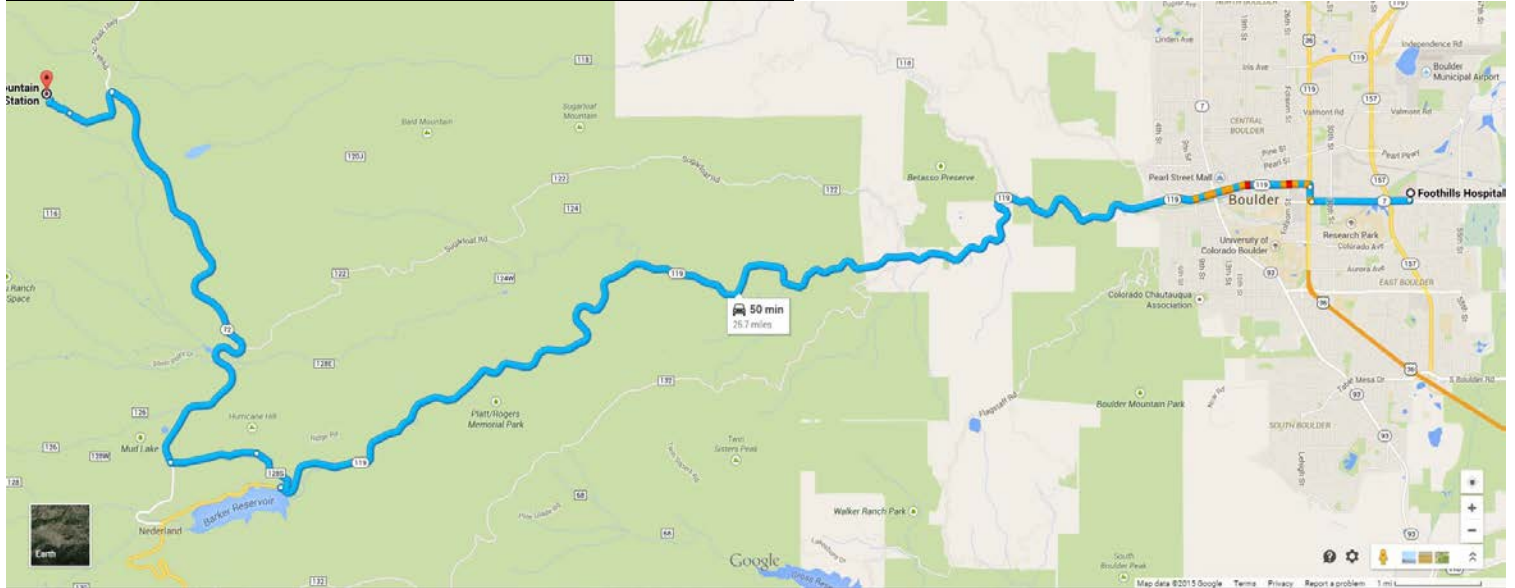
Marr Lab - Mailroom  
Dining Hall Lobby – Summer Season ONLY  
Moores-Collins Family Lodge entryway – Fall/Winter Season ONLY  
*Note: MRS Staff are trained to operate AED's.*

## EVACUATION PROCESS / ASSEMBLY LOCATIONS:

In the event of a fire or similar event which requires evacuation you will hear an emergency siren. The siren will specify if you should **evacuate OR run/hide/fight**. For a site evacuation, final head count of all MRS residents will occur at the Hwy 72 pullout assembly location. A map to this location is at the end of this document. Assembly locations are:

- 1) Moores-Collins Family Lodge (Lockable shelter-in-place)
- 2) Marr Lab (Lockable shelter-in-place)
- 3) Hwy 72 Pullout (South/Right of County Road 116)...if Lodge and Marr Lab are unavailable

## FOOTHILLS HOSPITAL EMERGENCY ROOM



### Directions to Foothills Hospital from the Mountain Research Station

- Turn Right onto CO-72—heading on the Peak to Peak Highway back towards Nederland (7 miles)
- At the traffic circle in Nederland, take Boulder Canyon Drive (HWY 119), heading towards Boulder
- Travel 17 miles down Boulder Canyon into Boulder
- Continue down Canyon Blvd approx. 1.3 miles turning right onto US-36/28th St
- Turn Left onto Arapahoe Ave
- Travel approx. 1.3 miles down Arapahoe Ave, turning left onto 48th St (Foothills Hospital will be on your left)

## PLANNING:

- **Don't Travel Alone** or if you do travel alone tell someone you trust where you're going and when you'll be back. Important Note: **Designate a Buddy** to communicate your whereabouts. The MRS does not have the resources to keep track of every user. Stick to your plan.

- **Consider the Hazards** you expect to encounter during your field research work, and make a plan for how you will handle them should they arise. For example, make a plan for what will you do in case of a thunderstorm or a broken ankle at a site distant from a vehicle. Do you have a planned meeting place in the event your group is split up?
- **Bring Appropriate Equipment** for the time of year and distance you plan on travelling. For example, consider a rain jacket and rain pants with extra layers and water for summer work.
- **Check the Weather** report and plan appropriately, but don't count on it to be 100% accurate. For example, thunderstorms may move in earlier than expected. Change your plans accordingly.
- **Consider Transportation in Your Plan** for how you will return to the MRS should a mechanical issue arise. If your vehicle breaks down is everyone in your group capable of hiking back to the MRS? Or do you have a reliable method of communication to have another vehicle come get you?

## **POTENTIAL HAZARDS:**

### **Suspicious Person or Activity:**

MRS is 190 acres, ~50 buildings, and has a public roadway that leads to Niwot Ridge, however, the housing area above the Marr Lab is generally off limits to the public. Know your neighbors and be aware of your surroundings.

### **Fire:**

- Structural – Wood burning stoves, cigarettes, and cooking stoves are all potential sources of ignition in the dining hall, housing, and offices. Smoking is prohibited campus wide at the MRS facility per CU policy. Fire extinguishers are found in every building and may be used for small, controllable fires.
- Wildland – Fire danger can be very high during the dry summer months. Open fires (fire pits, fire pans, charcoal grills, propane camp stoves) are prohibited at MRS. Report any smoke at or nearby the station to staff or call 911.

### **Lightning:**

Thunderstorms in Colorado can build between 12:00 p.m. and 3:00 p.m. If thunderstorms are in the forecast, never be above timberline after 1:00 p.m. If above tree line when a storm rolls in, rapidly descend to shelter. If above tree line and far from shelter in a thunderstorm:

- Get inside a vehicle if you can. Do not touch metal inside.
- Otherwise, find the lowest possible area. It is always better to seek shelter in a thick forest versus an isolated stand of trees. Crouch with your head low and keep your feet together. Never sit or lie down on the ground. If lightning is imminent and you are in a group, spread out at least 10 steps apart.

### **High Altitude:**

The MRS is at 9,500 feet, and research sites range up to 12,000 feet in elevation. Symptoms of altitude sickness include dizziness, nausea, difficulty sleeping, headache, shortness of breath, and a general feeling of being ill.

- Drink plenty of water and avoid caffeine, alcohol, or tobacco,
- Pace yourself when hiking and working and eat plenty of calories so your body has energy.
- If symptoms persist, the best remedy is to descend to a lower altitude.

### **Sun/Temperature/Weather:**

- Sun at elevation is brutal. Wear sun screen, sunglasses, and wide hat. Stay hydrated and take extra water!
- Weather changes quickly in Colorado. It can and does snow every month of the year in the mountains.
- **Hypothermia:** Hypothermia is the lowering of core temperature, and can happen at temperatures as high as 45 degrees Fahrenheit.
  - Hypothermia can happen in the summer or the winter.
    - Bring plenty of layers including a rain jacket, extra fleece jacket, rain pants, and hat. Try to avoid cotton, instead layer with wool or synthetics.
- **Frostbite:** Frostbite occurs during prolonged exposure to cold temperatures, especially during high winds, or brief exposure in very cold temperatures of low wind-chill factors, when temperatures are cold enough to freeze body tissue.
  - Signs of frostbite are numbness, skin that is waxy and white.
    - Prevention includes covering all exposed skin.

### **Wildlife:**

Treat all wildlife with respect and view at a distance. Never feed wildlife including chipmunks and squirrels.

- **Moose**
  - Very common around MRS. Typically not aggressive, moose can be extremely dangerous when startled; especially a female moose with young. They are extremely fast and have poor vision, their defense is by trampling – they commonly weigh 800 pounds plus!
  - Give it space. In the case that you are threatened by a moose stay calm, do not run away, slowly back away in the direction you came. If it charges you take shelter behind a large tree or rock.
- **Bears**
  - Very common around MRS. Make noise, especially if you are hiking alone to avoid surprising a bear. Never run. Make noise with confident yell “go away bear” and clapping your hands loudly. Keep your distance and back slowly away facing the bear, avoiding direct eye contact. Throw rocks at the bear if it is aggressively approaching you.
  - A fed bear is a dead bear! Trash and food left outdoors or in your car will attract bears to the MRS campus. Dispose of trash properly, and do not leave coolers with food or trash outside.
- **Mountain Lions**
  - Common around MRS. You are most likely to come in contact with a mountain lion in the early mornings, late evenings or if you are out at night. Travel in groups and make plenty of noise to reduce the chances of surprising a mountain lion.
  - Stay calm, and back away slowly while facing the mountain lion and making yourself appear as large as possible. If the lion is aggressive throw sticks or rocks, fight back!

#### **Rodents & Insects:**

- **Rodents/Hantavirus**
  - Hantavirus infection is a deadly respiratory disease caused by rodents infected with the Hantavirus. In Colorado, the rodents that carry Hantavirus are deer mice. If you encounter an area with heavy rodent droppings/activity notify MRS staff so that it can be properly cleaned up with proper safety protection.
- **Bees and Wasps**
  - Bee and wasp stings are generally not a problem unless you have an allergic reaction to their sting.
  - Carrying an antihistamine such as Benadryl in your first aid kit can help decrease the symptoms of anaphylaxis if the victim can safely swallow.
- **Ticks**
  - Ticks are often found at the woodland edges of grassy fields.
  - Tick checks are the best way to prevent being bitten.
  - Tuck your pants into socks, and use an insect repellent.

#### **Drinking Water in the Field:**

It is best to carry your drinking water into the field. Do not drink water from mountain streams or lakes, it can often harbor bacteria which can make you extremely ill. Any water you drink from mountain streams or lakes must be purified with proper equipment to remove these harmful bacteria.

#### **Winter Research:**

Winter above tree line on Niwot Ridge is very different than summer, and extra precautions should be taken to prepare for the high winds, low temperatures and often zero visibility conditions that exist above tree line. The MRS recommends that you never travel alone. It is very easy to become disoriented or lost in white out conditions above tree line.

It is recommended at a minimum that you carry: an emergency bivy, and/or down jacket and down pants, a cell phone and Personal Locator Beacon, compass, basic first aid supplies, headlamp, extra food and extra water, a compass or GPS and a map of the area.

#### **OTHER IMPORTANT PHONE NUMBERS:**

Boulder County Sheriff **Non-Emergency:** 303-441-4444

CU Police **Non-Emergency** 303-492-6666

CU 24 hour facility maintenance (if you cannot reach MRS staff): 303-492-5522

ELECTRIC: Xcel Energy 1-800-895-1999

PROPANE: Amerigas 1-800-263-7447

#### **UPDATED: Mar 2022, PREPARED BY:**

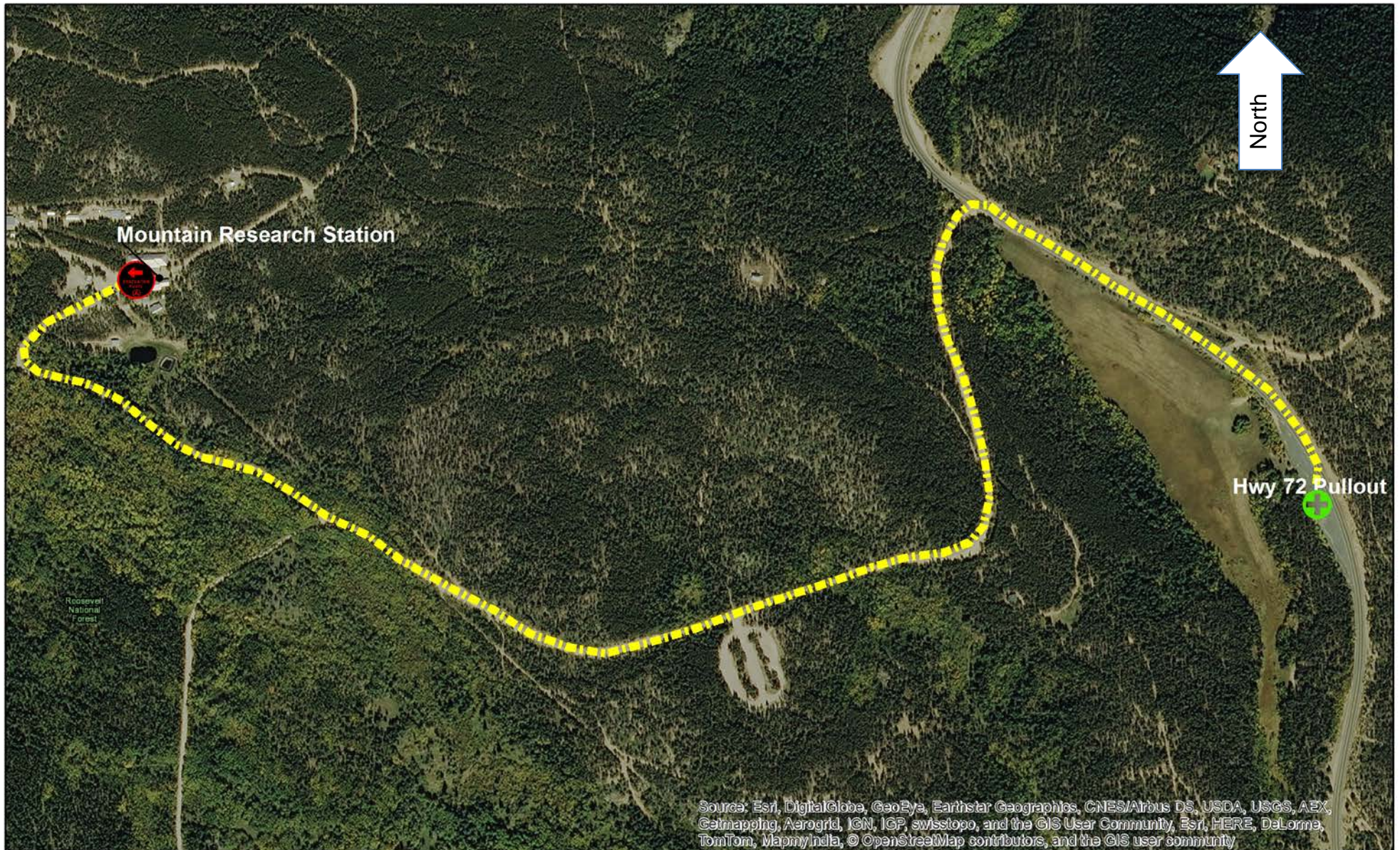
NAME: Kris Hess, Jen Morse

TITLE: Station Manager, MRS/LTER field team

TELEPHONE NO: 303-492-8842



# EVACUATION ROUTE TO HIGHWAY 72 VIA COUNTY RD 116



**Approximately 1.5 miles  
5 minutes by vehicle**

Date: 5/12/2016

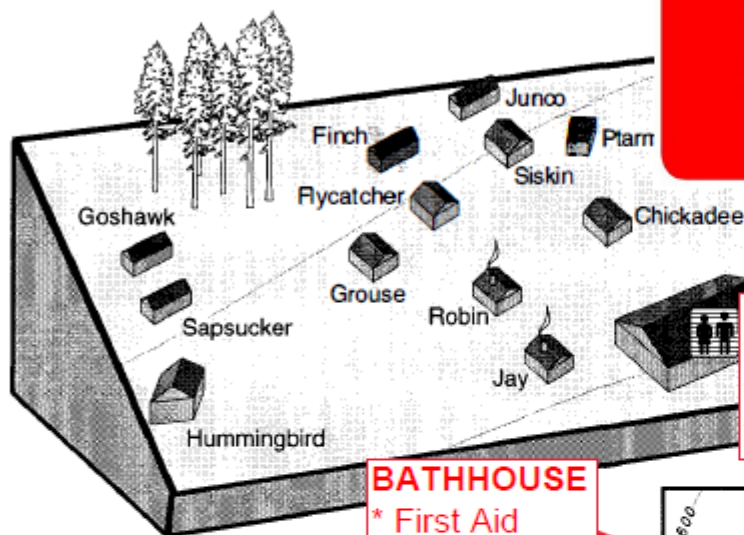


# Mountain Research Station

818 County Road 116, Nederland, CO 80466

(303) 492-8842

Base Camp



## DINING HALL LOBBY

- \* phone
- \* first aid kit (w/Epipen in summer)
- \* AED (in summer)

## LODGE ENTRY

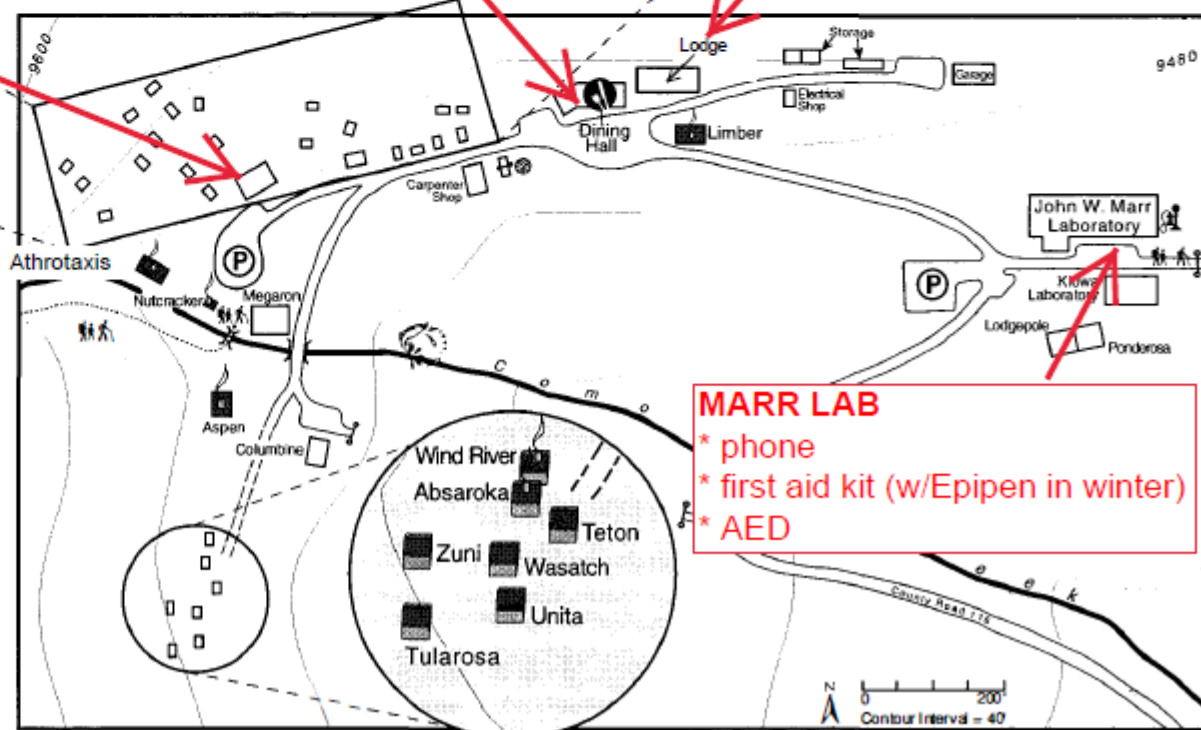
- \* phone
- \* first aid kit (w/Epipen in winter)
- \* AED (in winter)

## BATHHOUSE

- \* First Aid

## SERVICES

- |                   |                   |
|-------------------|-------------------|
| Parking Areas     | Hiking Trail      |
| Payphone          | Hiking            |
| Dining Hall       | BathHouse/Laundry |
| Non-cooking cabin | Volleyball Court  |
| Cooking Cabin     | Gates             |



## MARR LAB

- \* phone
- \* first aid kit (w/Epipen in winter)
- \* AED