

## **SAFETY INFORMATION FOR SOLVE PROJECTS**

Safety of our volunteers is the highest priority. Please help us make SOLVE events as safe as possible by carefully reviewing and following these safety tips. Look for additional safety information in SOLVE materials and on-site at SOLVE projects.

### General Safety Tips

- Plan for the weather with layers of clothing, sunscreen, rain gear, etc.
- Wear gloves and sturdy shoes.
- Work with a partner and watch out for each other's safety.
- Watch out for other volunteers' safety, especially when working close together.
- Pace yourself, don't overexert.
- Take breaks, rest, don't work continually. Drink water, eat a snack.
- Follow common sense practices when lifting heavy items: use your knees, not your back.
- Fill collection bags only 2/3 full, especially when handling heavy items.
- Be sure that you are physically capable of what you intend to do before you attempt it; ask for help if you need it.
- Watch for any heavy equipment, trucks or winches that might be used on-site.
- Watch for poison oak, poison ivy, Giant Hogweed, or other plants to which you may be allergic.
- Wear heavy gloves, long sleeves and long pants around blackberry plants.
- Leave the site if hazardous conditions, such as disturbed bee hives exist, especially if you have an allergy or are otherwise susceptible to the conditions.
- Use sunscreen and mosquito repellent when outdoors

### Safety tips for youth volunteers

- Confirm age restrictions for the project site.
- Review safety information and "rules" with youth before arriving at the site.
- Supervise youth activities on site.

### When working on the beach

- Watch for sneaker waves: never turn your back on the ocean.
- Stay away from logs in or near the surf.
- Use caution on steep banks and cliffs. Follow posted safety information.
- Avoid sea lions and other beached marine mammals.

### When working around water

- Use caution around swift running water.
- Wear a life jacket when using a boat or raft.

### When working near traffic

- Wear a safety vest.

- Stay off the roadway.
- Stop often to orient yourself and make sure you're not wandering close to traffic.

#### When working on steep slopes or banks

- Make sure your footing is stable.
- Stay away from cables that may be used to haul items upward.

#### When encountering hazardous items: Don't touch – Mark the item and contact the Site Coordinator

- Identify each item before you touch it. If you are uncertain about an item, leave it alone.
- Do not touch medical waste or hazardous materials, including syringe needles, bandages and condoms.
- Don't touch containers with unidentified liquid or material in them.
- Don't touch propane gas tanks. They may be used to manufacture illegal drugs and can explode.

#### In case an accident occurs

- Know where the first aid kit is.
- Know where the nearest medical facility is located.
- Know where the nearest phone is. Dial 9-1-1 if emergency medical care is required – know your location.