

## Paranal Important Facts

The following are important and specific safety tips for Paranal, which complement the ESO Safety Manual. They should be read as a supplement to the ESO Safety Manual. Copies of the ESO Safety Manual are available from Parlogs and/or the Paranal Safety Engineer.



Do not drink water from the faucets.



Buildings and public areas on Paranal are non-smoking—except where designated.



Please do not litter.



For safety reasons, many places are monitored by closed-circuit television.

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## Before arriving on Paranal:



### Transportation

- ◆ There are two pickup points for Paranal: Antofagasta (ANF) and Santiago (SCL).
- ◆ **IMPORTANT:** You must inform Logistics ([parlogs@eso.org](mailto:parlogs@eso.org)) of any travel to/from Paranal. Logistics arranges airport pickups and transportation to/from Paranal, as well as room accommodations in Paranal and/or the guesthouse in Santiago.
- ◆ In compliance with Chilean regulations, ID or passport numbers of passengers on ESO transportation must be shown to the Police control located on the way to Paranal. Please provide this information to your ESO contact person and/or Logistics prior to your trip. Visiting Astronomers—this is done by Garching when your trip is organized.
- ◆ In case you need to make private reservations (vehicle rental, hotel, buses, tours, etc.), logistics can help orientate you and provide you with information. However, reservations must be made personally and/or through a travel agency.

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## Upon Arrival at the Front Gate:



### ESO ID Card

- ◆ The ID card given to you upon arrival is required for access to Paranal Buildings and for meals.
- ◆ The barcode side is for access to the Paranal main gate and buildings. You need to use the card before entering and leaving the site.
- ◆ The magnetic strip side is for use in the casino.
- ◆ If you have any problems with the card, please discuss with your ESO contact or Logistics.

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## After entering ESO Paranal, you will be directed to the Residencia:



### Camp and Residencia

- ◆ Accommodation consists of refurbished containers and the Paranal Residencia.
  - ◆ Logistics will give you the key to your room upon arrival. Please return upon departure.
  - ◆ Due to limited availability of rooms on Paranal, you may be requested to change rooms during your stay. In case you need to store your suitcases between changes of rooms, please leave them with Logistics for custody.
  - ◆ Check out time is 13:00.
  - ◆ Avoid light pollution—please *close the blinds in the rooms and offices after sunset*. Your room may be entered for the purpose of ensuring that the blinds are closed at any time after sunset.
  - ◆ If you cannot avoid smoking in your room, you must do so with the window open and use an ashtray. Do not throw the cigarette butts out the window.
  - ◆ Water is not a natural resource on Paranal—please report any leaks or running water to Logistics or ext. 5134 after hours.
  - ◆ Remember that there are both day and night shifts on Paranal. Keep this in mind when circulating around the rooms and respect the rest of others.
  - ◆ There are lockers in the Control Building and base camp, as well as a safe in the base camp in which you should store any valuables. ESO will not be held responsible for any lost or stolen items.
  - ◆ The Pool/Game Room is available for your relaxation.
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## During your stay on Paranal:

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### Laundry Service

- ◆ Paranal has a laundry service that takes care of personal and work clothes. You will find a form in your room, which should be filled in with information regarding the clothes to be washed.
- ◆ Laundry will be collected Tuesday and Friday a.m. and returned on the following Friday or Tuesday p.m. If one of these is a holiday, the laundry is collected the day before.
- ◆ The laundry service is limited to items worn on Paranal.



### Sauna

- ◆ Paranal basecamp is located at 2,466 meters above sea level. This may cause problems to appear that would not appear under normal circumstances.
- ◆ Before entering the sauna, you must read, understand and sign the Sauna Release form. The signed form must be given to Logistics before you are given the key.
- ◆ Do not use the sauna if you have a history of heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnancy, those who are using any medication or under the influence of alcohol.
- ◆ Maximum time in sauna is 15 minutes . If you feel light headed, breathless, etc., immediately leave the sauna.
- ◆ An emergency alarm has been installed inside of the sauna for your safety.
- ◆ Do not exercise in the sauna. You should wait five minutes after exercising before entering the sauna.
- ◆ You should take a warm shower before entering and a cool shower after leaving the sauna.
- ◆ Children under five are not allowed in the sauna. Children between the ages of 6 and 14 must be accompanied by an adult in the sauna at all times.
- ◆ Only swimwear may be worn in the sauna. Wear shower sandals. All individuals using the sauna must sit on a towel.
- ◆ Be aware of cuts on your body that might make you especially vulnerable to bacteria.
- ◆ Use the sauna accompanied by another person. Use common sense while in the sauna.



### Pool

- ◆ There is no lifeguard on duty at the pool.
- ◆ Test the depth of the water before diving in.
- ◆ No beverages are allowed in the pool.
- ◆ We recommend that you do not swim alone.
- ◆ A swimming suit shall be worn in the pool.
- ◆ Change clothes in your room or the restrooms. The area around the pool is a public area and not a changing room.
- ◆ Use common sense and follow normal swimming rules.



### Telephone use

- ◆ A code will be assigned to you by Logistics for local and/or long distance calls. You will be billed at the end of your stay.
- ◆ In your room you will find the Paranal Phone List.



### Meals

- ◆ Use the magnetic strip side of the ID card given to you upon arrival at Paranal for use in the dining room.
  - ◆ Night meals are available for night workers, such as sandwiches, etc. If you wish to use this service, please fill in the corresponding form (located in your room and/or from Logistics). Please give the form the Logistics before 17:00.
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## Computers

- ◆ Rooms in the Residencia have network connections, providing internet connectivity.
- ◆ A limited number of guest machines are available.
- ◆ No software shall be installed on the guest systems by the users.
- ◆ It is explicitly forbidden to change the configuration of the guest systems.
- ◆ It is absolutely prohibited to convert or disconnect any network connections in the offices/guest systems.
- ◆ Please contact SERCO (ext. 5959) should you have difficulties with computer or network facilities during your stay on Paranal.

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## Access to the Telescopes and Control Building:



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## ESO Vehicles and Driving on Paranal

- ◆ ESO pick-up trucks cannot leave Paranal without authorization from the Department Heads and/or Director. Fiat Puntos, Peugeot and Palios are not authorized to leave Paranal.
- ◆ Each department has its own fleet of vehicles and you must coordinate with your department if you need a vehicle on-site. Visitors are not authorized to drive ESO vehicles, unless a written authorization has been obtained from the head of the department responsible for the vehicle.
- ◆ Keys should not be removed from vehicles.
- ◆ The load area of any of the trucks cannot be used for passenger transport.
- ◆ ESO Vehicles will not be provided for personal purposes.
- ◆ If you drive after nightfall, *use only parking lights*.
- ◆ Park backing up at the Control Building.
- ◆ When starting to go down the mountain, test the brakes.
- ◆ Follow *posted speed limits, use safety belts*, do not park close to fire extinguishers, *adapt your eyes to night vision*, and be aware of strong winds on the mountain (when opening doors, etc.)
- ◆ Violation of traffic rules will result, as a minimum, in the removal of driving privileges on site.
- ◆ You must report any incidents or accidents resulting in damage to ESO personnel or property. The Incident/Accident report is available in every department and on [www.pl.eso.org/safety](http://www.pl.eso.org/safety).



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## Star Track Walkway

- ◆ Star Track, the walkway from the Residencia to the Control Building, can be used day and night.
- ◆ When using the walkway: carry a radio, inform the guards, your contact and/or a co-worker when you leave AND when you arrive, carry a small flashlight after dark.
- ◆ Walking on the road is only permitted during daytime.



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## VLT Platform and Control Building

- ◆ Night access to the platform is restricted—use only a small flashlight and never shine it at or towards the telescopes.
  - ◆ Use the pathways or paved areas while walking on the platform. Try to avoid the gravel.
  - ◆ Do not walk over the VLTI tunnel area.
  - ◆ Respect the posted speed limit.
  - ◆ Never enter the telescopes without the approval of the UT Manager or Telescope Operator after sunset.
  - ◆ Much of the VLT equipment is cooled by liquid nitrogen, which can cause extreme burns. Please keep this in mind when close to the equipment.
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## Important information for your health and safety:

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### Safety

- ◆ Wear safety devices (hard hats, safety shoes, safety belts, protective glasses, etc.) when indicated or when working in construction areas.
- ◆ Hard hats, safety shoes, jackets and lenses can be obtained from Logistics. You will be asked to fill out a form upon receiving this equipment. Temporary visitors must return the equipment to Logistics upon leaving Paranal.
- ◆ Due to Paranal's isolated location, you may not walk off-site without notifying your line manager, the Safety Officer and the guards--indicate where you are going and estimated return time. Hiking in the desert is very hazardous and should only be undertaken for short trips (a few hours maximum). You may not sleep overnight in the desert.
- ◆ The only authorized exit from the site is the entrance gate.
- ◆ Only certified employees are permitted to use cranes or lifting equipment. Visitors must obtain previous authorization from the corresponding department before using said equipment.



### Paranal Health Information

- ◆ Base Camp is located at an altitude of 2,456 mts. The telescopes are at 2,635 mts.
- ◆ Paranal is located 130 kilometers south of Antofagasta, approximately 2.5 hours from emergency medical services in Antofagasta—any medication should be brought with you.
- ◆ We have small paramedic clinic on-site equipped for work related accidents and emergency situations with doctors from the Chilean Safety Association of Antofagasta providing coordination and communication.
- ◆ At your service:
  - is a fully equipped ambulance for transfers to a medical center, if an emergency so warrants
  - are monitors and basic implements to stabilize and maintain the patient until they arrive at a medical center
  - are telephone and radio communications and coordinated emergency system
  - is Safety Officer and Paramedical Coverage 24 hours a day - 7 days a week



### General Health Recommendations

- ◆ The average humidity on Paranal can be as low as 10%. Please drink plenty of bottled water or juice. We recommend that you drink bottled water during your stay.
- ◆ Make sure food is light and fresh. Limit intake as excess intake can cause bloating & digestive problems.
- ◆ Always use anti-reflective sunglasses to combat the UV rays – available at Logistics.
- ◆ Do not walk quickly.
- ◆ Let the Paramedic know if you suffer from any respiratory, cardiac, digestive, etc. diseases.
- ◆ If during your time on Paranal you experience any of the following, please inform the Paramedic immediately: acute headache, dizziness, nausea, breathing problems, ringing or blocking of ears, chest pains, acute muscular pains, seeing “stars”.



### Safety Zones

Safety Zones are meeting points in case of emergencies like fire or earthquakes. In the event of an emergency, you should know where the Safety Zones are located.

- 1 Parking Lot (basecamp)
  - 2 Stairs between MMB and container camp (MMB, ware house)
  - 3 Control Building Parking Lot (Control Building)
  - 4 Platform between UT3 & UT4 (Platform deck)
  - 5 West side of Residencia (Residencia)
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