

Adopt a Highway volunteers are to follow these safety guidelines when participating in litter removal activities along Arizona's highways. Each volunteer must read this brief prior to cleanup activities. Your safety is our priority. Read about some of the more common dangers to be aware of.

- ▶ Wear light-colored, comfortable clothing and cover up as much skin as you can. Carry a handkerchief. Wear white socks, long pants and long-sleeved shirts if possible. Avoid wearing shiny jewelry or leather that may annoy bees. Avoid scented products. Gloves, hats, hard-soled shoes or boots that cover the ankles are strongly recommended. Volunteers should not wear shorts or tank tops.
- ▶ Only remove loose trash and debris (e.g., paper, plastics, cardboard and aluminum) tire shards or other bulk items may be left next to filled trash bags.
- ▶ Do not pick up anything you are unfamiliar with or that appears questionable, including any sealed bottle of any kind. These may contain methamphetamine waste or urine. Do not pick up other hazardous materials such as car batteries, animal carcasses or needles. Do not pick up glass or other sharp items that may cut you or the trash bag.
- ▶ Determine designated crossing locations prior to starting work. Cross the highway only at designated locations and cross as seldom as possible. Horseplay of any kind is not allowed. The highways are potentially very dangerous. Do not distract motorists with abrupt or erratic movements.
- ▶ Work as a group facing oncoming traffic. It is a good idea for each group to have a lookout.
- ▶ No one under the influence of alcohol or narcotics is allowed to participate in the cleanup activity.
- ▶ Use caution when you encounter cacti, animals, steep slopes, sharp rocks, insects, barbed wire, heavy traffic and any other unusual circumstances.
- ▶ Ensure that enough water is available and in sufficient quantity to meet your group's needs.
- ▶ At least one person in your group should be certified in CPR and have experience in administering first aid. Ensure that first-aid kits are available and that transportation is available to the nearest medical facility (most local fire stations offer CPR certification). If you have severe allergies to anything, always carry appropriate medicine prescribed by your physician when outdoors.
- ▶ All participants will review the Adopt a Highway Safety Guidelines prior to cleanup activities.
- ▶ Keep away from any highway construction or maintenance projects. These are ADOT's responsibility.
- ▶ Stay out of utility installations, culverts and drainage structures.



TAKE CAUTION WITH METHAMPHETAMINE MANUFACTURING WASTE



IF YOU COME ACROSS ANY OF THESE ITEMS LEAVE THEM ALONE AND TELL YOUR ADOT CONTACT WHERE YOU SAW THEM:

Large quantities of medicine boxes, sealed plastic bottles or any plastic bottles that appear to contain a questionable substance. Foil blister packs, respirator masks, rubber gloves, rubber hoses, clamps, Pyrex or Corning glass containers, pill residue (putty looking substance, pink to red in color), other containers or kitty litter bags with rubber hoses attached, red-stained cloths or coffee filters, and any containers with a powdery residue, gasoline additives, rubbing alcohol, propane bottles, Coleman fuel, ether or paint thinner may be an indication of meth manufacturing.

Possible smells of unusual strong odors like cat urine, ether, ammonia, acetone or other chemicals may be a sign of a methamphetamine lab.

WARNING: Methamphetamine makers might use a plastic soda bottle, lye, starter fluid, ammonia nitrate, ether, acetone, and strips from lithium batteries to make what is called a “one-pot method” or “shake and bake.” Production on a small scale can be very dangerous and can be highly explosive.

For more information visit the Adopt a Highway Safety Requirements section on azdot.gov. Or use the link below:

azdot.gov/business/programs-and-partnerships/adopt-highway/safety-requirements





TAKE CAUTION WITH VENOMOUS CREATURES



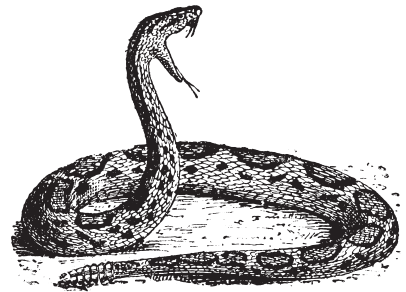
RATTLESNAKE BITES

Use caution when walking or reaching to pick up trash.

When disturbed, a snake vibrates its tail, and the rattle gives off a vibrant chi chi chi chi.

TREATMENT AND FIRST AID: If bitten by a rattlesnake, stay calm and seek medical attention immediately.

1. If bitten on the hand, remove all jewelry immediately before swelling begins.
2. DON'T apply ice to the bite site or immerse the bite in a bucket of ice.
3. DON'T use a constricting band or tourniquet.
4. Do not restrict blood flow in any manner.
5. DON'T try to capture the snake and take it to the hospital with the person who was bitten.



In the event of an emergency **call 911 or the
Poison Control Center, 800.222.1222.**



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SCORPIONS

All scorpions can sting, but only one scorpion in the US, the bark scorpion in Arizona, is classified as potentially deadly.

The bark scorpion ranges in different shades of light brown. The male bark scorpion can grow to 8 cm in length, while the female only grows to 7 cm.

If someone in your group is stung and the scorpion cannot be identified, pay attention to the signs and symptoms.

The bark scorpion sting is extremely painful, but does not usually cause swelling or redness at the sting site. If one of the other types of scorpions stings a person, victims say the pain is similar to that of a wasp, with local swelling and pain.



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BEES

Bees, wasps and yellow jackets sting to defend themselves or their nests. Avoid disturbing them. Bees may nest in cavities like holes in the ground, crevices in rocks, discarded tires, a saguaro cactus or water meter boxes. **DON'T KICK OVER A ROCK OR ROLL OVER A LOG WITHOUT CHECKING FOR BEES.** Treat all bees like you would any venomous creature; be alert and stay away from them.



- **Always be aware of your surroundings.**
- **Cover up as much skin as possible during a highway cleanup.**
- **Carry a handkerchief or scarf to cover your face if bees are swarming and you can't outrun them to safety.**
- **Wear light-colored clothing.**
- **Avoid wearing perfumes and scented lotions and sunscreens.**



If you are attacked, cover your head and proceed to a safe location, such as your vehicle. If you choose a car or truck, ensure windows are rolled up and vents are closed.



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TAKE CAUTION WITH VENOMOUS CREATURES



ANTS

Watch where you are stepping to avoid stepping or sitting on ant nests.

The severity of an insect sting reaction varies from person to person. A local reaction includes swelling and redness beyond the sting site.

The most serious reaction to an insect sting is an allergic one that requires immediate medical attention. A severe allergic reaction, or “anaphylaxis,” may include one or more of the following symptoms:

- **Hives, itching or swelling in areas other than the sting.**
- **Tightness in the chest and difficulty breathing.**
- **Hoarse voice or swelling of the tongue.**
- **Dizziness or sharp drop in blood pressure.**
- **Unconsciousness or cardiac arrest.**



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