

## SAFETY REQUIREMENTS

When you signed your group's contract, you agreed to adhere to these safety requirements:

### Adopt-a-Highway Safety Requirements:

- Participants shall be at least 13 years of age.
- Participants under age 18 shall have parental consent to participate and must always be under close supervision and accompanied by one adult per three children
- Cleanings is to be done between 8:00 AM—4:30 PM and on days with clear weather & good visibility.
- Do not cross the roadway during pickups. Instead, concentrate on cleaning one side at a time.
- Participants should separate into groups of at least 2 persons if possible.
- Face and be aware of oncoming traffic while you work and be prepared to move out of the way of vehicles in emergency situations.
- Participants shall wear close toed shoes, long pants and long sleeves. Gloves, a hat and sunscreen are highly recommended.
- All participants are required to wear Cabinet-provided safety vests at all times.
- Avoid overexertion and drink plenty of water, especially on warm, humid days.
- Be aware of group members' allergies and bring a first-aid kit along for emergencies.
- Be aware of places where snakes may be located, such as around logs or in high grasses. Be alert for stinging bees and avoid poison ivy or oak, and noxious weeds (Canadian thistle, wild cucumber, kudzu, etc.).
- Be aware of plants that have thorns or sharp points
- Look out for nails, screws or other pieces of metal that could cut or puncture the skin.
- Do not attempt to fill bags too full or squeeze bags. Injuries can occur if objects break when the bag is too full or if the bag is squeezed.
- Hold a safety refresher session before each outing to remind participants of safety requirements and potential roadside hazards.
- Contact your local district coordinator or the phone number on the back with questions or concerns.



Thank you for participating in Kentucky's Adopt-a-Highway program!

We're grateful for your help, your service to your community and your commitment to a clean environment!

We want our Adopt-a-Highway groups to have a great experience. To do that, everyone needs to stay safe.

Included in this pamphlet is the information you'll need to identify and avoid roadside hazards as well as instructions for what to do should you encounter one.

Please review this material with every member of your group before every outing.

Remembering and understanding this information and following these instructions will help your group have fun and stay safe while participating in Adopt-A-Highway.

Thanks again for joining us. We hope you have a great time!

### ADDITIONAL INFORMATION

1. Arrangements for obtaining trash bags and required safety vests can be made at your county's KYTC maintenance facility.
2. Your county's maintenance facility may also have roadside warning signs. If available, place these signs facing traffic at either end of the roadway to alert motorists.
3. Leave bags several feet from the roadway, in a central location, and on a straight stretch of highway, rather than on curves or bridges. This will help when collecting the filled bags.
4. Park all vehicles at each end of the roadway and clearly off the right of way, preferably in a business lot or neighbor's driveway, etc. If this is not possible, park vehicles at least 10 feet from the shoulder's surface. Carpool to the site to reduce the number of vehicles.
5. Safety vests and roadside warning signs should be returned to the county maintenance facility from which they were obtained immediately after the outing.

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**ADOPT-A-HIGHWAY**

**ROADSIDE**

**SAFETY**

**INFORMATION**



**KENTUCKY  
TRANSPORTATION  
CABINET**

**PLEASE REVIEW BEFORE  
EVERY OUTING!**

## POTENTIAL ROADSIDE HAZARDS: HOW TO IDENTIFY & RESPOND

To help your group stay safe, make sure all participants are aware of, can avoid and can respond to potential roadside hazards.

### COMMON ROADSIDE HAZARDS:

1. Broken glass
2. Dead or injured animals ("roadkill")
3. Fluids in plastic bottles, bags or containers (automotive fluids, paint, bodily fluids/waste, used prophylactics etc.)
4. Heavy/large items such as a car part or appliance

Should any member of your group encounter one of these hazards follow these rules to respond safely.

1. **DO NOT TOUCH THE HAZARD.**
2. Inform all other group members of its location.
3. Have all participants keep a safe distance from the hazard. (5 feet outside arm's reach)
4. Record the location of the hazard. (Route, traffic direction, mile marker and other relevant information such as: "under a bush")
5. If possible, from a safe distance, take a photo to help further identify the hazard's location.
6. Finish cleaning and notify the local highway district office/maintenance facility of the hazard & its location when you return safety vests & supplies.

### DO NOT TOUCH THESE ITEMS



## POTENTIAL ROADSIDE HAZARDS: HOW TO IDENTIFY & RESPOND CONT.

Recently, road crews have seen an increase in illegal drug paraphernalia on roadsides. These hazards are rare but uniquely dangerous. Review this brochure & watch the video at <http://tinyurl.com/aah-safety> to help stay safe.

### HEROIN PARAPHERNALIA (NEEDLES)

To abuse heroin, some addicts inject the drug into the blood stream using syringes or needles called "sharps." Sometimes addicts will re-use or share "sharps" which creates a biological hazard. Discarded "sharps" are rare roadside hazards but they are dangerous. Sometimes sharps are found with spoons and rubber bands or tubing which are also hazardous. **DON'T TOUCH THESE ITEMS**



These hazards may be difficult to see. Finding a spoon or rubber band/tubing may mean a sharp is nearby. Sharps have been found in grass, under or amongst leaves, brush or rocks, inside or near a sign post or under/near a fence. Often, but not always, syringes & needles have a fluorescent tip. Looking for the fluorescent tip may help participants avoid sharps.

### WARNING:

Used syringes, needles and other sharps could be contaminated with blood-borne pathogens including Hepatitis B & C as well as HIV, the virus that causes AIDS. Transmission of these pathogens can occur if a contaminated sharp penetrates the skin. This injury is known as a "stick." A stick, regardless of severity or depth of penetration, is a medical emergency.

**SHOULD A PARTICIPANT SUFFER A "STICK"**  
**STOP WORK IMMEDIATELY AND**  
**SEEK EMERGENCY MEDICAL ATTENTION**

### MOBILE METH LABS

Plastic bottles are common roadside litter. BUT any bottle that isn't completely empty is a hazard. Some bottles, especially those that have been used to create an illegal drug called methamphetamine, or "meth" are more dangerous.



Bottles used in the production of meth often contain liquid and/or powdery white residue, have a cloudy or discolored appearance and may have burn marks or holes. Some may also have plastic or rubber tubing attached.

Because of the chemicals involved, bottles used to produce meth are volatile. If mishandled they can explode. Even without an explosion, the fumes and residue created by producing meth are toxic and can burn the eyes, throat, lungs and skin and can cause other health problems.

**SHOULD A PARTICIPANT SUFFER EXPOSURE**  
**TO FUMES AND/OR RESIDUE FROM A MOBILE**  
**METH LAB STOP WORK IMMEDIATELY AND**  
**SEEK EMERGENCY MEDICAL ATTENTION**

Your group is likely to find plastic bottles on your outing. **DO NOT TOUCH ANY BOTTLE THAT CONTAINS ANY LIQUID OR SOLID RESIDUE OF ANY KIND.** Only empty, transparent plastic bottles are to be picked up.

**IF ANY PARTICIPANT FINDS A BOTTLE THEY SUSPECT WAS USED TO PRODUCE METH OR A SYRINGE, NEEDLE OR OTHER "SHARP" FOLLOW THE RULES FOR COMMON HAZARDS WITH THE FOLLOWING CHANGES:**

3. PARTICIPANTS MUST STAY FAR ENOUGH AWAY TO AVOID EXPOSURE/CONTACT
6. CALL LOCAL LAW ENFORCEMENT AND 877-FOR-KYTC (877-367-5982) IMMEDIATELY
7. WAIT FOR LAW ENFORCEMENT AND/OR KYTC PERSONNEL TO REMOVE THE HAZARD