



Safety Instruction Sheet for Volunteers

Please read this if you are planning on participating in a cleanup

Safety and General Rules:

1. You are volunteering at your own risk. Keep your safety vests and gloves on the entire time.
2. Do not walk in the road. If you see a piece of trash on the road, look to make sure no cars are coming then grab it and return to the grass or behind a guardrail.
3. Do not assume people will slow down when they see you.
4. **Be careful and take your time** while walking and climbing.
5. Use your **litter stick** to pick up trash when you can. If you try and bend over and pick up trash without using the stick, you will hurt your back. Litter sticks are great for getting plastic bags out of thorn bushes. Your litter stick can pick up pretty much **everything except for glass bottles. Use your hands for glass bottles.**
6. **Use your hands to pick up a water bottle filled with yellow or orange colored liquid-** do not use your stick to pick it up.
7. When cleaning an area, you can traverse until you see a fence line. The trash often blows far off the road and many litterers throw very far. If there is no fence, keep going until the trash ends.
8. Do not put tires, wheels or exceptionally large objects into the bags. Line them up along the road.
9. When your bag is filled or too heavy, tie your bag shut and place it on the edge of the road.
10. Do not pick up cigarette butts (focus on the larger pieces of trash instead).
11. Watch out for wildlife. Snakes like to hide in fertilizer bags. If you see a snake back away. Snakes with cat eyes are supposedly poisonous. If you see those back away super quickly.
12. When removing gloves provided by the Litter Lifters, grab them at the wrist and turn them inside out, leave them with the safety vests, sticks, and extra bags. They will be cleaned and disinfected after each use.
13. After removing your gloves, do not eat anything or touch your face until you wash your hands with soap and water.

Expectations while cleaning:

A lot of... Trash. Dead animals. Noisy Traffic. Stay alert!

When you are done:

A great sense of *accomplishment*. A beautiful area. Less animals and fish that will get entangled in trash. Plastic that will not find its way to the ocean. You will more likely notice litter everywhere you go. You will be inspired to help in the future.

When you return home:

Wash your hands. Place all your clothing directly in the washing machine- it might have ticks. Take a long, hot shower or bath- wash your entire body with soap and check yourself for ticks.

Thank you! You have made the world a better place.