

In case of emergency

Call 911 in life-threatening situations; when there is immediate danger to life or property; or when a crime is in progress.

Be emergency ready

- Have a first aid kit immediately available and a person trained in first aid.
- Pre-select the most direct route to the nearest medical emergency facility.
- Always have transportation immediately available.
- Have access to a cell phone.



Thank you for participating in Durham Region's Adopt-a-Road Program!

For more information, contact:

- Your authorized group leader.
- The Region of Durham's Adopt-a-Road Program co-ordination staff.
- Telephone (within regional limits): 311
- Telephone: 905-668-7711
- Toll-Free: 1-800-372-1102

If you require this brochure in an accessible format, please contact 905-668-4113 extension 2383.



The Regional Municipality of Durham

Adopt-a-Road Program

**Safety
guidelines for
volunteers**



Think safety first

There are a few simple rules to remember for safely working along the roadside. These rules must be reviewed by all volunteers before each clean-up session with your group representative.

For your safety

- Always stay mentally alert.
- Wear suitable protective footwear, gloves and a safety vest.
- Wear light coloured clothing that covers arms and legs and apply sunscreen to exposed skin.
- Keep hydrated with lots of fluids while you work.
- Be aware of any special needs fellow volunteers require (e.g. medical conditions or allergies).
- Avoid hazardous plants (e.g. poison ivy or wild parsnip), stinging insects and animal carcasses.
- Have spare trash bags and fluorescent tape ribbon for marking hazardous items located at the roadside.

Volunteers must:

- Review this brochure prior to first pick-up of the year and review safety rules before each clean up.
- Be at least 16 years old (unless otherwise approved by the Region).
- Be accompanied by at least one adult (19 years or older) supervisor for every three workers aged 16 to 18 years old.
- Always wear an approved safety vest provided by the Region.
- Carpool to minimize the number of vehicles at the clean-up site.
- Park parallel to the road as far away from the travelled portion as possible and place orange pylons around your vehicle.
- Clean up only one side of the road at a time and work towards oncoming traffic.
- Exercise care when changing sides by using designated crosswalks where possible.
- Pick up litter during daylight hours in appropriate weather.
- Stay clear of any maintenance or construction operations.
- Stay clear of water hazards (e.g. swampy areas).

- Stop work in inclement weather (e.g. thunderstorms).
- Place filled trash bags at the designated pick-up sites.
- Sort litter into clear bags for recycling where appropriate (e.g. a bag of aluminum cans).

Volunteers must not:

- Walk or pick up litter on the pavement, gravel shoulder, gutters or on private property.
- Work on bridges, overpasses, steep ground, paved medians, tunnels or swampy areas.
- Touch or pick up hazardous items or anything that can not be safely identified; these should be reported to your authorized group leader.
- Wear clothing or display material that might distract motorists.
- Consume alcoholic beverages before or during the clean up.
- Step or jump on trash bags.
- Allow pets or any infants/toddlers at the pick-up site.