



# SNAKE SAFETY

## WHILE HIKING

BE AWARE. BE PREPARED. STAY SAFE.



### WHILE HIKING



Hike on clearly **marked paths** where you can see ahead of you. Avoid tall grasses and brush where you can't see clearly where you are stepping.



Wear **hiking boots** and **long pants** to hopefully offer some protection in case you are bitten.



Be cautious and **look before you step on or over logs, rocks, etc.** so you can make sure and avoid a snake.

### IF BITTEN BY A RATTLESNAKE – IMPORTANT STEPS



**Try to remain calm and limit movement** – with the hope of slowing the spread of venom in the body.



Immediately **call 911** so that responders can get to you as quickly as possible.



**Do not** use a tourniquet or other restrictive device, and don't take steps to try and remove venom.

### OTHER IMPORTANT HIKING SAFETY TIPS



Make sure you take a **fully-charged mobile phone** and a **spare battery** if possible.



**Know your location:** where you are hiking, your route, etc. so you can clearly describe your location to responders.



Make sure to bring **extra water** and plan for **inclimate weather**.



FOR EMERGENCIES  
**CALL 911**

[vcfd.org](http://vcfd.org)



**RESPECT WILDLIFE.  
GIVE SNAKES SPACE.**

**YOUR AWARENESS CAN  
SAVE A LIFE.**