

SAFETY RECOMMENDATIONS FOR VOLUNTEERS IN COUNTY PARKS

CLOTHING

Volunteers should wear

- Long pants,
- Long sleeved shirt,
- Long socks,
- Gloves with protective coating (i.e. Latex) to protect hands from injury,
- Closed toed shoes that can get muddy

USE CAUTION

- Stay out of the water.
- Be careful on trails with a steep grade, know yourself and your limitations.
- Pay special attention to the handling of broken glass and sharp pieces of metal. Be careful not to step or kneel on broken glass or metal.
- Stay hydrated - take water with you and be sure to drink it while you work.
- Always work in pairs or small groups – NEVER wander off alone.

TICKS

- Ticks are common inhabitants of County parks and precautions should be taken to avoid being bitten.
 - You may choose to use insect repellent.
 - Wear socks outside of long pants and shirtsleeves down
 - avoid deep woods
- When you get home, check yourself for ticks and be sure to wash your clothing. Washing your clothing will both remove the oils from poisonous plants, and kill any insects you bring home.

PLANTS

- Be careful of contact with
 - poisonous plants – poison ivy comes in multiple forms, not just the familiar ground cover, but also as a shrub and hairy vine.
 - thorny vines AND bushes, such as green briar, wild rose, and blackberry.
 - insects - bees, wasps, and hornets.

COLLECTION GUIDELINES: BAGS OF LITTER, HEAVY / HAZARDOUS OBJECTS, & RECYCLABLES

- Collect only small objects in bags (bottles, cans, food wrappers), bags of litter and larger objects should be carried to the edge of the nearest trail for pickup.
- Please place these items in separate piles for collection:
 - Wood (lumber, not tree parts)
 - automobile tires
 - metal
 - all other trash and bags of litter
- Objects that appear hazardous, or too large to remove from their location, should be reported to the Park staff, and they will insure removal.
- RECYCLABLES – most cans and bottles that you will find are contaminated (soil/oil), and therefore NOT recyclable.