



**ADOPT CEDAR HILL**  
**SAFETY TIP SHEET**  
**FOR VOLUNTEERS**

Below is a list of suggestions from the City of Cedar Hill to help make your cleanup experience a safe one!

- √ Have a first aid kit handy.
- √ Obey all laws and regulations, term and condition that relates to safety as required by the City of Cedar Hill for the area under clean-up.
- √ If participants are 15 years of age or under an adult over the age of 21 must be present.
- √ Wear gloves and thick-soled, closed shoes.
- √ Wear long pants and long-sleeved shirts.
- √ Wear safety vests or bright-colored clothing for cleanups.
- √ Wear sunscreen and bug repellent.
- √ Drink plenty of fluids in extreme temperatures.
- √ Be aware of your surroundings and the potential hazards associated with them (passing cars, hazardous tree branches, poison ivy, bees, etc.).
- √ Use the "buddy system" working in teams of two or three facing oncoming traffic to maximize safety.
- √ Wash hands with antibacterial soap after the cleanup.
- √ Know emergency procedures, such as the location of the nearest emergency facility and how to quickly summon an ambulance or the police.
- √ Have fun!

**DON'T**

- √ Perform any activities outside of your physical capabilities.
- √ Use power tools or motor-driven equipment .
- √ Pick hazardous materials such as hypodermic needles, sharp objects, old car batteries, animal carcasses or other unidentified, questionable objects.
- √ Attempt to move large objects – report them to the City of Cedar Hill.
- √ Schedule cleanups during peak pedestrian or traffic hours.
- √ Conduct cleanups during extremely inclement weather.
- √ Conduct cleanups near or around construction sites.
- √ Allow minor children to participate in cleanups without adult supervision.