

GREAT LAKES PARANORMAL RESEARCH TEAM

SAFETY BEFORE, DURING AND AFTER INVESTIGATIONS

This is the paranormal world. Not everything goes, but there are unpredictabilities that need to be taken into account.

First Aid Kit:

This is the first topic of this document because it is an absolute. Every team must have a first aid kit with them to every and all investigations. Once you get to the site, it must be in a location that is visible and is of easy access. Inform everyone where you have placed it. It would be a very good idea to have at least one person fully trained in first aid.

The deep question is what should a paranormal investigation team have in that kit:

- Cream for possible burns
- Antibiotic ointment for cuts
- Splints for possible sprains or fractures
- Thermal blanket (those thin silvery ones)
- Tylenol / Aleve
- Peptobismol liquid or in tablet form
- Band aids of all shapes and sizes
- Bandages of all shapes and sizes
- Blood pressure thingy if you can afford it and you know how to use it
- Cold / heat packs for bumps, bruises
- Masks in case of dust / asbestos/ bats/bird poop situations
- Always have water with you
- Flashlight

You might be wondering what on earth you might be treating or helping an investigator in an emergency. Most incidents are caused by man made situations. We mostly run into cuts, splinters in fingers, bumps, burns, and sprains. Bird and bat droppings can cause respiratory illnesses. They are not to fool around with. Avoid a trip to the doctor. If you discover that the home or business has these issues and you still want to investigate, **USE A MASK AT ALL TIMES.**

In paranormal situations we run into nausea, headaches, sometimes burns from energies touching you, energies that have gone through the body of an investigator and altered their blood pressure and they have had problems recovering there body heat. That is what the thermal blanket would be used for. In some rare cases, investigators have been thrown against walls, or have been pushed down. So bumps, bruises can happen.

You might say, way cool if it happens! But it is truly not fun to have to help an injured fellow investigator. Best to be prepared and avoid incidents from the start.

GREAT LAKES PARANORMAL RESEARCH TEAM

SAFETY BEFORE, DURING AND AFTER INVESTIGATIONS

We, paranormal researchers, are working with energies and forces that are still unknown. We know a few things about them and the rest remains a mystery still to be solved. Therefore we have a responsibility to do our work well and with caution.

As many researchers in this field know, investigations are for the most part, very low key. However, once in a while you can run in to that *one* case that leaves you shocked, puzzled, or worse, injured. That is what we want to cover here, so that you can go into an investigation, fully aware, fully prepared for the work at hand and come out of the investigation with great data and most of all, completely unharmed.

An investigators health:

For any investigation, this is important. If you have a bad cold, healing from something, best to stay home. Why? Because if you do run into paranormal events and perhaps not too friendly, they can and might take advantage of your situation and create havoc. Be smart and avoid a bad experience for you and your team.

It can't be stressed enough how important it is to be in good shape. For this type of investigations, you need to be awake, aware, feeling good and firm on your feet if need be.

You also want to consider not sharing bugs with your fellow investigators. Stay home, get well, there will be many more chances for an investigation.

Short and far reaching of the paranormal:

We have testimonies of a few investigators who have had issues before an investigation. You might say, bah! Humbug! But, it appears to have happened to a few. That is a good reason to go into a case fully aware of the events that you will engage in. To take precautions with what, how, when, etc in preparing, or traveling for any case.

There are many testimonies from investigators having issues after an investigation. This is more probable than the previous scenario. What to do? Take responsibility!! It is important to make notes of what is going on and contact your team coordinator ASAP. As many of us know, it is not healthy to allow a paranormal issue to go on and on. Best to get on top of it as soon as possible, not let it fester, get your life back, return a sense of normalcy for you and your loved ones. It all might be cool for you, however it can become a nightmare you would have preferred to have left behind at the investigation site.

Man made dangers:

In homes and businesses, especially the older buildings can pose some risks. Always be attentive where you put your hands and feet. We have had investigators innocently put their hand on the metal side of a

GREAT LAKES PARANORMAL RESEARCH TEAM

SAFETY BEFORE, DURING AND AFTER INVESTIGATIONS

heater or air duct and get the shock of their lives, just because there was a live wire that was not properly installed. Be observant and aware!

Basements tend to be the areas of more caution. Low pipes, improper wiring, water on the floor, you name it. Basements are creepy areas and cool to investigate, but the man made issues are of more danger than the paranormal, believe it or not. When you go down into a basement or cellar, do so with caution, take your time, go down with good lighting.

Any place the owner has specifically told you not to go into, DON'T! It is truly not worth the risk and ruin the investigation.

Basically here are most of the man made issues you want to be cautious with:

- Low pipes
- loose wires
- metal surfaces that could be in contact with live wires
- loose floor boards

Contaminants such as:

- Gas leaks
- Asbestos areas
- Paints and paint thinner containers that could be near air flow areas
- High EMF levels
- Water or other liquids on the floors
- And any other issues in a home or business you can think of

As you can see, our job is not as easy as some think it is.

Animal issues:

In some homes and business there can be things that go bump in the night, but not necessarily paranormal. We have had issues with mice, rats, pigeons, bats and other pests. Usually this question is included in our interview prior to any investigation, however, sometimes the problem is minor or has just begun and the owner is not aware.

If you begin to find signs of a pest of any kind, make detailed notes of where, what you saw and your recommendation for an inspection, not of the paranormal kind. It is not worth putting your health at risk if the problem is obvious. Stay clear especially of pigeon/bat droppings. They can cause serious pulmonary illnesses that take time to recover from. If you find this issue, report it, pack up and head home.

Be aware if you have allergies of certainly animals as well. This could impact your ability to investigate in homes with dogs, cats, birds, etc. Your team should alert you to the best of their ability if they know you have strong allergies to certain animals.

GREAT LAKES PARANORMAL RESEARCH TEAM

SAFETY BEFORE, DURING AND AFTER INVESTIGATIONS

Paranormal dangers:

Actually danger issues are real, but pretty low statically. But it has to be taken into account never-the-less.

For Great Lakes Paranormal, all team members know well that they should never ask an entity to touch them in any way, shape or form, to be respectful and never provoke aggressively. This is to prevent incidents known in the paranormal world:

- Burns
- Shocks
- Being thrown
- Pushed down (hopefully not down the stairs)
- Knocked unconscious
- Headaches
- Slip and fall on water or other items that were not there previously
- Nausea
- Drastic changes in behavior

This is not a complete list, but the most common incidents that have occurred to paranormal investigators. Again, these incidents are far and few in between, but they have happened and therefore it is critical to take our work seriously and cautiously from the get-go.

Precautions after an investigation:

Once you get home, it is important to throw your clothing in the wash and wash it separately as soon as you get a chance. Why? You just tromped all over an area that was not familiar to you. Contaminants abound. Best rule of thumb, wash your clothing that you used during your investigation and don't mix it with your other clothing. This is a precaution to avoid bringing home any unwanted pests or other unwanted contaminants.

If you start hearing, seeing, having paranormal issues that are the same or similar to the place you just investigated, you know what to do, call you team coordinator and see what needs to be done.

Your health is important. To have spent quite a few hours and usually late at night investigating can be draining. It is advisable to get some good rest the following day. Do your best to just sleep in and have a low key day.

Outdoor investigations:

GREAT LAKES PARANORMAL RESEARCH TEAM

SAFETY BEFORE, DURING AND AFTER INVESTIGATIONS

These types of investigations can happen from time to time. Some teams are dedicated to just that, the paranormal outdoors. These types of investigations pose many challenges as we know. However, for our indoorsy type teams, sometimes we are stretched and have to investigate around the premises of a said building.

You can use your imagination and some common sense in this area. You will have to deal with the following:

- Uneven ground
- trees, bushes
- bugs
- reptiles and other slithery things
- Animals whether wild or domestic from the area
- rocks
- holes
- branches and twigs
- thorny plants

You get the idea....

Work together in keeping each other safe. Try your best to get to know the terrain before the sun sets. Know where the more risky areas are and inform your team.

Weather conditions:

For the paranormal world, weather can help or hinder. For travel sake, always check the weather and assess with your team if it is safe enough to go on the investigation. It is better to be safe than sorry.

If the weather system that will be passing through, if not heavy or dangerous, it can help with the investigation. We know in the paranormal world that lightning and rain can stir up energy in the atmosphere and help with paranormal activity, but it could also stir up too much activity. Just be aware. It will affect your instruments if there is a lot of lightning, Then you have the heavy task to find out if it is paranormal or just the weather.

For all investigators who live in areas in which the weather is volatile, use your best judgment and insight from your team. For any heavy duty weather conditions, reschedule. It is not worth the risk.

Construction areas or abandoned buildings:

These pose a long list of disadvantages for investigators. This is historically the main area in which we have either experienced investigators running into serious injuries or death. If you do a search on the web, you will find various articles of investigators losing their lives under these circumstances.

GREAT LAKES PARANORMAL RESEARCH TEAM

SAFETY BEFORE, DURING AND AFTER INVESTIGATIONS

This is one area in which you do not want to take anything for granted. If you do decide to do an investigation in an unfinished construction area or an abandoned building, do all you can, don't take any unnecessary risks. It can not be stressed enough, if it looks unstable, feels unstable, it probably is. If an investigator feels it is not safe, it might not be safe, than it probably is not safe for anyone. And of course get all the needed permissions to be on premises. If you don't, you could risk legal issues. That is a completely different danger, but necessary to mention.

Final comments:

Overall, paranormal investigations take common sense, good team work, being alert and keeping yourself and everyone safe. Take it one step at a time and you should have a great experience.