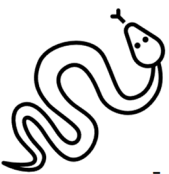


# Health & Safety Briefing

## Important Safety Rules – Please read these as a group before starting your clean-up

- **Be Prepared!** Dress appropriately for the weather, wear sturdy, closed-toed shoes, use gloves
- **Carry a first aid kit:** one is provided in the clean-up kit if you are using one
- **Always be safe:** look out for yourself and others in your team
- **Use the buddy system:** avoid working alone; if you're splitting from the group let your team leader know where you are going, carry a cellphone in case of emergencies.
- **Use caution:** never reach blindly into bushes or tall grasses to pick up litter. Always ensure you see the entire piece of litter before picking it up. Stay away from roads and parking lots. Do not go near the river or bridge.
- **Watch the weather:** stay hydrated, wear sunscreen, avoid the heat of the day, limit sun exposure, remember that weather conditions can change quickly, and coulee slopes can become slippery.
- **Prevent erosion:** stay off coulees in wet or muddy conditions to avoid causing damage.



- **Beware of:** ticks, rattlesnakes, spiders, mosquitoes, wasps, cactus, and other natural hazards.
- **Watch bag weight:** keep bags less than 10lbs – rather than overfilling, start a new bag.
- **Be visible:** safety vests and road safety signs must be used while working near roadways.

- **Beware of sharps:** broken glass, needles, or sharp-edged items should never be placed in bags. If you find a needle, please call 311 or report online through the City of Lethbridge's website [lethbridge.ca](http://lethbridge.ca) – *Report a Public Safety Issue*.
  - o **NEVER place needles or sharp objects in a plastic bag or garbage can as this puts other people at risk, especially staff responsible for picking up and changing garbage bags.**
  - o If you find broken glass or sharp objects, use a sharps container. If you do not have a sharps container, leave the glass, or sharp object where you found it and note the hazard in the final report. Ideally, take a GPS-tagged photo of the hazard and submit to Clean-up Coordinator.
- **Encampments:** if you find an encampment while participating, do not approach or dismantle it. Instead, call 311 or report online through the City of Lethbridge's website [lethbridge.ca](http://lethbridge.ca) – *Report a Public Safety Issue* **and** report the location to the Clean-up Coordinator.
- **Ticks:** at the end of your clean-up, remember to check for and remove any ticks.



For more information on River Valley Conservation in Lethbridge:  
[nature.lethbridge.ca/get-involved/conservation](http://nature.lethbridge.ca/get-involved/conservation)

# OTHER CONSERVATION PROGRAMS IN LETHBRIDGE



## Lethbridge Verdant Quest

Hark, noble guardians of our realm! The time has come to embark upon a valiant quest to restore Lethbridge's parks and river valley to their verdant glory.

Four conservation challenges await you from April to July, with badges and the spoils of victory (prizes) to be earned!

[nature.lethbridge.ca/quest](http://nature.lethbridge.ca/quest)

**Maximize your impact by getting involved with multiple conservation projects each year**

### [Adopt-A-Park](#)

Adopt your favourite park, playground, shrub bed, green strip or cemetery. The impact of your work is profound and there is no minimum time commitment. Email: [parksvolunteer@lethbridge.ca](mailto:parksvolunteer@lethbridge.ca)

Anytime

### [Yellow Fish Road](#)

Yellow Fish Road is a free storm drain painting program that promotes awareness about urban runoff pollution with various groups such as school classes, eco clubs, youth groups, neighborhood groups, or even your family/friends. [environmentlethbridge.ca/yfr/](http://environmentlethbridge.ca/yfr/)

Anytime

### [River Valley Conservation Projects](#)

Includes Coulee Clean-up, Shoreline Clean-up, Invasive Weed Pulls and the Great Lethbridge Buttpick. Find out more (and stay in the loop on other great projects and events) by signing up for the Helen Schuler Nature Centre Conservation email list: [nature.lethbridge.ca/conservation](http://nature.lethbridge.ca/conservation)

April - August

### [Environment Week](#)

Environment Week is a national event taking place in June. Get involved and show your love for the environment. [greenyql.com/get-involved/](http://greenyql.com/get-involved/)

June

### [Reuse Rendezvous](#)

Reuse Rendezvous is held twice per year, once in the Spring (May) and once in the Fall (September). Take part in this event and help reduce landfill waste and find yourself some free goods.

May & September

### [Waste Reduction Week](#)

Each year during the third week of October, Waste Reduction Week occurs across Canada. The event engages and empowers Canadians to reduce, reuse and recycle.

October

Connect with the team at [Helen Schuler Nature Centre](#) and/or [Volunteer Lethbridge](#) to learn more about how you can make a difference!