

RIVER CLEAN UP

Volunteer Safety



Dress for the work and the rugged terrain along the banks of the river. It can be chilly in the morning, then warmer in the afternoon, so bring a light jacket or sweatshirt and wear long pants.

Wear supportive shoes with some tread to avoid slips and falls.

Plan for the weather with sunblock, rain gear, etc.

Know where the first aid kit is.

We provide latex gloves; you may want to bring heavier gloves.

Work with a partner and watch out for each other's safety.

Watch out for other volunteers' safety, especially when working close together.

Pace yourself, don't overexert. Take breaks, rest, don't work continually.

Drink water, eat a snack.

Follow common sense practices when lifting heavy items: use your knees, not your back.

Fill collection bags only 2/3 full, especially when handling heavy items.

Be sure that you are physically capable of what you intend to do before you attempt it; ask for help if you need it.

Watch for poison oak, poison ivy, or other plants to which you may be allergic.

Leave the site of hazardous conditions such as disturbed bee hives, especially if you have an allergy or are otherwise susceptible to the conditions.

Consider bringing mosquito repellent.

Use caution around swift running water.

Wear a life jacket when using a boat or kayak.

Wear a safety vest if you are working on a roadside litter zone.

When working on steep slopes or banks make sure your footing is stable.

When encountering a potential homeless site

Do not clean up a site that appears to be occupied.

Do not approach a site that has someone in it.

Do not touch medical waste or hazardous materials, including syringe needles, bandages and condoms.

Don't touch containers with unidentified liquid or material in them.

Don't touch propane gas tanks. They may be used to manufacture illegal drugs and can explode.

Know where the nearest phone is. If it's a cell phone, make sure you have a dial tone. Dial 911 if emergency medical care is required – know your location.