

# **TBFN Safety Guidelines for Adopt-a-Road Volunteers**

## **Think Safety**

There are a few simple rules worth remembering when it comes to safety working along the roadway. These rules must be reviewed by all volunteers before each clean-up session.

## **Volunteers Must**

- Be at least 12 years old.
- Provide at least one adult (19 years or older) supervisor for each 5 workers.
- Always wear an approved safety vest.
- Display the "road work" sign before starting the clean-up.
- Carpool to minimize the number of vehicles at the worksite.
- Find a parking spot away from the shoulder of the road.
- Pick up litter during daylight hours only.
- Flag hazardous and unidentifiable items for pick-up by the collection staff.
- Stay clear of any maintenance or construction operations and equipment.
- Stay clear of any water hazards.
- Discontinue work in inclement weather.
- Close the "road work" sign when finished the clean-up.

## **Volunteers Must Not**

- Disembark from vehicles until the "road work" sign has been displayed.
- Walk or pick up litter on the pavement, shoulder, or in the median.
- Work on bridges, overpasses, steep ground, or in tunnels.
- Touch or pick up hazardous items or anything that cannot be identified.
- Wear clothing or display material that might distract motorists.
- Use or possess illegal drugs or alcoholic beverages before or during the clean-up.

## **Safety**

- Stay mentally alert at all times.
- Wear protective footwear and gloves.
- Wear light-coloured clothing that covers arms and legs.
- Wear a baseball cap or a wide-brimmed hat and sunscreen lotion.
- Drink lots of fluids while you work, especially on hot, humid days.
- Be aware of any special needs of fellow volunteers (i.e., medical).
- Avoid over exertion.
- Stay alert for and avoid hazardous plants and stinging insects.
- Keep an adequate supply of flags and trash bags on hand.

## **In Case of Emergency**

- Have a first-aid kit immediately available.
- Pre-select the most direct route to the nearest medical emergency facility.
- Always have transportation immediately available.
- Carry a cell phone or know where the nearest telephone is located.