



**SAFETY  
TIPS  
to  
Share with  
Volunteers!**



- ~~ Protect yourself from the sun by wearing a hat or visor, sunglasses and sunscreen.
- ~~ Dress for the weather and wear old, comfortable clothes that can get dirty and/or wet.
- ~~ Wear gloves to protect your hands & sturdy, closed-toe shoes to protect your feet.  
**Do not go barefoot.** If someone gets stuck in mud, use a long branch to pull them to safety.
- ~~ Wear a life jacket if you're cleaning by boat, and don't wade into water to pick up debris unless you're an experienced swimmer, are wearing a life jacket and know the depth of the water.
- ~~ Take a snack and a drink along, plus lots of water to stay hydrated.
- ~~ Have all adult leaders carry a cell phone & list of important cell phone numbers to call in case of emergency, including the Zone Captain's cell phone number.
- ~~ Stay with a partner or group, and be sure that children are supervised by an adult. If anyone gets hurt, tell your Zone Captain immediately!
- ~~ Make sure everyone can identify poison ivy so they can avoid it. Leaves of three, let it be! Watch for snakes on land and in water, yellow jackets in ground nests, & other stinging insects.
- ~~ Immediately after Big Sweep, do a "tick check". The sooner you find & remove a tick, the less chance it will have to bite. Take a soapy shower next! For best protection: wear light-colored long pants & long-sleeved shirts to spot ticks easier. Tuck shirt into pants and pants into socks.
- ~~ Be careful on creeks & riverbanks--they can be steep, slippery, and unstable. If you're unsure of the conditions, find a safer access or cleanup the higher & drier reaches of the watershed!
- ~~ If heavy rain is forecast, avoid urban creeks & streams. Stormwater runoff turns quiet creeks into raging rivers very quickly! It would be most prudent to move the cleanup to higher ground!
- ~~ Don't pick up anything that looks heavy. Alert your Zone Captain so it can be picked up later.
- ~~ If you find an animal—dead or alive—don't touch it. Animals carry diseases, and trapped or injured animals may bite. Report any animals found to your Zone Captain.
- ~~ Do not touch medical waste, chemical containers, barrels, pesticides, or anything marked "dangerous", "toxic", "explosive", "hazardous", or "poison". Tell your Zone Captain if you find any of these items and s/he will contact the proper Illicit Discharge specialist and/or authority.
- ~~ If it looks dangerous...it probably is! Stay away from it and stay safe!
- ~~ Have a safe, fun time! Please know that your efforts are making a difference for our watersheds, our communities, and our quality of life.

**SAFE VOLUNTEERS  
are  
HAPPY VOLUNTEERS!**