

Safety tips for Clean Up Days

- Wear gloves and other protective clothing or equipment appropriate to the task. Wear sturdy soled boots to protect from nails and other sharp objects.
- Gloves should generally be thick and not easily penetrable by sharp objects – ***beware of sharps!*** Sometimes they are hidden amongst the garbage and weeds. ***Do NOT*** pick up needles, syringes or other dangerous or hazardous materials! Notify a supervisor at once if you come across them.
- Always watch for cars and other people – protect yourself and those you are working with. ***Stay out of the street and a safe distance back from traffic.***
- Be easily seen - wear reflective clothing or orange vest. Wear hat or sunscreen in sun.
- Have a first aid kit nearby during the Clean Up. It should be located somewhere that everyone knows about, like the sign in table.
- Use good back mechanics. Be careful if you already have any pain or injuries.
- If you get hurt while volunteering, please let the supervisor of the group you are with know ASAP. Your supervisor or lead person should then contact the Volunteer Program as soon as possible after assisting with your injury.
- In an emergency, call 911 immediately.

Thank You! City of San Rafael Volunteer Program (415) 485-3407 - www.sanrafaelvolunteers.org

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