



## SAFETY RULES & GUIDELINES FOR VOLUNTEERS

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### **ALL VOLUNTEERS MUST:**

- Park all vehicles clear of the roadway and on the same side of the road where the volunteers are working
- Be at least 12 years old to participate in a cleanup
- Have one or more adults 21 years of age or older for groups that have participants between 12 and 17 years of age
- Pick up litter only during daylight hours
- Not pick up trash on the road surface and shall stay at least five feet from pavement edge
- Obey all safety rules and guidelines
- Must sign Volunteer waiver

### **FOR YOUR SAFETY**

- Wear light-colored clothing that covers arms and legs
- Wear close-toed shoes or boots, gloves, a hat, safety glasses and a safety vest
- Wear clothing that will not divert attention of motorists during cleanup activities
- Wear clothing that will not impair vision or movement during cleanup activities
- Work in small groups
- Face oncoming traffic when picking up litter and look up often to ensure that no vehicle is encroaching on clean-up area
- Stay clear of any construction
- Stop work during any inclement weather
- During warm weather months: drink plenty of fluids, take breaks and avoid overexertion
- During cold weather months, dress warmly with layered clothing
- Be alert for snakes, insects and poisonous plants
- Avoid contact with areas where herbicides were applied
- Carpool to the site to reduce the number of vehicles
- Use proper lifting and bending techniques

### **VOLUNTEERS MUST NOT:**

- Use or possess illegal drugs or alcohol during cleanup
- Pick up trash on bridges, on overpasses or in tunnels
- Pick up trash on a median
- Attempt to squeeze bags to make room for more trash (injuries can result from broken or jagged objects).

### **IN CASE OF EMERGENCY**

- Have an adequate first-aid kit immediately available
- Have transportation immediately available