

## VOLUNTEER TIPS

### DO:

- Wear gloves and thick-soled, closed shoes.
- Wear long pants and long-sleeved shirts.
- Wear safety vests or bright colors for roadside cleanups.
- Wear sunscreen and bug repellent.
- Drink plenty of fluids and "quick energy foods."
- Be aware of your surroundings and potential hazards. (passing cars, poison ivy)
- Work in teams of two or three to maximize safety.
- Keep pre-moistened towelettes on hand.
- Wash hands with anti-bacterial soap after the cleanup.
- Bag litter and debris to meet local regulations.

### DON'T

- Don't pick up hazardous materials such as hypodermic needles, sharp objects, old car batteries, condoms, animal carcasses or questionable objects.
- Don't overstuff garbage bags.
- Don't attempt to move large objects such as rusted car shells, old household appliances or swing sets – call your local fire or police department to report illegal dumping and for instructions on how to proceed.
- Don't bring pets to events.
- Don't overdo it physically.
- Don't forget to have fun!