



## Safety Rules & Guidelines for Trash Clean-up in Parks / Open Spaces City of Pittsfield, MA (Approved by vote of the Board of Parks Commissioners 11/16/2021)

Thank you for volunteering to participate in an organized park or open space cleanup! We want this to be a meaningful and safe experience for you and those that you are working with. Please follow these simple guidelines to avoid injury or distress when participating in our cleanups.

### Preparing

#### Ensure that you do the following:

- Dress for the weather and for protection from the elements
- Wear gloves at all times
- Wear sturdy footwear (open toe shoes are not recommended)
- Wear eye protection, a hat, sunscreen, and insect repellent
- Bring plenty of water to stay hydrated
- Charge your cell phone and bring it with you
- Be familiar with your clean-up area prior to starting
- Work with a partner or be sure to let someone know where you are
- **Follow all public health measures in relation to COVID-19**
- **Know who the Lead Organizer is and how to get in touch with them during the clean-up event**

**New for 2022: Lead Organizers MUST contact the Public Health Nurse Manager during the event permitting process for information related to safety protocols for all attendees. *The event will not be permitted until this occurs.***

### During

#### Be aware of your surroundings:

- Be sure that the weather conditions are safe
- Keep a lookout for hazards around you (such as cars, other people)
- Do not walk on roadways, steep hills, embankments, wooded areas, or uneven ground
- Do not wade into the water to retrieve items
- Be aware of people and animals present in the area

**If you come across the following items, do not touch them and report to Lead Organizer:**

**Sharp items, including needles and broken glass**  
**Syringes or other drug paraphernalia**  
**Hazardous waste**  
**Suspicious items**  
**Heavy and oversized items**  
**Encampments**



- Only pick up litter during daylight hours
- Do not trespass on private property

### **Avoid injury to yourself by:**

- Not compressing garbage or reaching into containers with hands or feet
- Ensuring that proper lifting techniques are used
- Not picking up heavy or oversized items

### **Have a plan for emergencies:**

Have a plan for potential emergencies that could arise. Be sure that your emergency contacts are in your phone and that it is fully charged before you start a litter pick up. If you are in an area with limited cellular reception, work with a partner or have another available means of communication. **REMEMBER**, always remain calm and take the appropriate action based on your situation.

## **After**

### **Ensure the proper disposal of the bags that have been used during your clean up.**

Dispose of your garbage bags in one of the following ways:

- Place bags in or near a city garbage can
- Leave bags in an area accessible by a city maintenance vehicle and alert the Lead Organizer to the location
- Place bags in your residential garbage

### **Ensure cleanliness once you have completed your litter pick up.**

Be sure to:

- When using a litter grabber; disinfect it thoroughly
- Wash your hands thoroughly
- Ensure that affected clothing is cleaned or laundered
- CHECK YOURSELF FOR TICKS!

***Thank you for your interest in keeping our city parks and open spaces clean and safe for all. We couldn't do it without you!***

### **For more information:**

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