

TOOL O: Promoting Researcher Wellbeing

Area of Risk	Key Questions to Consider for Researchers	Wellbeing Strategies
Environment	<p>Do you know the area where you will be working? Can you find out about it?</p> <p>Are you wearing appropriate clothing for the research environment (Consider appropriateness in terms of local culture, climate and occupational safety consideration)?</p> <p>Are there clear entry and exit points to the research site, including paths, ramps, steps, doors?</p>	
Equipment	<p>Have you been trained in the correct use of any equipment, including computer software, that you may use? Do you have appropriate data management equipment with you?</p> <p>If you have to carry equipment for the research, how will you avoid additional physical strain?</p>	
Personal Safety	<p>Do you know who to call if you have an immediate safety risk?</p> <p>Do you have a plan for any physical or psychological health risks that might have been identified during project planning?</p> <p>What personal or valuable belongings will you be carrying while undertaking the research? Are these necessary or can they be stored safely elsewhere?</p>	
Managing People	<p>Do you anticipate potential upsetting or confrontational interactions with participants? Are you trained in how to deal with these situations and people appropriately and ethically?</p> <p>Do you have the confidence to leave any situation that becomes uncomfortable or unsafe?</p> <p>Are there people around who could come to your assistance if you needed it?</p>	
Other Hazards	<p>Are you likely to have to work or travel in adverse weather or security conditions?</p> <p>Does your presence engender yourself, others, or get in the way of relief operations?</p> <p>Can you think of any other hazards that might occur during the research?</p>	

HOW TO USE THIS TOOL: Use this tool to think through any possible risk that researchers themselves might face during the research process and what wellbeing strategies can be put in place to mitigate these. With so many other important ethical questions to consider in the field, protecting the wellbeing of the researcher is often not a priority when it should be.