

**Intro:**

Safety in the Antarctic program extends beyond federal regulations; it is an expectation and way of life for all ASC participants. Safety of our personnel is of the utmost of importance and management, and employees alike support a safety-conscious culture in which all employees are active participants.

Through orientation, training, briefings, and regular safety meetings, ASC will provide employees with the tools to understand and reduce risk and increase situational awareness.

Antarctica is commonly referred to as “the Harsh Continent;” hazards exist there that most will never encounter elsewhere.

- The most common injury is **not** frostbite as one may think.
- The most common injuries are slips, trips, falls and back strains (resulting from improper lifting).
- These injuries are not related to the harsh environment, and are a result of the same situations employees may encounter at home.

**ASC Safety Expectations:**

- Employees should understand that all injuries and occupational illnesses can be prevented, with proper planning and thorough identification and mitigation of risks.
- All ASC personnel are responsible and accountable for their own safety and the safety of others around them.
- All ASC personnel are responsible and accountable for wearing appropriate personal protective equipment, reporting any injury or mishap, and following established safety procedures.
- All personnel has the right to “stop work” or take a “time-out” should an unsafe act or condition be recognized.
- All personnel are encouraged to be a part of the positive safety culture and are always welcome to provide input and feedback to the EHS team and management.
- Risk will be assessed before every task and reduced in the following priority:
  1. Engineering controls;
  2. Administrative controls and operating practices;
  3. Personal protective equipment.
- Working safely is a condition of employment.

**Final Message:**

“As part of the ASC Team, you must be willing to work to understand and mitigate the hazards actively that you will encounter. Safety is not just the priority; it is a precondition.”