

Volunteer Safety Information Sheet

As a participant in the volunteer program, your safety is our primary concern.

Equipment Check List – Make sure someone in the group has:

- First-Aid Kit (and First-Aid Certification)
- Cell Phone
- Emergency contact information for the volunteer group.
- Grabbers for picking up litter
- Work gloves
- Water
- Sunscreen
- Appropriate clothing

Suggested First Aid Kit Supplies

- Absorbent compress/gauze, 4 x 8 inches
- Adhesive bandages, 1 x 3 inches.
- Adhesive tape, 5 yards long.
- Antiseptic single-use packages (wound cleaning wipes)
- Eye wash, 1 fluid ounce
- Medical exam gloves
- Triangular bandage
- Insect Sting Antiseptic & Tweezers
- Self-activating cold packs, 4 x 5 inches
- Roller bandages, 6 yards long
- Mouth-to-mouth barrier for CPR

General Safety

- Park in designated parking lots or legally on side streets only.
- Don't use earphones which interfere with hearing and warnings.
- Don't engage in horseplay or pranks endangering safety. Follow park and trail rules.
- Don't pick up litter in the roadway.
- Don't compact trash bags—injuries from sharp or broken objects may result, or the bag may burst.
- Don't carry knives, machetes, axes, etc.
- Never pick up extremely heavy or unyielding objects, dead animals, or suspected toxic or hazardous materials, (such as syringes or hypodermic needles) or objects you can't clearly identify. Mark the location of these items and notify the City for pickup. Volunteer safety is our top priority so if you are unsure, leave it and notify staff.
- For your protection, work only daylight hours.
- If working near a roadway, face oncoming traffic when possible.
- Watch your step, the terrain can be uneven and slippery.
- Avoid poison ivy, poison oak, blackberries, and other thorny plants.
- If you find tents or any shelter-type structures please leave them, exit the area and notify staff.
- You can bring your own hand tools (ex: clippers, lopper, shovels) however no power tools are allowed.
- When pulling weeds, look before you reach to make sure there is nothing under the plant that could cause injury.

Parent Supervision

Children should always be closely supervised with the following criteria:

- One adult to every 4 youth age 10-13.
- One adult to every 8 youth age 14-15.
- One adult to every 10 youth age 16-17.
- Children under age 10 are not eligible to volunteer.

Weather Conditions

- Wear work gloves, long pants and a long sleeved shirt, and thick soled boots or shoes, as appropriate for weather and assigned work. Do not wear open-toed shoes.
- Avoid overexertion and rest when necessary.
- Drink plenty of water and use sunscreen on warm and sunny days.
- If weather conditions are poor choose another time to clean your adopted area.
- Tree branches can become dislodged and cause injury during wind. If wind is forecasted to be 20 mph or more the event will be cancelled. The group leader should monitor the forecast and communicate with volunteers any cancellations. If unexpected winds arise during the volunteer event, everyone should immediately exit wooded areas and check-out with the designated group leader. (A 20 mph wind is a moderate breeze that causes small trees sway and loose paper to blow away.)

Be Prepared

- Anyone with a bee allergy is required to have their prescribed medication (ex: Epi-pen) with them and notify the group leader of the allergy. Anyone who has an allergy and does not have medication onsite is prohibited from volunteering.
- Know where the nearest medical facility is located.