

Safety Rules and Guidelines For Volunteers

****All Volunteers Must Read Before Participating****

All Volunteers Must:

- Wear a NCDOT approved safety vest.
- Wear light-colored clothing that covers arms and legs.
- Wear leather shoes or boots and gloves.
- Wear clothing that will not divert attention of motorists during cleanup activities.
- Wear clothing that will not impair vision or movement during cleanup activities.
- Carpool to the site to reduce number of vehicles.
- Park all vehicles clear of the roadway and on the same side of the road where volunteers are working.
- Furnish adequate supervision by one or more adults 21 years of age or older for groups that have minors.
- Pick up litter during daylight hours.
- Stay off the road at least five feet from the pavement edge.
- Obey all safety rules and guidelines.
- Work in small groups.
- Face oncoming traffic when picking up litter and look up often to ensure that no vehicle is encroaching your work area.
- Stay well clear of any construction.
- Stop work in inclement weather.
- During warm weather months, drink plenty of fluids – take breaks – avoid overexertion.
- During cold weather months, dress warmly with layered clothing.
- Be alert for snakes, stinging insects and poisonous plants.
- Avoid contact with noxious weeds and areas where herbicides were applied.
- Use proper lifting bending techniques.

Volunteers Must Not:

- Use or possess illegal drugs or alcohol during a cleanup.
- Pick up trash on the road surface.
- Pick up trash on bridges, on overpasses or in tunnels.
- Pick up trash on median.
- Pick up what appears to be hazardous material or any type of container with unknown contents (notify your coordinator if you encounter hazardous object or holes, guy wires or other hidden obstacles in the ground).
- Attempt to squeeze bags to make room for more trash (injuries from broken or jagged objects can result from this practice).

In Case of Emergency:

- Have an adequate first-aid kit immediately available.
- Know the route from the work area to the nearest medical facility.
- Have transportation immediately available.

* Group collected bags together and where practical place them at least eight feet from the side of the road to make the job of collecting bags easier and safer for the pick-up crew.

THANK YOU FOR PARTICIPATING SAFELY!