

The Unbreakable Rules

No kidding

- All required traffic signs and devices must be in place before the work begins.
- **Absolutely no alcohol or drug consumption** prior to or during the event. This includes prescription and over-the-counter drugs which might make you drowsy, slow your reaction time, or impair your vision.
- No headsets or anything else which might affect your hearing.
- Work only during the daylight hours.
- No one under the age of 12 may be onsite.
- Adequate adult supervision is required for participants between the ages of 12 and 18.
- Don't do anything to deliberately distract drivers.
- Don't pick up heavy, bulky, jagged or hazardous objects. Don't pick up syringes or hypodermic needles. If you find any, notify your team leader.
- **No horseplay! None!**



Before You Start

Make sure you...

- review safety rules.
- appoint team leaders.
- collect the required parental consent for participants between the ages of 12 and 18.
- have all adult participants sign the release form.
- distribute orange safety vests and trashbags.
- assemble a first aid kit.
- review emergency procedures.
- prepare a supply of water and snacks if needed.
- arrange for carpools to the pick-up site.

When You Arrive

at your adopted road everyone must...

- park well off the road so that oncoming drivers can see clearly.
- understand the plan of action for the day.
- agree on a meeting time and place.



Tips From The Pros

Our crews work in the roadways every day. Here are some of their tips:

- Work on one side of the road at a time.
- Avoid crossing the road as much as possible.
- Whenever possible, face oncoming traffic.
- Be alert! Be prepared to move quickly in an emergency.
- Stay away from construction sites, construction equipment, bridges, culverts, and retaining walls which might be dangerous for pedestrians.
- Know what poison oak looks like and avoid it.
- Don't overdo it. Bring along adequate water and take frequent short breaks.
- Look out for one another.
- Above all, remember...

SAFETY FIRST





Working along the roadway can be dangerous! You cannot depend on drivers to drive at the posted speed or be alert to your presence. And Mother Nature can take her toll, too. It is very important that you take the safety precautions required by your permit and that you observe the rules and tips outlined here.

Who Should Participate?

You must be...

- at least 12 years old.
- in good health, including eyesight and hearing.
- mentally alert.

What Should You Wear?

Everyone needs...

- work gloves.
- leather shoes or boots with good traction.
- light or bright colored clothing.
- long pants and long sleeves (poison oak and berry brambles!)
- hat, sunscreen, and insect repellent for warm weather.
- water-repellent poncho or jacket for those rainy Oregon days.

Adopt-a-Road Safety Guide



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