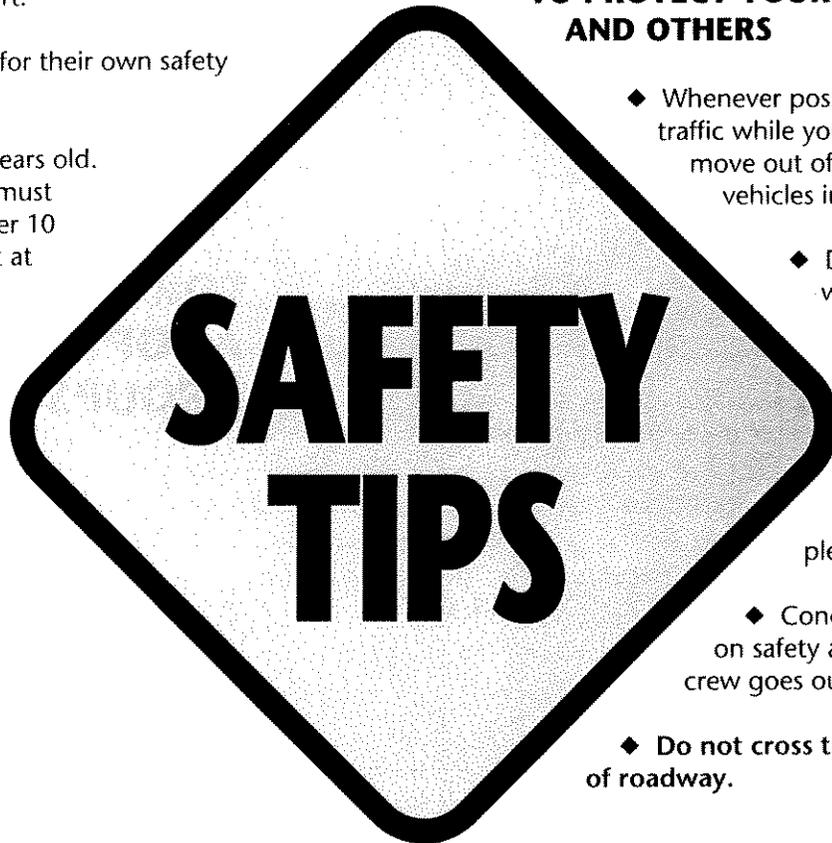


Nothing gets the litter message across more effectively than personally picking it up! Now that your group has made the commitment to clean up Hawaii, here are some important tips to keep in mind. Your safety is the top priority. The Department of Transportation will provide you with a sign identifying your group while you work, safety vests, trash bags, removal of filled bags, temporary warning signs and a safety video. You need to supply the common sense and remember the following rules of the road. Your enthusiasm and hard work to keep our state highways trash-free truly demonstrates the spirit of aloha!

ADOPT-A-HIGHWAY VOLUNTEERS MUST:

- ◆ Be in good physical condition, including sight and hearing.
- ◆ Be mentally alert.
- ◆ Be responsible for their own safety and their crew.
- ◆ Be at least 12 years old. Groups under 18 must have two adults per 10 volunteers present at all times.



FOR YOUR SAFETY:

- ◆ Knives, machetes, axes and similar objects should not be carried by crew members.
- ◆ Don't attempt to compact trash sacks to make room for more. Injuries from broken or jagged objects often result from this practice. Fill the sack with what goes in easily—then get another bag.
- ◆ Park all vehicles well clear of the roadway and at least ten feet from the shoulder's surface.
- ◆ Keep vehicles on the same side of the highway as the volunteers.
- ◆ Work one side of the highway at a time.
- ◆ Car pool to site to reduce number of vehicles.

TO PROTECT YOURSELF AND OTHERS

- ◆ Whenever possible, face oncoming traffic while you work. Be prepared to move out of the way of vehicles in an emergency.
- ◆ Don't work in bad weather.
- ◆ Work during daylight hours only.
- ◆ Avoid overexertion. Drink plenty of water.
- ◆ Conduct a refresher session on safety awareness each time a crew goes out.
- ◆ Do not cross traveled sections of roadway.

- ◆ Avoid using headsets: they could interfere with your hearing oncoming traffic or warnings.

WHAT SHOULD WE WEAR?

- ◆ Light-colored clothing and your safety vest at all times.
- ◆ Wear covered shoes—not slippers!
- ◆ Gloves are recommended.
- ◆ Wear a hat, sunglasses and sunscreen.

THINGS TO STAY AWAY FROM

- ◆ Do not attempt to remove known or suspected toxic/hazardous substances. Notify the Transportation Department or the police of the location of such items immediately.
- ◆ Do not pick up discarded syringes or hypodermic needles.
- ◆ Avoid areas where herbicides were applied that day.
- ◆ Do not pick up items on bridges, in tunnels, or on overpasses. These areas are especially dangerous to pedestrian workers.
- ◆ Stay clear of any mowing operations and maintenance/construction activities.
- ◆ Do not enter the roadway or its shoulder areas to pick up trash.

IN CASE OF EMERGENCY

- ◆ Every crew should possess an adequate first aid kit. Be prepared for serious injury. Select an emergency room/hospital, and know the route from the work area to the treatment center.
- ◆ Every crew should have transportation immediately available.

STATE OF HAWAII DEPARTMENT OF TRANSPORTATION



**PITCH IN
TO KEEP
PARADISE
CLEAN**



**FOR
ADOPT-A-HIGHWAY
GROUPS**