



Park Clean-Up Project Environment, Health and Safety Tips

Before Beginning Outside Activities:

1. Protect yourself from the sun, by wearing a hat, sun block, and appropriate clothing.
2. Identify the appropriate personal protective equipment
 - a. Wear sunglasses or eye protection to prevent eye injuries, from dust, projectiles (e.g., wood, metal, glass, etc.);
 - b. Gloves, to protect from abrasion, cuts, chemicals, etc.;
 - c. Sturdy shoes/boots to protect feet from uneven surfaces, stones, glass, etc.;
 - d. Sun hat to protect your head from sun exposure.
3. Know what to do in emergency situations that could occur during the work (e.g., fires, injuries, etc.). Know who is in charge, where to go, who to call, the location of the first aid kit, etc.

During Outside Activities:

1. Ensure you keep well hydrated, and reapply sun protection as necessary;
2. Use appropriate insect repellent in areas in which mosquitoes and other biting insects are present;
3. Be mindful of areas where you may contain any poison ivy, poison oak, etc.;
4. Ensure your work area is kept clear of obstacles to avoid any trips;
5. Avoid restricting postures or take frequent breaks to avoid any strains.
6. **Set up a home base location in your clean up area for the large bags e.g near an existing park garbage can. Participants should fill smaller bags or buckets they bring from home; empty them into the large bags at the centralized location; and tie the tops when they are full, no need to move full large bags.**

When Finishing Outside Activities:

1. Ensure hazardous waste is separated from the non-hazardous waste. Hazardous waste will require appropriate disposal;
2. Ensure appropriate clean up of tools, equipment and your work area;
3. Don't forget to return back the clean up tools to the person in-charge.

Always work safely and be aware of your work environment and the people working around you!