



## Travel Health and Safety

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# Travel Health and Safety

Most of us will travel at some time, either for work or pleasure. If we thoroughly plan every trip and execute that plan, travel for work or fun, alone or with friends, family or colleagues, can be an enjoyable experience.

- In this presentation, we will discuss the three phases of any trip; Pre-trip Planning, the Actual Trip, and Returning Home.
- Within each phase, you will learn how to care for yourself and your companions in three ways.
  - ❖ Physical Health
  - ❖ Emotional Health
  - ❖ Personal Security



# Pre-Planning

- ❖ There are a few things you should do to plan for your personal security on your trip.
- Ensure your home is protected while you are away. Notify neighbors that you are leaving and let them know if anyone is expected to stop by while you are away.
- Keep a list of your credit card and identification numbers and give a copy to a trusted friend or colleague back home.
- Have important telephone numbers with you at all times.

## International Travel Advice:

- Know the location and telephone numbers of your consulate or embassy. Consider notifying them that you will be in travelling in the area.
- Know and understand each country's culture and protocols.
- To help you understand the security risks of your destination, visit the [International SOS website](#). Our Membership number is 11AYCA000004.

# Pre-Planning

## ❖ Physical Health – Is Your Body Ready?

- To help ensure you are physically ready to travel, visit the [International SOS website](#).
  - They can assist with immunization recommendations and requirements and *many* other travel-health related topics.
  - ISOS can help you defend against diseases that are endemic to your destination.
- If you are planning a trip and have not had a travel physical lately, visit your physician. Make sure he/she understands how you are travelling, where you are going and what activities you plan; hiking, climbing, etc.
- Include your family in preplanning if they are travelling with you.
- Ensure that you have an adequate supply of medications for yourself and family members. Carrying a copy of the prescription/s is smart.
- A first aid kit is also good to bring with you.

# Pre-Planning

## ❖ Emotional Health – Preparing Mentally to Travel

- Being prepared can ease the worry associated with travelling. Give yourself some peace of mind.
  - Use a checklist to pack. Knowing you have everything you need will make the trip less stressful. [Click here for an example.](#)
  - Share your itinerary and hotel information with family or a trusted colleague.
  - Make sure you can communicate on your trip. Carry a fully charged mobile telephone at all times with important numbers programmed. Ensure you have a way to charge it and do not forget adapters!
  - Make arrangements early for the care of your plants and pets while you are away.
  - Expect the unexpected! Prepare yourself mentally for something to not go as planned and just go with it.
  - Gather a folder with directions, destination names and contact numbers. Learning your destination in advance eases your uncertainty.
  - If you are travelling with children, be sure they have games or toys to entertain them.





# Away From Home

## ❖ Travel Health

### • Deep Vein Thrombosis (DVT)

- Long distance flights are more commonly associated with travel-related DVT. However, traveling by car or train over a long time in cramped positions can also lead to DVT. [Click here](#) for more information about DVT.

### • Food and Drink

- Eat where the crowds eat. It is not a guarantee that the food is safer or tastier but these establishments tend to be regulated more closely.
- If you have food allergies, make sure you know how to communicate this in the local language.
- Stay hydrated. If you do become ill, you will be able to recover easier.



# Away From Home

## ❖ Travel Health

### • Environmental Considerations

- Protect yourself from the sun if appropriate. Too much exposure can have both acute and chronic consequences.
- Be aware of local disease vectors such as mosquitoes and livestock. Know what the risks are and how to protect yourself.

## ❖ Emotional Health

- If you view your trip as an adventure and do not worry about it being perfect, you will enjoy it more.



# Away From Home

## ❖ Travel Safety

### • Air Travel

- Stay with your luggage until you have checked it in at the airport and never lose sight of valuables.
- Be cautious of open conversations with fellow travelers and strangers. Anyone could be listening.
- Pay attention to the flight attendant's safety message. You might need it.

### • Hotels

- Know how to get to the fire exits and fire extinguishers. Read the emergency information for the hotel.
- Do not open your door to unexpected visitors or deliveries. Meet visitors in the lobby.
- Secure sensitive documents, identification, money and valuables in a locked safe.
- Protect your room number and key.





# Away From Home

- **Public Spaces**

- Do not share too much information about yourself. This includes displaying luggage tags, confidential documents, travel itineraries, hotel rooms, etc.
- Do not be a theft target. Divide your money among several pockets. Do not be flashy with jewelry, cameras or clothing. Carry your valuables close.
- Always have your passport or identification with you.
- Always trust your instincts. If something does not look or feel right – avoid it.



# Returning Home

- ❖ Does your home look secure? Is everything where you left it? If something looks out of place, call for assistance as soon as you see it. Wait for help in a safe place outside or with a neighbor.
- ❖ How do you feel physically?
  - If you are ill, don't hesitate to see a physician. You could have contracted something while traveling.
  - Most people are a little tired after a long journey. Take time to rest before you do anything that requires your full attention.



# Returning Home



- ❖ How do you feel emotionally?
  - Take time to reflect on the memories you made. Did you connect with others while away or see something you've always wanted to see?
  - If you accomplished a goal or completed a project while away, savor that feeling.
  - If the trip was a positive memory, document it so you can remind yourself later of how it made you feel.

## Safe Travels to You!

- Now that you've learned how to travel healthy and secure, enjoy your trip!

# Check Signals

## pre-task analysis



**WHAT COULD GO WRONG?**

**WHAT PRECAUTIONS SHOULD I TAKE?**

**CAN I DO THE JOB SAFELY?**

## Focus - Start to Finish

- Visit LifeBeats on Elements at [www:\lifebeats](http://www.lifebeats.com) for more information on travel health and safety.