

VOLUNTEER SAFETY INFORMATION

Please see the Acknowledgment and Assumption of Risks & Release and Indemnity Agreement for additional information on the risks, hazards, and dangers of these volunteer activities, and your responsibilities.

PERSONAL HEALTH

Please let crew leaders and supervisors (agency staff) know of any health concerns you may have or that may develop during the project (back problems, allergies, blisters, heart problems, heat related illnesses, altitude sickness, sprains, strains, breaks, etc.). If you have any questions please call the CDTA. (888-909-CDTA)

Dehydration Staying hydrated is the SINGLE MOST IMPORTANT thing you can do to help prevent many issues such as heat exhaustion and heat stroke, altitude sickness, fatigue, poor judgment and decision-making, frostbite and hypothermia. Make sure you drink at least 4 quarts of water each day. Drink water even if you are not thirsty. Your urine should be clear (unless taking vitamins) and you should be urinating often! Avoid coffee and alcohol the day before and during your project. Start drinking water a day or two before your project. Use a purifier to treat your water. Giardia and other water born organisms can cause serious illness.

High Altitude Altitude affects everyone differently. Be aware of signs of altitude sickness including headache, light-headedness, dizziness, nausea, staggered gait, slurred speech, and slow thinking, among others. Left unchecked, specifically at high altitudes, Altitude Mountain Sickness (AMS) can progress to cerebral or pulmonary edema and possibly death. *Note that altitude sickness can occur as low as 7,000 feet.*

Heat Exhaustion and Heat Stroke Cramping, dizziness, and profuse sweating are some of the signs and symptoms of heat exhaustion. If you feel any of these quit what you are doing, get shade and drink water or preferably some sort of electrolyte replacement such as oral hydration salts or Gatorade type drinks. Left unchecked, heat exhaustion can progress to heat stroke, which can be fatal.

Hypothermia and Frostbite It doesn't have to be the middle of winter to fall victim to these two conditions. Drink lots of water and eat snacks throughout the day. Avoid cotton clothing as much as possible since cotton will not insulate you when wet. Wear layers of synthetics such as polypropylene, Coolmax, and others. These types of fabrics will insulate when wet and will "wick" moisture away from your body. If you notice you are shivering, have slurred speech, staggered gait, or have a difficult time thinking clearly, let someone know as you may be on the road to hypothermia. Start drinking something hot, change into dry layers, eat something and seek warm shelter. For frostbite in snow/cold areas, keep an eye on each other and keep covered up. If you see whitish spots on your fingers, toes, cheeks, ears etc. and/or can push in on your skin and it leaves a dent, get those places warm. Prevention is the key to both of these conditions!

Sunburn and Snow Blindness Again, these conditions are preventable! Use sunscreen and glasses whether you can see the sun or not. Use sunscreen that is at least 15 SPF or higher. Snow and water reflects the sun and can sunburn your eyes leaving you with the feeling like someone poured sand in your eyes.

HAZARDS

Lightning Lightning is a serious threat! Often you are the tallest object around and, as a member of a trail crew, you are working with metal tools. No matter where you are, an open meadow or high on a ridgeline, get down low. Avoid single trees, metal objects, and openings of caves or overhangs. A group of trees is safer than one tree. Get yourself low, get on a foam pad, and seek safe shelter. If you are up high above tree line or on a ridge descend immediately. Don't wait for the lightning to find you. Get to safety before you see lightning. When a storm moves in, you move down!

Rock Slides and Snow Fields At times you may be working on steep talus or scree slopes. Natural rock falls are common. During these situations set up a spotter for each crew. Some areas have year-round snowfields. Although beautiful, they can be dangerous. If any new snow falls, they are apt to slide.

Wildlife Deer, moose, elk, bear and mountain lions are among the many animals that inhabit the areas up and down the CDT. Please be careful to pack up all food scraps and be wary of the unpredictable behavior these animals may exhibit should you encounter them. Store all food and items with a flavor or fragrance in a "bear safe" manner. Make yourself aware of current practices should you encounter a bear or mountain lion. Contact your local fish and wildlife office for current information. Do not approach any wildlife! This is their home and we are the visitors. Smaller wildlife such as marmots, pikas, squirrels and beavers need to be respected. They can and will bite or attack to defend their homes.

Certain poisonous reptiles and insects inhabit these areas also. Stay aware of where you walk and place your hands. Rattlesnakes are common throughout all areas the CDT covers. Insects such as scorpions inhabit the desert areas as well. **Let your trail crew leader know if you are allergic to other insects such as bees, wasps, yellow jackets, etc.**

Moving Water Take extra precautions when crossing even small streams. Moving water carries a great deal of force and can sweep you away in an instant. When crossing a stream make sure someone on land watches you. Also, keep your footwear on as cold mountain-fed streams numb your feet and carry rocks and debris that can cut your feet. Face upstream at an angle while moving your feet side to side (for example, moving from river right to river left you would move your left foot, set it down firmly, then move your right foot next to your left). Use a long piece of wood or a hiking staff to balance in front of you (always have two points of contact at a time). Do not cross one leg over the other as you can lose your balance. Undo any hip belts on large daypacks or backpacks so you can discard them if you are swept away. If you do get swept downstream, ditch your backpack and position yourself so that your feet are pointed downstream. With your feet pointed downstream, you can push off of rocks or other debris and avoid hitting them with your head.

PETS AND MISCELLANEOUS ISSUES

Personal Pets Please note that pets are not allowed on CDT projects.

Food and Medicinal Allergies It is **CRITICAL** that you inform your agency and/or CDTA hosts if you have any known allergies to certain foods and medicines! If you carry prescription medicines and/or devices such as Epi pens, Ana Kits, kits/insulin injections for diabetes or inhalers for asthma, etc. You are required to self-administer medications. Make sure you let your crew leader/host know before the project about these issues and where you store these items while on the project!

REQUIRED WORK CLOTHING

The CDTA works closely with land management agencies. These agencies have a great deal of experience in building and maintaining trails. They have developed a list of personal protective clothing and equipment designed to guard against the hazards commonly faced in our working environments. Some items, such as hard hats and safety glasses are supplied by the agencies. Proper clothing and footwear must be supplied by you. Please be aware that you will need to have a long sleeved shirt and long pants, as well as sturdy leather boots to participate in trail maintenance and construction activities. Without such attire you will not be able to perform certain work tasks.