

**NORTH CAROLINA WILDLIFE RESOURCE COMMISSION**  
**ADOPT-A-BOAT RAMP PROGRAM**

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**SAFETY RULES AND GUIDELINES**

**All Volunteers Must:**

- Pick up litter only during daylight hours
- Be 12 years of age to participate in a cleanup
- Obey all safety rules and guidelines
- Conduct a safety meeting for all participants prior to each cleanup and go over safety rules and guidelines for volunteers and safety procedures for litter pickup

**For Your Safety:**

- View the Colorado Meth Lab Waste Recognition Video prior to participating in a cleanup (the video is available <http://www.dot.state.co.us/AdoptAHighway/SafeVid.cfm>)
- Wear light colored clothing that covers arms and legs
- Wear leather shoes or boots and gloves
- Stay clear of any construction
- Stop work during inclement weather
- During warm weather months, drink plenty of fluids – take breaks – and avoid overexertion
- During cold weather months, dress warmly with layered clothing
- Be alert for snakes, stinging insects and poisonous plants
- Do NOT remove hazardous substances or dead animals (notify your local Adopt-A-Boat Ramp Coordinator as to the location of the item)
- Use proper lifting and bending techniques

**Volunteers Must Not:**

- Use or possess illegal drugs or alcohol during cleanup
- Pick up trash on bridges, on overpasses or in tunnels
- Pick up what appears to be hazardous material (notify your Adopt-A-Boat Ramp Coordinators if you encounter hazardous objects, holes, or other hidden objects in the ground)
- Attempt to squeeze bags to make more room for more trash (injuries can result from broken or jagged objects)

**In Case of Emergency:**

- Have an adequate first-aid kit immediately available
- Select an emergency room/hospital and know the route from the work area to the designated place of treatment facility
- Have transportation immediately available