

Stream Clean-Up Safety Guide

Common Risks:

Poison Ivy:

- “Leaves of three, let them be”
 - Compound leaves with three leaflets
 - Grows alternate
 - May have a “waxy” appearance
- On the ground as a shrub or on a tree as a vine
 - Vine may have a “hairy” appearance
- **PPE:** Wear long-sleeves and long pants, wash exposed skin with soap or poison ivy specific soap after exposure.




Heat Illness

- Stay hydrated. Don't wait until you're thirsty to drink water.
- During hot weather, keep activities to the early morning or evening when possible.
- **PPE:** Use sunscreen, hats, and loose/moisture-wicking clothes. Drink water and/or beverages w/ electrolytes. Stay in the shade/away from paved surfaces to avoid direct sun and cool off.

KNOW THE SYMPTOMS

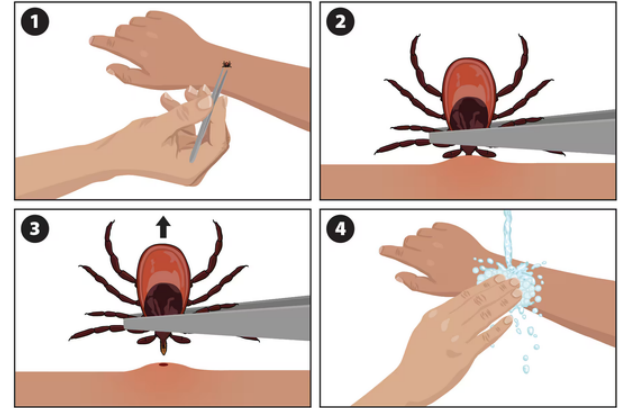
HEAT EXHAUSTION	HEAT STROKE
HEAVY SWEATING COLD, PALE, OR CLAMMY SKIN FAST, WEAK PULSE MUSCLE CRAMPS TIREDNESS FAINTING NAUSEA HEADACHE DIZZINESS	HIGH BODY TEMP HOT, DRY, OR DAMP SKIN FAST, STRONG PULSE CONFUSION LOSING CONSCIOUSNESS NAUSEA HEADACHE DIZZINESS



COOL DOWN. LOOSEN CLOTHES. SIP WATER. ← **WHAT TO DO** → CALL 911. COOL DOWN. DON'T DRINK ANYTHING.

Ticks

- Always check your body for ticks after time spent outdoors.
- If you find a tick attached to your skin, carefully remove it as soon as possible.
- Use a tick removal device or fine-tipped tweezers to firmly grasp and gently remove the tick.
- If you develop a rash, fever, or notice anything unusual, see your doctor.



Roadside Risks:

from Ohio Department of Transportation Website

- Always face oncoming traffic while you work.
- Wear a high-visibility (hi-viz) vest or bright colors
- Work together as a group. Do not separate.
- Work during daylight hours only.
- Do not cross sections of traveled roadway.
- Make sure signs are set up properly.



RESOURCES



ODOT Safety Tips



CVNP Poison Ivy Tips



OSHA Heat Illness

EMERGENCIES: DIAL 911

Stream Clean-Up Safety Guide

Basic Safety Rules:

- Do not touch hazardous materials: items containing or contaminated with bodily fluids, dead animals, glass, or other sharp materials.
- Stay alert: Avoid wearing headphones or ear buds.
- Be alert for uneven or unstable ground or surfaces.
- Wear proper PPE (personal protective equipment): protective gloves, close-toed shoes, long sleeves and pants, hats, and hi-visibility items.
- Drink plenty of water to stay hydrated and avoid heat illness.
- Follow *Leave No Trace* practices.

Safety Checklist:

Location: *Make a plan.* Where are we? Where is the closest urgent care or hospital? Where is your first aid kit?

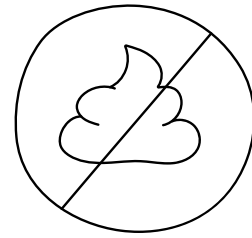
Risks: *Think ahead.* List potential hazards (ex: heat, uneven ground, steep slopes, etc)

PPE: *Be prepared.* What gear/actions are needed for safety? (ex: drink water, stretch, wear hi-visibility vest)

Who: *Strategize.* Identify who in your group has first-aid training. If there is an accident, who will alert emergency services? If they are hurt, who will call?

Basic Safety Rules

**DO NOT TOUCH
HAZARDOUS MATERIALS**



STAY ALERT.



**WEAR PROPER
PERSONAL PROTECTION
EQUIPMENT.**

