

**Pitch-In Smiths Falls, April 17 - May 2 2010**  
Safety Tips and Instructions

**PLEASE SHARE THESE INSTRUCTIONS WITH YOUR GROUP**

***Please Come Prepared***

Wear gloves, sturdy shoes (no sandals), long pants, hats, and sunscreen

Participants may want to bring water bottles

If you are working near a road or railway, consider wearing orange safety vests or a reflective band

The following tools are recommended:

- a long pole or stick with a nail in the end for grabbing trash

- three-prong cultivators or rakes

- a utility knife (one for the group - useful for snagged items)

- small buckets or bags that can be emptied into a large garbage bag

- a small, disposable container with lid for broken glass (e.g. peanut butter jar)

***REAL Will Supply You With:***

garbage bags - plain and yellow pitch-in bags. Clear one for recyclables.

some vinyl or other gloves for those who have forgotten to bring their own

a bucket to hold supplies and use for broken glass.

this instruction sheet and a Group Leader Report Form to complete

you will be asked to pick up your supplies prior to your cleanup at The REAL Deal Store and Environment Centre, at 85 William St. W. (across from the Railway Museum), phone 283-7999.

***Please Think Safety at all Times***

Closely supervise your group, especially children.

- Do not allow children in wooded areas or near the water.

- Do not go on private property unless you have permission.

Remind participants to be careful around parked cars, or along roads or driveways.

Do not carry heavy or bulky items.

- Wash hands thoroughly before eating or after collecting garbage.

***Hazardous Items***

**DO NOT PICK UP HAZARDOUS ITEMS SUCH AS DISCARDED NEEDLES OR CONDOMS. THIS IS A SERIOUS HEALTH RISK.**

**Notify organizers of any hazardous items, and we will send a designated person to collect them.**

**Be cautious of: broken glass, sharp or rusty metal, and partially submerged aerosol cans. Consider having the leader or just one person responsible for these items. IF IN DOUBT, DO NOT PICK IT UP.**

**Pitch-In Smiths Falls, April 17 - May 2, 2010**  
General Instructions

**General Instructions**

If your group has not pre-registered, please do so.

Make sure you have your supplies, Instructions, and Group Leader report

Go over all instructions, particularly safety instructions, with your group.

Clean the area you are assigned thoroughly before moving on to any other area.

Pick up all garbage except for the hazards mentioned under Hazardous Items .

Place the garbage into separate bags: recyclable items (bottles, cans, and plastic drink bottles) only in clear bag, and other garbage in the yellow Pitch-In bags, or regular green garbage bags, and place in pile near the road or parking lot.

If in doubt about a recyclable item, or if it is particularly dirty, place it with the regular garbage.

Make sure at least one yellow Pitch-In bag is clearly visible ..

**After the Clean Up**

**Fill out your Group Leader Report**

Submit the Group Leader Report (see bottom of form for options).

Notify us of hazardous or bulky items to be picked up.

Return any unused bags or other supplies to The REAL Deal Store, 85 William St. W.

If we don't get your garbage count, we will be contacting you.

Thank your group for a job well done!

**Thank you for Pitching-In to Clean up Smiths Falls**

**Questions?**

Cathryn Davidson : (613) 283-9819 [cnddavidson@cogeco.ca](mailto:cnddavidson@cogeco.ca)

Brenda King : (613) 283- 4416 [bking16@sympatico.ca](mailto:bking16@sympatico.ca)

Rideau Environmental Action League

Box 1061, Smiths Falls On K7A 5A5

[info@REALaction.ca](mailto:info@REALaction.ca)

web: [www.REALaction.ca](http://www.REALaction.ca)

[info@realacton.ca](mailto:info@realacton.ca)

REAL Deal Store: (613) 283-7999

Environment Centre: (613) 283-9500

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**Group Leader Report**

Cleanup Location: \_\_\_\_\_

Number of bags collected: garbage: \_\_\_\_\_ recyclables \_\_\_\_\_

Number of participants in your group: \_\_\_\_\_

Did you find any hazardous or large materials you could not collect? no yes

If yes, please describe briefly and give location:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Any other unusual finds?

\_\_\_\_\_  
\_\_\_\_\_

Other comments? (e.g. Types of garbage found? Were waste receptacles available?  
Was the area too large to handle etc?)

\_\_\_\_\_  
\_\_\_\_\_

Group Name:

\_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please remember to return any unused supplies. **We REALLY want to know how much you collected and how many people participated**, so please:

bring form to the REAL Environmental Centre, 85 William St., West (across from the Railway Museum) and Thursday, Friday or Saturday 10 – 4 p.m. or drop in black mailbox at front of building

or e-mail information to [bking16@sympatico.ca](mailto:bking16@sympatico.ca) or [info@realaction.ca](mailto:info@realaction.ca)

or call Cathryn Davidson (613) 283-9819 or Brenda King (613) 283-4416

**We will be calling you if we don't hear from you!**