



## MAKE it YOURS **Safety Guidelines**

Please review these guidelines with volunteers before each cleanup

- Dress appropriately for the weather. Closed toed shoes, long pants and sturdy gloves are recommended
- When working near a roadway, wear bright colored clothes or a safety vest to be seen easily by motorists
- Work only during daylight hours and only in favorable weather
- Have plenty of water on hand
- Take breaks and avoid overexertion, especially in hot weather
- Avoid working alone. Work in groups and use the buddy system.
- Have a first aid kit at the cleanup site
- Be aware of personal surroundings at all times. Stay alert to the dangers posed by changing weather, wildlife, passing cars, poisonous plants or any other hazards that might be encountered at your site.
- Do NOT pick up litter from road surfaces
- Do NOT pick up hazardous materials (hypodermic needles, chemicals, dead animals, etc) or unknown materials that may be hazardous. Call (563) 468-4218 to report the material for proper disposal.
- Do NOT participate in litter cleanups while under the influence of alcohol or drugs
- Do NOT attempt to cleanup in any area that may pose a personal risk to volunteers such as dangerous overhangs, hard to reach areas, etc.

These guidelines are intended to keep all participants in MAKE it YOURS and other iLivehere® programs safe. They cannot, however, cover all situations which volunteers may encounter and it is the responsibility of all participants, especially group leaders, to use their best judgment to maintain the safety of everyone involved at all times.