



REGIONAL MUNICIPALITY
OF WOOD BUFFALO

COMMUNITY CLEANUP

**Small actions make a big impact!
Thank you for registering for
Community Cleanup.**

Scan to Report a Bag ↘



The Community Cleanup program promotes community tidiness, environmental stewardship and civic pride. Businesses, not-for-profit organizations, families, neighbours, school groups and more are encouraged to sign up for a community cleanup in the region.

Safe Cleanup Guidelines

The purpose of these guidelines is to educate volunteers on how to plan and coordinate a safe cleanup for their group and to provide the recommended resources for participants to use.

Your safety is the **number one priority** when it comes to your involvement in the program.

As the lead volunteer for the program, it is your responsibility to review and share the outlined cleanup guidelines with all participants and create a safety action plan with your group.

SAFETY BEFORE YOU BEGIN:

- Wear gloves and high visibility clothing, utilize litter picking sticks and avoid cleaning after dark.
- Assess the area and look for possible hazards and dangers. Do not wear headphones.
- Have enough supervisors for the group. The lead volunteer should follow any children so that they are always visible.
- Sort cleanup supplies to ensure garbage and recycling are collected separately.
- Pack additional safety supplies (e.g., first aid kit, phone, emergency contacts, sunglasses, water, snacks, sunscreen, bug spray, etc.).

SAFETY DURING YOUR CLEANUP:

- While walking within your cleanup location, please use identified street crossings. Only cross roadways when necessary and pay attention to vehicular traffic.
- Do not pick up debris on roadways, highways or medians and face traffic when litter picking.
- The youngest participants in your group should work closest to the fence line and furthest from road surfaces. Adults should always work between the edges of the pavement and young participants.
- Watch your footing and know and apply proper lifting techniques.
- Do not touch, disturb or pick up any items you are unsure of, such as needles, syringes, or chemical and pesticide containers. Report them to PULSE immediately by calling 780-743-7000 or toll free at 1-800-973-9663.

SAFETY FOR YOUR ENVIRONMENT:

- Plan for the day and check the weather forecast.
- Dress to weather conditions and wear clothing and protective equipment designed to reduce heat stress. Minimize physical activity in hot weather conditions. Know the signs of heat stress. Take breaks and hydrate when needed.
- Schedule activities at times less likely to experience thunderstorms, such as the morning. Watch skies for developing thunderstorms and listen for thunder. If caught outdoors far from shelter, avoid tall objects, including trees, poles, wires, and fences. Get to a safe place. Do not resume outdoor activities until at least 30 minutes after the last rumble of thunder is heard.

AFTER YOUR CLEANUP:

- Leave bags anchored or full enough so that they cannot blow away. Full garbage bags are to be tied up and left far enough off the edge of the pavement or sidewalk, so they do not interfere with traffic or pedestrians.
- Report your bags by visiting rmwb.ca/cleanup or by calling PULSE at 780-743-7000 or toll free at 1-800-973-9663 and a municipal representative will arrange disposal.
- Wash your hands.
- As a friendly reminder, you are only required to return the borrowed picker sticks and safety vests. Volunteers are encouraged to keep gloves and bags for future cleanups.

COMMUNITY CLEANUP



SAFETY BEFORE YOU BEGIN



Assess the area. Look for hazards and possible dangers.



Be prepared, be safe. Bring proper safety equipment.



Have enough supervisors for the group.



Sort garbage, recycling, and large items separately.

SAFETY DURING YOUR CLEANUP



Supervise participants and do not let children go off alone.



Do not pick up dangerous items such as needles.



Be careful near roads and watch for cars.



Do not carry heavy items alone.

SAFETY FOR YOUR ENVIRONMENT



Pay attention to surroundings and be aware of wildlife.



Check the weather. Get to a safe place if you are caught in a storm.



Minimize activity in hot weather conditions.



Know the signs of heat stress. Take breaks and hydrate.

Do not pick up any dangerous items, including broken glass and discarded needles.

If you see any needles or syringes, please report to Pulse by calling 780-743-7000 or toll free at 1-800-973-9663 immediately.



Be Bear Aware

It's springtime, which means bears are now crawling out of hibernation dens in search of food. Many areas within the RMWB are in bear territory, so we need to be aware. Below are a few key safety points to keep in mind:

- Never feed wildlife and dispose of all waste in proper waste receptacles.
- Make noise so bears can hear you coming – talk, sing or shout out when approaching a blind corner.
- Be aware of your surroundings. Don't wear headphones or anything that will interfere with your ability to detect nearby wildlife.
- Watch for signs of bear activity such as tracks or scat.
- Consider carrying an air horn or bear bells.
- Do not take pictures.
- Refrain from picking garbage in areas that have had recent bear sightings.
- Be extra aware during early morning and evening hours.
- Leash your dogs.

IF YOU ENCOUNTER A BEAR:

- Back away slowly and cautiously, but do not turn your back.
- Stay calm.
- Do not run.
- Give the bear space.
- Use an air horn, whistle or other bear deterrents.
- Stay close to those you are with.
- Talk calmly and wave your arms slowly.
- Avoid eye contact.
- Leave the area.

Situational awareness is not a skill; it's a mindset of being aware of your surroundings.



Safety Talk: Lifting

Lifting heavy items is one of the leading causes of back injury. Lifting, handling and carrying objects can result in musculoskeletal injuries including sprains and strains.

WHAT ARE SOME OF THE HAZARDS ASSOCIATED WITH LIFTING?

- Weight of the load.
- Size and shape of the load.
- Poor handles or no handles for gripping a load.
- Distance the load has to be carried.
- How long a load must be carried.
- Number and frequency of lifts complete.
- Combining lifting with other variables such as ladders, stairs and uneven terrain.

QUESTIONS TO ASK YOURSELF:

- Has anyone experienced an injury caused by lifting?
- Can you think of specific lifting tasks that may result in a risk of injury?
- Are there material handling tools available to reduce the risk of lifting?
- Does the object have to be lifted? Can PULSE be called to arrange pickup?
- How can lifting tasks be altered to minimize risk?

REDUCING THE RISK OF AN INJURY

- Test the load before lifting. Do not attempt to lift a load that appears too heavy, bulky or awkward.
- Use material handling equipment whenever possible.
- Consider two person lifts, use handles and ensure proper grip.
- Make sure the load is balanced and close to your body.
- Avoid reaching, bending and twisting while lifting.
- Reduce the number of items being carried at one time.
- Ensure your view is unobstructed and you can see where you are going.
- Pace yourself and take breaks as needed.
- Secure a load before moving it. Stop and secure a load if it becomes unstable.
- Stay clear and do not try to catch an unsecured falling load.
- Wear footwear with appropriate traction.