



Tip Sheet *Volunteer Safety*

How to Use This Document

This is an accumulation of best practices and ideas that we have found to be helpful when considering volunteer's safety. They should be used as a starting point and customized based on your organization's cause and values.



Tip Sheet

Volunteer Safety

1. Dress Appropriately/Safety Gear
 - Gloves
 - Close-toed shoes
 - Old clothes
 - Goggles
 - Sunscreen & Bug Spray
2. Hazardous Materials
 - Please do not touch hazardous materials such as needles, glass, biological waste products.
 - Inform the leader if you come across anything that you feel is a hazard – we will take care of it.
3. Walking
 - Be aware of your surroundings and the footing.
 - Watch for breaks, holes or uneven surfaces in the pavement/ground.
 - Watch for any hanging branches/items – watch both eyes and ears to avoid damage.
4. Proper Lifting Techniques
 - Bend at your knees, not at your waist.
 - Do not torque your upper body: DEMO of using shovels/pitch forks & wheelbarrow and picking litter etc.
 - Do not overfill bags or wheelbarrows.
5. Equipment
 - Forks and rakes with spikes down.
 - Always keep track of your equipment and be sure that it is returned to its proper place.
6. Litter Picking
 - Do not compress garbage with your hands, in the bag. (Sharp objects)
 - Hold garbage bags by the top and away from your body to avoid contact with sharp objects that may be inside.
 - Please do not touch or pick up hazardous materials such as needles, glass, biological waste products; Inform the leader if you come across anything that you feel is a hazard – we will take care of it.
7. Weeding
 - Weed forks & garbage bags
 - Avoid damaging irrigation lines (if applicable) – you may need to adjust what tool you are using to avoid this risk.
8. Other tips
 - Be aware of your surroundings, obstacles, uneven ground, bees/wasps, etc.
 - Take breaks and stay hydrated – sit down and take care if you feel dizzy or tired.
 - If you are working on a ladder, make sure the ladder is secure, on steady ground and have a spotter.
 - Washroom facilities.