

## **Adopt-A-Block SAFETY GUIDELINES**

Participant Name: \_\_\_\_\_

1. Orange safety vests are required.
2. Always watch the oncoming traffic.
3. Obey all traffic regulations and laws.
4. Cross the street only at corners or in designated crosswalks.  
"Remember that a person walking can stop faster than an automobile."
5. When working on shoulders, park a vehicle in front of where you will be working to protect yourself from oncoming traffic.
6. Do not wear earphones while working.
7. Wear long pants and high-top hard-soled boots if possible.
8. Wear long sleeve shirts and cotton or leather gloves.
9. Wear sun screen. You will sunburn even on overcast days if you do not work outside regularly.
10. Do not work in the fog or in the dark.
11. Fill the bags no more than ½ full (fill bag so it is easily handled by one person).
12. Do not pack down the bags allow them to be loosely filled.
13. Do not pack tires or metal in the bags, leave them outside the bags neatly stacked.
14. Do not walk on slopes.
15. Back safety: Lift with your legs.

I understand the safety guidelines and have received the safety orientation.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date