



Safety Resources for Volunteer Coordinators

Many coastal communities are engaging volunteers to participate in beach clean up of man-made debris in anticipation of oil residue coming ashore from the Deepwater Horizon oil spill incident. The following resources are provided to assist volunteer coordinators in managing the health and safety of participants. Participants should be encouraged to wear closed-toe shoes (no flip-flops or bare feet), and cotton or leatherwork gloves to protect hands when picking up debris.

Heat Stress

- Ensure that water is available for participants and encourage regular consumption even when they may not be thirsty.
- OSHA Heat Stress Quick Facts Card- <http://www.osha.gov/Publications/osha3154.html>
- OSHA Worker Fact Sheet- http://www.osha.gov/OshDoc/data_Hurricane_Facts/heat_stress.pdf

Sun Exposure

- Participants should be encouraged to wear sunscreen (SPF 30 at least) and reapply periodically.
- Hats, sunglasses, and other appropriate clothing should be worn.
- OSHA Sun Protection Fact Sheet- <http://www.osha.gov/Publications/OSHA3166/osha3166.html>
- NIOSH Hazards to Outdoor Works- UV Radiation Information <http://www.cdc.gov/niosh/topics/uvradiation/>

Insects & Other Wildlife

- OSHA Insects, Rodents & Snakes Quick Facts Card- http://www.osha.gov/Publications/rodents_snakes_insects.html
- CDC Poisonous Plant Information- <http://www.cdc.gov/niosh/topics/plants/>
- WebMD Information- Jellyfish Stings- <http://www.webmd.com/a-to-z-guides/jellyfish-sting>
- WebMD Information- Sting Ray Injuries- <http://firstaid.webmd.com/stingray-injury-treatment>

First Aid Basics

- Mayo Clinic First Aid Resources
 - Anaphylaxis (severe allergic reaction)- <http://www.mayoclinic.com/health/first-aid-anaphylaxis/FA00003>
 - Blisters- <http://www.mayoclinic.com/health/first-aid-blisters/WL00008>
 - Bruise- <http://www.mayoclinic.com/health/first-aid-bruise/FA00039>
 - Cuts/Scraps- <http://www.mayoclinic.com/health/first-aid-cuts/FA00042>
 - Chest Pain- <http://www.mayoclinic.com/health/first-aid-chest-pain/FA00036>
 - Fainting- <http://www.mayoclinic.com/health/first-aid-fainting/FA00052>
 - Puncture Wounds- <http://www.mayoclinic.com/health/first-aid-puncture-wounds/FA00014>
 - Insect Bites & Stings- <http://www.mayoclinic.com/health/first-aid-insect-bites/FA00046>

