Town of Sudbury

Board of Health

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Cleanup Day Safety

Thank you for doing your part to improve the environment and Sudbury's valuable natural resources! The Sudbury Health Department encourages all Cleanup Day participants to practice basic safety procedures during clean-up. Please be sure to read and practice the following safety tips:

- Dress according to the weather (eg. a hat and sunscreen if sunny), and wear appropriate protective clothing such as closed-toe footwear, gloves, pants, long sleeve shirts, etc. Bright colored clothing which is highly visible is recommended.

- Be aware of your surroundings and the potential hazards (i.e. poison ivy, streams, boulders, rotted trees and branches) and avoid busy roadways. Familiarize yourself with **Poison Ivy** and other poisonous plants so you can detect and avoid them. FDA Info Page: https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049342.htm

- Use your vehicle's hazard lights to increase your visibility.

- Do not lift heavy objects.

- Always use caution and don't touch anything you are unsure of, especially toxic materials, broken glass, needles, dead birds or animals etc. Leave behind any items you are not comfortable picking up. Make note of their location and notify a responsible adult and/or safety official for pick-up and safe disposal.

- Children must be supervised, and must not touch items such as broken glass, broken wood, metal, needles, or any other hazardous waste.

- Wash hands frequently.

Cleanup Day: Safety Supplies Checklist

- ☐ Work gloves
- ☐ Trash picker/grabber tools
- ☐ Latex or plastic gloves
- ☐ Trash bags and recycle bins
- ☐ Insect/tick repellent
- ☐ Orange traffic cones
- ☐ Brightly colored shirt or high-visibility safety vest
- ☐ First aid kit
- ☐ Water and Refreshments

Please note, the Town of Sudbury cannot be responsible for liability arising from clean-up activity.