

## **Gillespie County Adopt-a-County Road Program – Safety Tips**

The Gillespie County Adopt-a-County Road Program gives residents an opportunity to volunteer in their communities while enjoying teamwork, exercise and beautiful roadside scenery. Safety is a primary goal for everyone, and because volunteers are so important to this Program, the following are some tips to keep you and your group safe as you cleanup County roads.

### **Suggestions for Proper Attire:**

- Volunteers must wear the safety vests provided by Gillespie County at all times during the cleanup.
- Volunteers must wear gloves to protect hands from sharp objects. Leather work gloves are suggested. This will protect against the sun and any poisonous plants or insects you might encounter.
- Only wear closed-toe shoes. Leather shoes or boots with good soles are recommended.
- Wear light-colored clothing and long pants or jeans. Wear a hat and long sleeves to avoid sunburn.

### **Road Safety Issues:**

- Assure that traffic control signs are set out before the cleanup and removed after cleanup.
- Carpool to the pickup site to reduce the number of vehicles in the right of way.
- Do not stop or park vehicles on roadways.
- Stay in the right of way. Only cross the roadway when necessary. Do not enter the roadway to pick up trash.
- Always work facing traffic. Never turn your back to oncoming cars. If you can see an out-of-control vehicle coming your way, it might be possible to avoid danger. Avoid using headsets which could interfere with hearing oncoming traffic.
- All children must be supervised. The suggested ratio is at least one (1) supervisor for every three (3) children under age 15. At least one (1) adult must be present for minors ages 15 to 18. Children under the age of seven (7) may not participate in the Program.
- Do not walk on guardrails, and do not lean over bridge railings.
- Watch your footing. Stay off of/away from steep slopes, trenches, slippery water slabs or any type of hazard.

### **Health Concerns:**

- Do not pick up anything that could be hazardous to your health. This includes needles, syringes, jagged glass, animal carcasses, or heavy objects. If in doubt, flag the item on the fence line and alert your County contact to the problem.
- Adopters are required to have a first-aid kit on hand at all times. It is suggested that one (1) or two (2) of the volunteers should be familiar with CPR and general first aid techniques in case of emergency.
- Know the phone number and driving route to the nearest hospital. If possible, carry a cell phone.
- Sunscreen and insect repellent are good to keep on hand.
- Keep a list of any allergies volunteers have, in case of an emergency.
- Avoid overexertion. Drink plenty of water. Water should be available to volunteers at all times.