



GROUNDING & BOUNDLESS

# ADOPT-A-PARK

SAFETY MANUAL

AND

INTEREST FORM



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# Bag It, Move It, or Leave It?

## Adopt-A-Highway Instructions for Handling Roadside Litter

### BAG IT

**1. These items may be placed in a bag.**

- A. Small items made of paper, cardboard, plastic, styrofoam, wood, rubber, glass, or metal provided that the item does not have sharp edges.
- B. Small, empty containers provided that the item does not have sharp edges.

**Adopt-A-Highway participants are encouraged to redeem recyclable items.**

### MOVE IT

**1. These items should be placed alongside your stacked bags at the edge of the shoulder.**

- A. Items with dull, pointed edges that might tear a bag.
- B. Large items that would prevent a bag from being properly tied closed.
- C. Heavy items that could tear a bag, provided that the item can be moved without causing physical injury.
- D. Containers that are not empty *if* the contents won't spill when moved *and* you can identify the product as one that is not hazardous. If you suspect that an item contains urine, do not move it.

**If in doubt, leave the item alone!**

### LEAVE IT

**1. These items should be left where found without taking further action.**

- A. Sharp, large, or heavy items that could cause physical injury if moved.
- B. Any item in an unsafe location (within six feet of a traffic lane, on unstable ground, etc.).

**2. Report these items to the Caltrans representative listed in your Encroachment Permit that day, or on the next working day, during normal business hours. You may leave a voice message.**

- A. Items you are not permitted to bag or move that will not be easily visible to the Caltrans crew collecting your filled bags. (If possible, place a filled bag near to the item to mark its location.)
- B. Securely closed items containing hazardous substances.\*

**3. Report these items to the Caltrans representative listed in your Encroachment Permit that same day. If you are unable to speak directly to a Caltrans employee, call 911 to report the item.**

- A. Any item that you cannot identify and suspect may be hazardous.
- B. Unclosed or leaking items containing hazardous substances.\*

**4. Call 911 if you find the following kinds of items. If you do not have access to a cell phone or call box, then someone other your group's safety leader, must leave the site to make the call. Then, unless advised to leave the area, the safety leader must stay at the site until a California Highway Patrol officer (or a Caltrans representative) arrives.**

- A. Items with hazardous material labels.\*
- B. Items that could pose an immediate danger.\*
- C. Items that could be crime-scene evidence.\*

**Keep a safe distance away from the item and do not disturb it in any way!**

*\*See back for examples.*

**If an item you find has a strong odor, leave the area immediately and call the appropriate authority.**

Items of Concern				
ITEM	LEAVE IT	LEAVE IT AND CALL CALTRANS DURING BUSINESS HOURS*	LEAVE IT AND CALL CALTRANS THAT DAY**	LEAVE IT AND CALL 911 IMMEDIATELY***
<b>Miscellaneous Items</b>				
Broken glass	X			
Any item that you cannot identify and suspect may be hazardous			X	
<b>Hazardous Substances</b>				
Spills of liquid or powdery substances			X	
Fuels		X if securely contained	X if open or leaking	
Motor oils, transmission fluids, petroleum products		X if securely contained	X if open or leaking	
Antifreeze		X if securely contained	X if open or leaking	
Batteries		X if securely contained	X if open or leaking	
Flares		X		
Paints		X if securely contained	X if open or leaking	
Aerosol cans (that are not empty)		X		
Human urine, feces, bloody waste (gauze, etc.)		X if securely contained	X if open or leaking	
Syringes, labeled medicines (aspirin, prescription drugs, etc.)		X		
Animal carcasses		X		
<b>Extremely Hazardous Items /Possible Crime-Scene Evidence</b>				
Bloody items that may be crime-scene evidence				X
Explosives, possible bombs (capped pipes, wrapped packages, etc.)				X
Weapons (guns, knives, etc.), unspent ammunition				X
Items with hazardous material labels (see examples below)				X
Unlabeled medicines, marijuana, drug paraphernalia				X
Animals that may have been poached				X

\* Report these items to the Caltrans representative listed in your Encroachment Permit that day, or on the next working day, during normal business hours. You may leave a voice message.

\*\* Report these items to the Caltrans representative listed in your Encroachment Permit on that day. If you are unable to speak directly to a Caltrans employee, call 911 to report the item (see instructions below).

\*\*\* If you do not have access to a cell phone or call box, then someone other your group's safety leader, must leave the site to make the call. Then, unless advised to leave the area, the safety leader must stay at the site until a California Highway Patrol officer (or a Caltrans representative) arrives. Keep a safe distance away from the item and do not disturb it in any way! Report the incident to your District Adopt-A-Highway Coordinator on the next business day.



**Caltrans Representative to Call if You Find Hazardous Substances**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

\*This document has been included for reference to helpful guidelines only.

# Asthma Attacks

Asthma is a chronic illness involving the respiratory system in which the airway occasionally constricts and becomes inflamed, often due to one or more triggers.

An acute episode of asthma is often called an "attack" or "flare." Some people develop asthma symptoms in very cold weather (cold allergy). Others develop symptoms during strenuous exertion (exercise-induced asthma).

Asthma varies a great deal from one person to another, ranging from mild to severe, and can be life threatening. Episodes can occur infrequently or very often.

## *Triggers of Asthma Include*

- allergies
- air pollution
- infections
- emotional excitement and stress
- crying or laughing too hard
- smoke
- cold weather
- strenuous exertion

## *Symptoms to Look For*

- coughing
- bluish skin
- victim unable to speak in complete sentences without pausing for breath
- nostrils flaring with each breath
- wheezing (a high-pitched whistling sound during breathing)

## *What to Do*

- the victim should rest and take physician-prescribed asthma medicines
- help the victim if he is unable to use his inhaler or administer prescribed medication without assistance
- help the victim into a comfortable breathing position, which is usually sitting upright
- in the case of a severe prolonged episode, seek medical attention immediately

# Anaphylaxis

Anaphylaxis is a severe allergic reaction. It can be especially dangerous because it can develop quickly and cause extreme, life-threatening breathing difficulties.

Anaphylaxis is an emergency condition requiring immediate professional medical attention. CPR and other lifesaving measures may be required. This may include placing a tube through the nose or mouth into the airway (endotracheal intubation) or emergency surgery to place a tube directly into the trachea (tracheotomy).

## *Symptoms Include*

- rashes
- hives
- itching or burning skin
- difficulty breathing
- wheezing
- low blood pressure
- swelling of hands, tongue, and pharynx

## *Expectations*

Anaphylaxis is a severe disorder with a guarded prognosis (expected outcome). Symptoms may resolve with prompt treatment. However, death may occur even with treatment.

## *What to Do*

Antihistamines, such as diphenhydramine, may be given to reduce symptoms if vital signs are normal, there are no difficulties breathing, and the only symptoms include itching, hives, and/or rash.

Epinephrine is the most effective treatment for anaphylaxis. It is given by injection and/or inhalation. This opens the airways and raises the blood pressure by constricting blood vessels. Some patients may have prescribed epinephrine (usually an epi-pen). Assist the patient if they are not able to use the epinephrine injector or inhaler themselves.

Use epinephrine and call for an ambulance if there is wheezing; swelling of the pharynx, soft palate, or tongue; or signs of low blood pressure, confusion, weak pulse, or a rapid heartbeat.

## *Complications*

- cardiac arrest (no effective heartbeat)
- shock
- respiratory arrest (absence of breathing).



## Seizures

A seizure is usually defined as a sudden alteration of behavior due to temporary changes in the electrical functioning of the brain. Symptoms may vary depending on the part of the brain that is involved, but seizures often cause unusual sensations, uncontrollable muscle spasms, and loss of consciousness.

### *Symptoms to Look For*

- uncontrolled jerking movements. The patient may fall to the floor
- the patient may have a high fever or evidence of a head injury
- the body may become stiff, and teeth may be clenched. There may be foam at the mouth
- a medical identification tag, bracelet, or necklace indicating that the patient has epilepsy or another chronic disease

### *What to Do*

- if seizure is prolonged or patient has one right after another, call an ambulance immediately
- lay the patient flat with his face to one side to allow any saliva or vomitus to drain from the mouth
  - check for breathing, as the airway could become blocked
- clear the area of any objects that the victim could hurt themselves with, and protect the head from injury
- allow the patient to rest after the attack
- stay calm

### *What NOT to Do*

- DO NOT restrain the patient's movement more than necessary to prevent harm
- DO NOT force any objects between teeth. Never put your fingers in the patient's mouth
- DO NOT give anything to eat or drink until the patient has fully recovered
- DO NOT allow bystanders or friends to crowd around

## Animal Bites

First control bleeding. Flush the wound immediately to remove saliva and cleanse thoroughly with mild soap and cool water for 5 minutes. Cover with a sterile pad or clean cloth. Instruct the victim not to move the affected area until a physician has been consulted. Consult the doctor for concerns on rabies and tetanus infection.

If the victim has been bitten by an unknown animal, including cats, dogs, raccoons, coyotes, foxes, rats, mice, squirrels, skunks, or bats, the animal should be captured alive so that it can be tested for rabies. If necessary, notify police and animal control authorities. If the animal cannot be caught or is killed, the victim may have to undergo anti-rabies treatment.

### **Insect Bites and Stings**

Wash thoroughly with soap and cool water. Apply a paste made of baking soda and water or use calamine lotion. For swelling, cover the bite with a very cold wet cloth.

### **Bee Stings**

Treat as for ant, bedbug, chigger, and mosquito bites. Remove and discard the stinging apparatus and venom sac. You can remove the apparatus by either scraping it off with your finger nail/flat object (i.e., credit card) or by plucking the apparatus out with your thumb and forefinger. If there is a severe reaction, seek medical help

### **Black Widow**

A shiny black spider with long legs, 3/4 of an inch in size, marked on the underside of the abdomen with a red hourglass-shaped spot.

*Symptoms May Include:*

- severe pain
- nausea and muscle cramps
- fever
- profuse sweating
- breathing difficulties
- tingling or burning sensations may spread throughout the body

### **Brown Recluse**

A brown spider, 1/2 to 5/8 of an inch in size with long legs and a dark brown fiddle-shaped marking on the back.

*Symptoms May Include:*

- severe pain
- possibly followed by chills
- fever
- joint pain
- nausea and vomiting

## **Tarantula**

A large hairy spider, which may accompany imports of bananas and fruits from South America.

- severe wound
- intense pain at the bite site; generalized body reactions are uncommon

### *Treatment*

1. Keep the victim quiet and warm.
2. Be sure the bite is below heart level.
3. Watch closely for breathing difficulties.
4. Begin rescue-breathing techniques, if necessary.
5. Place a constricting band 2" to 4" above the wound.
6. Be sure it does not bind too tightly.
7. Check for a pulse below the bite site.
8. If a pulse is not evident, loosen the constricting band until a pulse can be felt.
9. Apply a very cold wet cloth to the affected area.
10. Get medical help as soon as possible.

### ***NOTE: Interventions should include responses to:***

- ***anaphylactic shock\****
- ***allergic manifestations***
- ***tetanus prophylaxis***

\*Anaphylactic Shock is a severe allergic reaction that involves more than one body system. A typical allergic reaction may cause itching or some wheezing in the lungs, but an anaphylactic reaction will cause both or a combination of several other less common symptoms.

## **Ticks**

A tick is a small leathery black or dark brown insect that may attach itself to the skin or scalp. It may carry Lyme Disease, an inflammatory bacterial illness.

**Caution:** If fever, headache, and chills develop a few days after finding an attached tick, consult your physician.

### *Treatment:*

1. Remove a tick from your skin as soon as you notice it.
2. Use fine-tipped tweezers to firmly grasp the tick very close to your skin.
3. With a steady motion, pull the tick's body away from your skin.

4. Avoid crushing the tick's body.
5. Scrub the area with soap and water for 5 minutes.
6. Search the entire body for other possible tick sites.

Don't use petroleum jelly, a hot match, nail polish, or other products to remove a tick

## External and Internal Bleeding

### *What to Do For External Bleeding*

Apply direct pressure: Place a clean folded cloth over the injured area and firmly apply pressure. If blood soaks through the cloth, cover that cloth with another one and continue to apply pressure to the wound.

### **Internal Bleeding**

Internal bleeding results when blood vessels rupture, allowing blood to leak into body cavities. It could be a result of a direct blow to the body, a fracture, a sprain, or a bleeding ulcer. If a victim receives an injury to the chest or abdomen, internal bleeding could be suspected. They will probably feel pain and tenderness in the affected area.

### *Other Symptoms to Watch For*

- cold, clammy skin
- pale face and lips
- weakness or fainting
- dizziness
- nausea
- thirstiness
- rapid, weak, and irregular pulse
- shortness of breath
- dilated pupils
- swelling or bruising at the site of injury

The more symptoms that are experienced, the more extensive the internal bleeding is.

### *What to Do for the Victim*

1. Check for an open airway and begin rescue breathing, if necessary.
2. Call for medical help as soon as possible, and keep the victim comfortable until help arrives.

# Eye Injuries

## Foreign Bodies, Corneal Abrasions, and Lacerations of the Eye

You can treat many minor eye irritations by flushing the eye, but more serious injuries require medical attention. Injuries to the eye are the most common preventable cause of blindness; so when in doubt, err on the side of caution and call for help.

Routine irritations, such as dirt, sand, and other "foreign objects" on the eye surface:

### *Treatment*

1. Wash your hands thoroughly before touching the eyelids to examine or flush the eye.
2. Tilt head over a basin or eye wash station with the affected eye down, and gently pull down the lower lid; open your eyes as wide as possible.
3. Gently pour a steady stream of lukewarm water across the eye. Sterile saline solution can also be used.
4. Flush the eye for up to 15 minutes, checking the eye every 5 minutes to see if the foreign object has been flushed out.
5. Since a particle can scratch the cornea and cause an infection, a medical doctor should examine the eye if irritation continues.
6. If a foreign object is not removed by flushing, it will probably be necessary for a trained medical practitioner to flush the eye.

### *What NOT to Do*

- **Do NOT** try to remove any "foreign object" except by flushing.
- **Do NOT** touch, press, or rub the eye, and do whatever you can to keep victim from touching it.

Embedded Foreign Object (Penetration of the Globe of the Eye):

1. Call for emergency medical help.
2. Cover both eyes if the object is small; use eye patches or sterile dressing for both. If the object is large, cover the injured eye with a small cup taped in place and cover the other eye with an eye patch or sterile dressing. Keep all pressure off the eye.
3. Keep the victim as calm and comfortable as possible until help arrives.

### **Chemical Burns of the Eye**

Many chemicals can damage the eye. If you get a chemical in an eye and you know what it is, look on the product's container or safety data sheets (SDS) for an emergency number to call for instructions.

1. Flush the eye with lukewarm water for 15 to 30 minutes. If both eyes are affected, wash them both.
2. Call for emergency medical help.

3. Call your local poison control center for specific instructions. Be prepared to give the exact name of the chemical, if available.
4. Cover both eyes with sterile dressings and keep them covered until help arrives.

## Cuts and Scrapes

Minor cuts and scrapes can usually be treated without a trip to the ER. It is important to treat them properly though to avoid infection. If the cut is from an animal or human bite you should seek professional medical attention. Here are the steps to take to treat minor cuts and scrapes:

- Stop the bleeding - Apply pressure to the area and if possible elevate the wound. If the cut is bleeding severely, blood spurts from the wound or the bleeding will not stop after applying pressure for 10 minutes, you should seek professional medical help. If the cut is deeper than  $\frac{1}{4}$  of an inch or is gaping open, stitches will probably be necessary.
- Clean the wound - Use clean water to rinse the cut thoroughly. Using soap or any type of cleanser could irritate the cut. A wash cloth and soap can be used to clean the area around the cut.
- Apply medication to the area - An antibiotic ointment should be applied to the area to help the wound to heal faster and to help fight off any type of infection.
- Dress the cut - Apply a bandage to the area to keep the wound clean. Change the dressing daily or as needed and apply the antibiotic cream each time.
- Watch for infection - Keep an eye on the wound area for possible infection. If the area doesn't heal properly or the area becomes swollen, irritated or red, see your doctor.

## Temperature Extremes (Hot and Cold)

### Frostbite

Frostbite is damage caused to skin and other tissues due to exposure to extreme cold. Hands, feet, nose, and ears are the body parts most likely to be affected by frostbite

#### *Treatment*

- Take the victim indoors, if possible
- Remove any wet clothing they may be wearing
- **DO NOT** try to warm the frostbitten area if there is any chance that it will refreeze
- Immerse the frostbitten parts in warm (100 ° F to 105 ° F) water until they regain their pink color. If warm water is not available, wrap the affected parts gently in a sheet and warm blankets and keep the parts elevated
- **DO NOT** rub or massage the frostbitten area. This could cause gangrene (decay of body tissue when the oxygen supply is obstructed) to set in

- **DO NOT** try to warm the victim with a heat lamp or hot water bottle or place him near a hot stove. This could also cause gangrene
- **DO NOT** break any blisters the victim may have because the blisters may become infected
- If the victim is conscious and is not vomiting, give him warm liquids to drink to help the warming process
- After the frostbitten parts are warmed, have the victim exercise them to maintain good circulation in those areas
- If toes or feet are frostbitten, do not let the victim walk until they are warm. Walking with frostbitten tissue could cause gangrene just the same as rubbing can
- A doctor should be seen as soon as possible to make sure the parts heal properly

## **Hypothermia**

### *Symptoms to Look For*

The initial symptom of hypothermia is vigorous and uncontrollable shivering.

### *As Hypothermia Progresses*

- Dizziness
- Lightheadedness
- muscular stiffness
- difficulty in moving

### *If No Treatment is Given*

- slurred speech
- slow pulse

•memory loss

If still no treatment is given, death can occur.

### *Treatment*

- the body temperature must be raised slowly. Warming the victim's body too quickly could cause tissue damage
- take the victim indoors or to an area of shelter
- if the victim's clothes are wet, remove them and replace them with warm, dry clothes as soon as possible
- the victim may want to wrap up in a blanket and sit near a heater or fireplace until warm
- give the victim warm liquids (e.g., hot apple cider, soup, etc.) if they are fully conscious
- the victim should not drink liquids that contain caffeine
- make sure the victim gets medical attention as soon as possible

## **Heat Cramps:**

Description: Heat cramps are the most common type of heat related injury and probably have been experienced by nearly everyone at one time or another. Heat cramps are muscle spasms which usually

affect the arms, legs, or stomach. Frequently they do not occur until sometime later after work, at night, or when relaxing. Heat cramps are caused by heavy sweating, especially when water is not replaced quickly enough. Although heat cramps can be quite painful, they usually don't result in permanent damage.

Prevention/First Aid: Drink electrolyte solutions such as Gatorade or plenty of water during the day and try eating more fruits such as bananas to help keep your body hydrated during hot weather. Call 911 or contact your supervisor immediately if the person becomes ill.

## **Heatstroke**

Hyperthermia, also known as heatstroke or sunstroke, is usually caused by excessive exposure to heat. The heat-regulating mechanisms of the body (mainly perspiration) become overwhelmed and body temperature climbs uncontrollably. This is a medical emergency that requires immediate attention.

### *Symptoms to Look For*

The symptoms of heat stroke include:

- high body temperature
- lack of sweating, with hot red or flushed dry skin
- rapid pulse
- difficulty breathing
- strange behavior
- agitation
- disorientation
- seizure

### *Treatment*

- cool the body of a heatstroke victim immediately
- if possible put him in cool water; wrap him in cool, wet cloths; sponge his skin with cool water or use ice or cold packs
- once the victim's temperature drops to about 101°F, you may lay him in the recovery position\* in a cool room
- if the temperature begins to rise again, you will need to repeat the cooling process
- if they are able to drink, you may give them some water
- **DO NOT** give a heatstroke victim any kind of medication
- you should watch for signs of shock while waiting for medical attention

## **Heat Exhaustion**

Heat exhaustion is a heat-related illness which can range from mild muscle cramps to heat stroke. Heat exhaustion occurs when the body's normal cooling mechanisms start to fail and the body begins to overheat. You might be more susceptible to heat exhaustion or heat stroke if you have experienced a heat related illness in the past. Causes of heat exhaustion and stroke include:

- Extreme outdoor or indoor heat and high humidity



- Moving from a cool area into a hot area and not having adequate time to adjust to the temperature change
- Wearing heavy and/or restrictive clothing during high temperatures
- Extreme physical work or exercise
- Dehydration
- Other illnesses which cause diarrhea, vomiting and fever leading to a weakened state

*The most common symptoms of heat exhaustion include:*

- Slightly increased body temperature
- Heavy sweating with cool, clammy pale skin
- Feeling fatigued, faint and/or dizzy
- Dark colored urine which is a sign of dehydration
- Dry mouth
- Muscle cramps
- Headache

First aid should be administered quickly. Move victim to a cool place inside or in the shade and have them lie down. Loosen clothing and provide cool drink of water or sports drink (avoid caffeine and alcohol drinks). Give victim a salty food such as a saltine if available. Massage and stretch the victim's muscles. When possible, victim should take a cool bath or shower. If after 30 minutes of treatment there is no relief, medical help should be contacted.

Heat stroke is very dangerous and can cause organ or brain damage and even death. Usually, heat stroke progresses from a milder condition such as heat exhaustion and is generally brought about by an extremely high heat index combined with dehydration. The body's normal temperature control system shuts down when heat stroke strikes. The main symptom is an elevated body temperature of 105°F or more accompanied by disorientation, nausea and sometimes coma.

*Additional signs include:*

- Headache
- Rapid heartbeat
- Shallow, rapid breathing
- Lack of sweating despite the heat
- Fainting

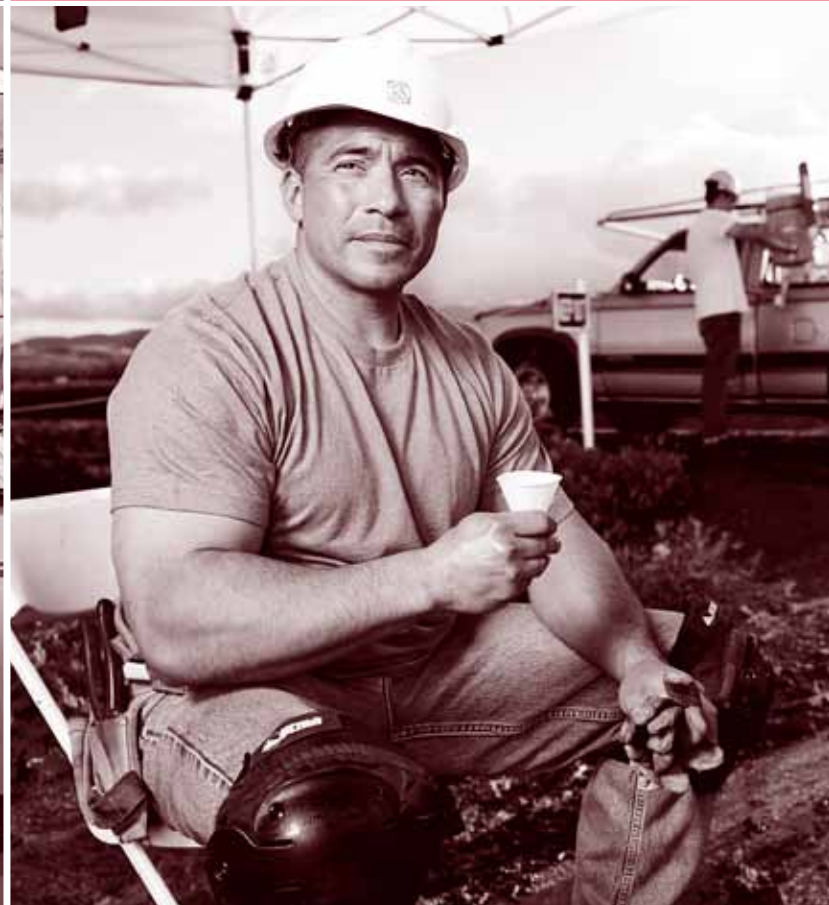
Prompt first aid for heatstroke is essential. Call 911 immediately and then begin to administer first aid until help arrives.

- Move the victim to a cool spot in the shade or an air-conditioned building and remove any unnecessary clothing
- Soak the body with cool water from a garden hose or with wet sponges while fanning them
- Apply ice packs to the neck, armpits and groin area to assist the body in cooling down
- Provide cool water or other non-alcoholic beverage if they are able to drink it. Remember time is of utmost importance when dealing with heatstroke!



# WATER. REST. SHADE.

*The work can't get done without them.*



**A HEAT SAFETY FACT SHEET**

# Two types of heat illness:

## Heat Exhaustion



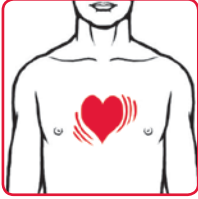
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



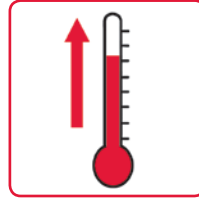
Cramps



## Heat Stroke



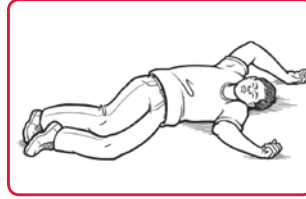
Red, hot, dry skin



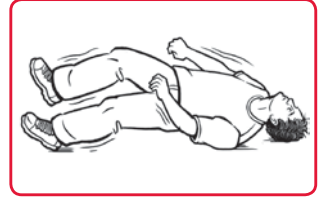
High temperature



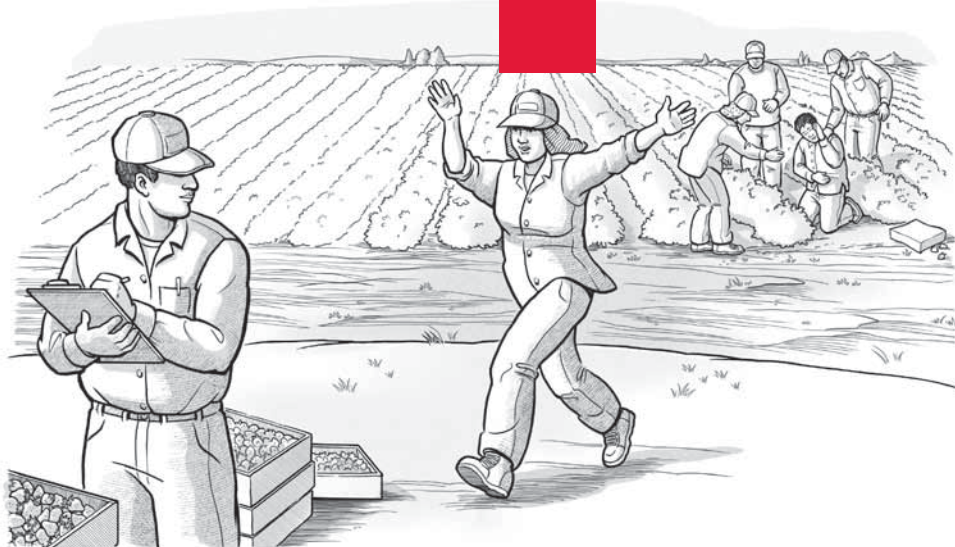
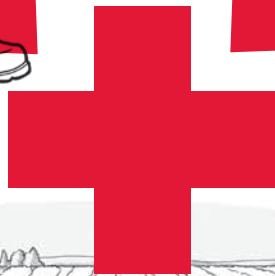
Confusion



Fainting



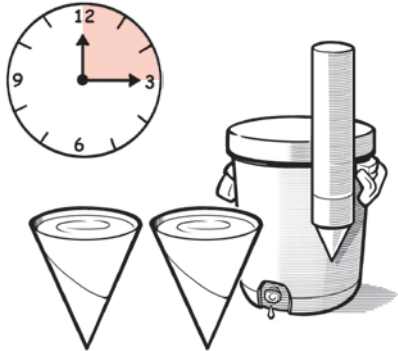
Convulsions



***Heat kills – get help right away!***

# Stay safe and healthy!

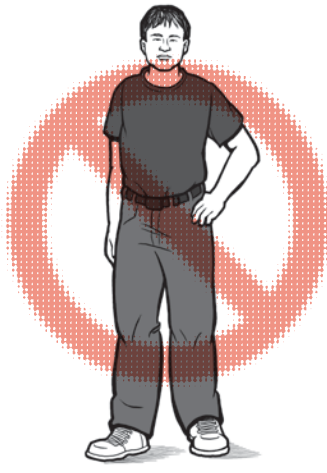
Drink water even if you aren't thirsty – every 15 minutes



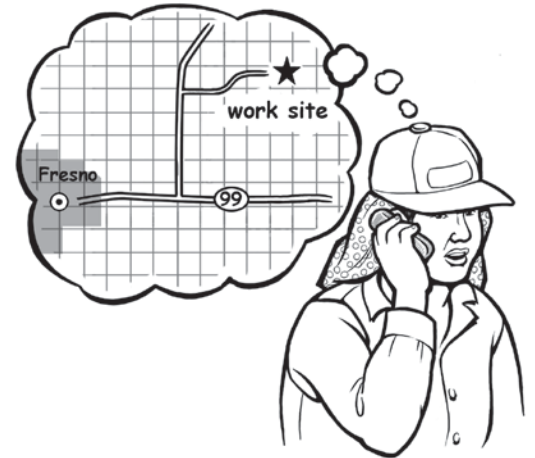
Watch out for each other



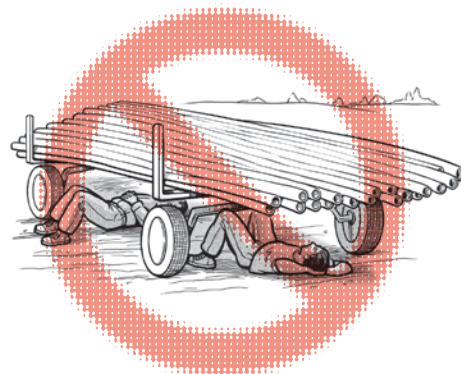
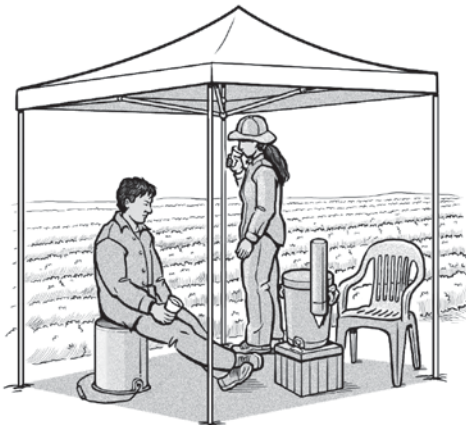
Wear a hat and light-colored clothing



Know where you are working in case you need to call 911



Rest in the shade

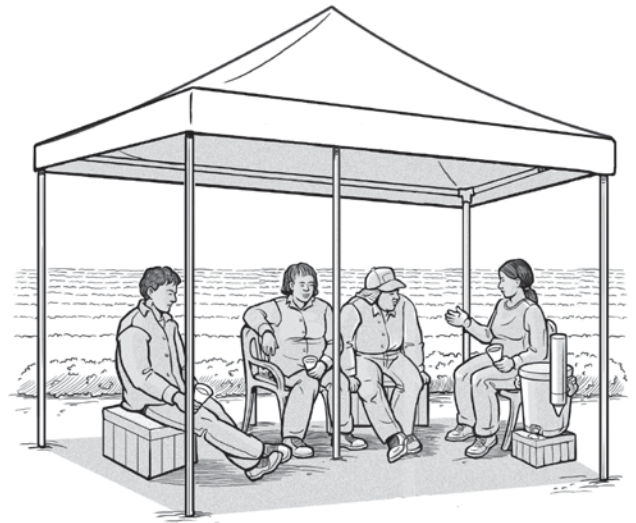


# Heat illness can be prevented!

By law, your employer must have:



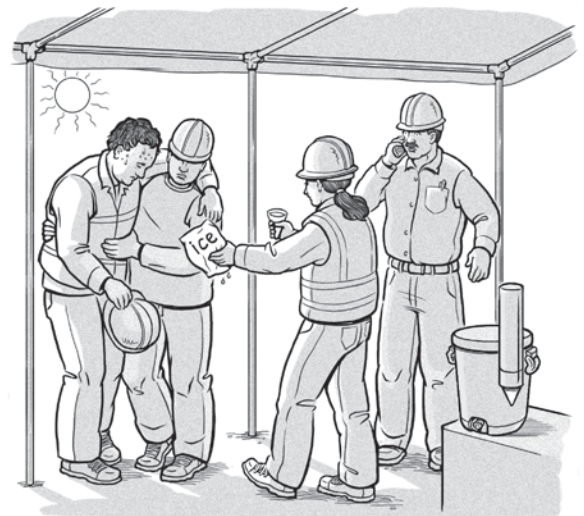
**Water**



**Shade and Rest**



**Training**



**Emergency Plan**



*For more information, call the Heat Helpline:*

**1-877-99-CALOR (1-877-992-2567)**

*Your call is confidential!*



[www.99calor.org](http://www.99calor.org)

## Learn to see Hazards

Hazards are everywhere. Though you might not view your workplace as particularly 'hazardous', dangers are often there. You may have just become accustomed to them and aren't seeing them.

### **Learn to see hazards**

Once you train yourself to spot hazards, you'll notice them all around you. They may not always be obvious or immediate concerns, but they can still pose a risk to you and your coworkers. The sooner they're fixed, the better.

Spotting hazards is all about anticipation. Start to ask yourself, 'If I take this action, what might happen?'

This applies to everything from working with dangerous chemicals and manufacturing machines to simply walking through your worksite.

Picture yourself walking around a corner with your hands full. When you ask, 'What might happen?' you can anticipate risks like someone else turning the corner at the same time. Then you can take simple steps – like taking a wider turn – and completely avoid the risk.

Plenty of hazards will be much more serious, but this same way of thinking can help you spot and avoid them. Just be willing to speak up when you see them to keep your coworkers safe.

### **Unseen/forgotten hazards**

Your workplace may have policies in place for major hazards, but many hidden issues can still put you at risk.

**Lighting** A burnt-out bulb can keep hazards in the shadows. Even if you're not the one to fix it, report this hazard right away.

**Temperature** Plan ahead and dress appropriately for the temperatures you'll experience on the job. Watch out for other possible hazards caused by temperature, like early morning dew on concrete.

**Air quality** Similar to temperature, make sure exhaust fans are running

**Overexertion** This is the number one cause of work-related injury. Report stress or strain on your body from heavy lifting or repetitive motions and talk to your supervisor to be sure you are performing these actions safely.

For more tips on learning to see, check out the latest visual literacy research from the Campbell Institute at [thecampbellinstitute.org/research](http://thecampbellinstitute.org/research).

### **See hazards at home**

Ask yourself, what are the items in my home that I think are harmless but could pose a hazard in the wrong hands? Prescription opioids, cleaning supplies and other potentially harmful substances should be stored up and away and out of sight from children and pets. Rugs should be secured and your walkways should be free of clutter. If you see an issue, clean it up or fix it right away to keep your loved ones safe.

## References

<sup>1</sup> According to *Injury Facts*

<https://injuryfacts.nsc.org/work/work-overview/top-work-related-injury-causes/>

## Valley Fever

Valley Fever is a disease caused by breathing in the spores of a fungus called *Coccidioides*.

- A fungus is a member of the plant family. Mold and mushrooms are other examples of the fungus group of plants.

### *What causes Valley Fever?*

- Breathing fungal spores that grow in undisturbed soil
- Spores are lifted into the air from naturally occurring winds, dust storms, earthquakes and other activities natural and man-made that disturb the top few inches of soil
- Once in the air the spores can travel miles infecting those in it's path
- During the dust storm in Bakersfield in 1977, several hundred cases as far north as Sacramento and San Francisco were identified.

### *Symptoms*

- Fatigue
- Cough
- Fever
- Shortness of breath
- Headaches
- Muscle aches
- Joint Pain
- Rash on upper body or legs
- Flu-like symptoms that last longer than usual

### *Diagnosis*

- Early in the disease, diagnosis is difficult because the symptoms may be mild and resemble many other diagnoses
- Blood tests and fungal cultures are used
- Skin tests can determine if a person has been exposed to the fungi, but the test is not very specific or sensitive
- Other tests like MRI, CT scans, bone scans, etc may be used
- Consult a Physician early!

### *Treatment*

- Most people do not require treatment for their infection and their body takes care of the fungus on it's own (50-60%)

- Treatment is based on how severe the disease and other factors (diabetes, cancer treatment, etc)
- The most serious cases are patients who develop severe pneumonia right after the infection, pneumonia that doesn't go away and anytime the fungus leaves the lungs and goes to other places in the body (disseminated disease).
- Your doctor will utilize a combination of physical examinations, laboratory tests and imaging to prescribe medications and follow progress

There is no risk of catching this disease from a person who has the disease.

Once a person becomes infected with Valley Fever they cannot pass the fungus on to anyone else by coughing, sneezing, sharing food, using the same eating utensils/drinking glass, coming in contact with the persons clothes or bedding, or any other typical way of catching a disease.

Valley Fever can only be caught by breathing in spores that are in the air that were growing in the ground. Naturally occurring winds and other activities (to a lesser extent) release the spores into the air which are then inhaled when we breathe air. After entering our body through our lungs, the fungus changes to a different form called a spherule which cannot be passed on to others.

#### *Factors which increase the chance of catching Valley Fever*

- Length of time you have been living in Kern County-longer time increases risk
- Duration of time spent in dusty conditions-longer exposure the greater the risk
- Being caught in a dust storm
- Activities that involve intensive contact with undisturbed soils
- Duration of time spent outdoors

#### *Environmental Conditions*

- Unless you already had Valley Fever, you are at risk of getting this disease by living, working, playing or passing through an area where the fungus is growing. For all residents of Kern County, it has been estimated that you have a 1-3% chance per year of acquiring Valley Fever.
- Valley Fever is and always be in the soil in Kern County.
- Our weather patterns are perfect for Valley Fever

#### *Kern County Risk Factors*

- Area of the county that you live, work or play in.
  - The West side of Kern County (I-5 corridor) which includes Taft, McKittrick, Maricopa, Buttonwillow has the highest risk for acquiring Valley Fever
- June-December are the months that most Valley Fever cases occur. Typically, the risk begins to increase in June and continues upward until it peaks during the Fall.
- Risk for men is 14 times higher than females. People of African or Filipino descent are more likely to get the disease.
- Risk for persons 15-44 is 1.6 times higher than all other age groups combined

*What type of work environments increase the risk of Valley Fever?*



- All workers on sites where the fungus is present and who are exposed to dusty conditions and wind-blown dusts are at increased risk
- Fungal spores can survive down to 12" of soil
- Any work activity that disturbs the soil
  - Digging
  - Grading
  - Earth moving
  - Vehicle operation on dirt roads

*Work Practices to prevent Valley Fever*

- Adopt site plans and work practices which reduce exposure Minimize the area of soil disturbed
- Use water, appropriate soil stabilizers, and/or re-vegetation to reduce airborne dust
- Stabilize all spoils piles by tarping or other methods
- Keep vehicle windows and vents closed
- Suspend work during heavy winds
- When exposure to dust is unavoidable, NIOSH approved respiratory protection or HEPA in accordance with Cal/OSHA Respiratory Protection standard.

*Practices to prevent Valley Fever*

- Clean tools, equipment, and vehicles before transporting offsite
- If clothing is contaminated with dust, use coveralls, change rooms or showers
- Think about who does your laundry! Spores on dusty clothing can be aerosolized putting someone else at risk.
- Practice good hygiene when skin or clothing is soiled by dust
- Limit consumption of drinks and food
- Work upwind from dusty areas when feasible
- Wet clean dusty equipment when feasible
- Personal Protective Equipment
- Consider mask, respirator, (even a wet bandana or scarf will help!)
- Consider overalls or Tyvek suits to protect clothing
- STAY OUT OF DUSTY CONDITIONS WHENEVER POSSIBLE!

References:

- <http://kerncountyvalleyfever.com/>
- <https://www.cdph.ca.gov/Programs/CCDC/DEODC/OHB/HESIS/CDPH%20Document%20Library/CocciFact.pdf>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Coccidioidomycosis.aspx>
- <https://www.cdc.gov/fungal/diseases/coccidioidomycosis/index.html>



## Kern County General Services – Parks and Recreation Adopt-A-Park Interest Form

The Adopt-A-Park program is for individuals, families, businesses, clubs, and other organizations interested in assisting with the maintenance and beautification of our parks by providing general upkeep through trash pickup, graffiti/gum removal, and minor maintenance.

The Kern County General Services – Parks and Recreation will work with the adopting group to determine which park will be adopted for a one-year term. Parks will be available on a first-come, first-served basis. If the Adopter is not meeting the terms or requirements set by the County Parks and Recreation, the County may terminate the agreement. The Adopt-A-Park program will also be a pilot program for those groups who wish to secure a long-term relationship with the County as a formal non-profit friend of the park group. At the end of the year, the County will assess the criteria necessary to qualify and decide to enter in a long-term agreement or continue the Adopt-A-Park program until all criteria is met.

A designated County of Kern representative will meet with the Adopter at the adopted park site at the start of the sponsoring period to discuss cleanup and answer any questions the volunteers may have. The County will provide signage, gloves, bags, and trash pickup/hauling. All volunteers must complete a safety training provided by the County before a cleanup, **no exceptions**. A County Parks and Recreation representative will decide on a schedule with the help from the lead volunteer for a designated period of time. All cleanups must be done during daylight hours.

The Adopter will be responsible for:

- Obtaining the required supplies from the Kern County General Services – Parks and Recreation designated pick up location during regular business hours (8am-5pm Mon-Fri).
- Keep track of the number of volunteers and hours performed on a monthly or bi-monthly basis.
- Making sure that all youth participants are given adequate adult supervision.
- Placing filled trash bags near existing trash containers for disposal by the County
- Notifying the County and designated representative of any safety hazards, concerns, or if equipment or grounds need attention or repairs.
- The lead Volunteer is responsible for making all volunteers/participants sign the liability waiver as well as conducting safety briefings with the provided material from the County of Kern.
- Adopter will call (661) 323-7273 to report any graffiti found in the park.



GROUND  BOUNDLESS

## Kern County General Services – Parks and Recreation Adopt-A-Park Interest Form

Desired Start Date: \_\_\_\_\_

Preferred Location: \_\_\_\_\_

Second Choice: \_\_\_\_\_

Third Choice: \_\_\_\_\_

Are you a part of an organization or Agency? \_\_\_\_\_

If yes, which Organization/Agency?  
\_\_\_\_\_

Number of volunteers: \_\_\_\_\_

Lead volunteer name ( must be at least 18 years of age):  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Do you plan on Monthly or Bi-Monthly clean-ups? \_\_\_\_\_

Additional Comments: \_\_\_\_\_

**PLEASE SUBMIT THIS FORM TO:**

County of Kern  
General Services Division  
Parks and Recreation  
1115 Truxtun Avenue  
3rd floor  
Bakersfield, California 93301



TEAR HERE

