

## Volunteer Recommendations

This volunteer recommendation is not standard or regulation, and it creates no legal obligation. This volunteer recommendation is advisory in nature, informational in content, and is intended to assist volunteers in providing a safe and healthful volunteer experience.

Voluntary and community-based organizations should:

- Have a responsible and knowledgeable team leader to supervise work teams at all times.
- Have a current tetanus vaccination before participating in clean-up activities.
- Protect volunteers by using personal protective equipment such as gloves, safety glasses, hard hats, high-visibility work vests/clothing and hearing protection. Consider snake-bite-proof or resistant boots if teams are working in areas that may contain poisonous snakes
- Do not have any preexisting health conditions that may affect ability to perform manual labor.
- Wear long pants, socks, long sleeves, and heavy work gloves when cleaning up areas.
- Wear sturdy work boots (preferably steel-toed; no open toe shoes) at all times.
- Wear rubber boots or overshoes that can be washed or decontaminated or use disposable shoe covers when working in an area contaminated with mold.
- Shower and change into clean clothes at the end of activity.
- Use teams of two or more persons to move large, bulky or heavy objects.
- Use carts and dollies to move heavy objects whenever possible.
- Limit exposure to dusty conditions during activities. Respiratory hazards in dusty conditions could include asbestos, lead and silica. Homes and structures built before 1982 are presumed to contain asbestos.
- Conduct a hazard assessment at work sites to determine necessary PPE and need for workers qualified to work with specific hazards such as electrical and structural.
- Ensure that there is a working telephone or cellular phone on the worksite along with a list of emergency contact numbers.
- Ensure a competent person is able to recognize existing and predictable hazards in the surroundings or working conditions and has authorization to take prompt corrective measures to eliminate them.
- Ensure that a competent person inspects the work site to locate overhead and downed power lines to prevent electrocutions when removing tree branches and other debris.
- Limit the operation of dangerous equipment to adults. For a suggested list of prohibited equipment for youth to operate see the Fair Labor Standards Act statement.
- Ensure minors are supervised by adults at all times.
- Ensure that worksites have a cleanup area with soap and water available for handwashing. Provide a waterless alcohol-based hand rub if water is not available.
- Refrain from entering damaged structures unless evaluated by a competent person and deemed safe to enter.
- Take caution and treat all electrical lines, wires, equipment and fixtures as if they are energized until proven otherwise.
- Always wash hands with soap and water before eating, drinking, smoking, applying lip balm or cosmetics to prevent contamination of their mouth, nose or eyes with hazardous materials or infectious agents. Use a waterless alcohol-based hand cleaner if water is not available.
- Project leader should have a designated parking/gathering area and permission of use for designated area.
- Watch for vehicles, bicycles, and scooters.
- Obey traffic regulations. Cross streets at intersections or marked crosswalks.
- Use hearing protection when noise levels exceed 85 decibels. Generally, if you cannot hold a normal conversation at arm's length due to noise, then you should be wearing hearing protection.

- Take frequent short breaks in cool shade when working in hot, humid conditions.
- Drink small amounts of water frequently, e.g., one cup every 15-20 minutes to replace fluid loss from sweating.
- Use sunscreen with a sun protection factor (SPF) of at least 30.
- Wear lightweight, light-colored clothing when possible. Wear a hat and UV-absorbent sunglasses.
- Do not drink alcohol and avoid caffeinated drinks and heavy meals.
- Recognize the signs of heat-related illness and know what actions to take.
- Conduct an assessment of the animals/insects/reptiles common to the area and take necessary precautions to take to protect themselves against injury.
- Watch for snakes, especially in debris. Wear heavy gloves and watch where they place their hands and feet.
- Use insect repellants containing DEET or Picaridin and re-apply as necessary.
- Cover exposed skin, when possible, to avoid insect bites.
- Inspect themselves for ticks at the end of each activity.
- Avoid contact with and not attempt to restrain wild or stray animals.
- Report insect and animal bites to their volunteer leader since medical attention may be necessary.
- Avoid exposure to chemicals and do not handle unknown chemicals.
- Understand the hazards of known chemicals and how to avoid exposure.
- Use appropriate PPE such as gloves, eye/face protection and aprons as needed if in contact with chemicals.
- Use and ensure a proper eye wash and/or shower is available if contact with corrosives is possible.

Keep the environment safe—vegetation is sensitive, and wildlife is best kept wild.

What to remove—Trash and litter (tiny to large, anything created by humans.)

What to leave—Nature, Hazardous stuff (mark it & see project leader) (syringes, needles), dead animals.

Bagged items should be left off the roadway, at designated area discussed before project.