



Safety instructions for the National Cleaning Day

- ✓ The present instructions **must be read and understood** by all those taking part in the National Cleaning day, under ‘Let’s do it, Romania!’.
- ✓ **The team leader** presents these norms to the members of their team and makes sure of the good understanding of these instructions.
- ✓ **All the members of the team** must avoid to get exposed to risks, to protect themselves and to take care of the team they are part of, according to the present instructions.

Equipment

- The volunteers should have **appropriate clothes for this type of activity** (e.g. sport clothes, preferably long trousers);
- The volunteers should have **appropriate clothes for the weather conditions** (e.g. rain, wind, sun);
- The shoes should protect the foot** (thorns, damaged roads, rocks) and be comfortable, allowing an activity of 6 hours;
 - any type of high heel shoes, sandals or flip flops are **forbidden**;
- We suggest **accessories**(earrings, bracelets, necklaces) as simple as possible or even avoiding them;
- We suggest using light **backpacks**, with the minimum needed: water, food, chocolate, candies or any type of food that can offer energy, hygienic objects;
 - the activity will become considerably more difficult by a heavy backpack or by objects that do not permit using both hands.

Personal protection during the cleaning activity

- Wearing **rubber gloves** during the collecting process is **mandatory**;
- The objects that represent a danger will be handled with maximum care** (sharp, blunt, massive, toxic substances or materials in unstable positions);
- The volunteers **must avoid dangerous zones !** (e.g. slopes, the road)

Medical conditions/ physical effort

- It is recommended that all the participants to the event to have eaten in the morning to make it possible for them to sustain the activity for 6 hours;
- Those that suffer of a certain **affection** (cardiacs, hipertensivs, asthmatics etc.) must communicate this information to the Team leader;
- When the volunteers feel **an accentuated fatigue or fainting** they will interrupt the activity and will address the Team leader;
- In case of **accidents**, the volunteers must let the Team leader know about their seriousness;
- The team leader will have a medical Emergency Kit;
- In case you observe **that a team colleague is missing**, announce immediately the Team leader; the activity of collecting waste will cease until the finding of the team colleague;
- In case of a **major accident**, call immediately the **112** emergency service and inform a LDIR representative.

Underaged volunteers

- In order to participate, **the underaged volunteers** must present an **agreement** signed by their parents, legal guardian or a teacher;
- The participants who are **not yet 16** must be accompanied by a parent, legal guardian or a teacher;
- The underaged volunteers will not touch the dangerous objects(sharp, blunt, unstable)!

Special dispositions

- It is **strictly forbidden the consumption of alcoholic beverages** 12 hours before the activity (☹);
- It is strictly forbidden the consumption of **hallucinogenic or substances forbidden by law** 24 hours previous to the activity (☹);
- It is strictly forbidden to **offend** or to use **a biased language** or an **abusive and inappropriate behaviour** towards the people you interact with during the activity of the project (☹);
- In case of discovering a human body you will announce immediately the 112 emergency service and will wait for the police from the area of the place it was found in; you will also inform a LDIR representative;
- In case of discovering an unarmed missile, the volunteers will distance themselves from the place and immediately announce the 112 emergency service; also, a LDIR representant will be informed; in no circumstance the objects will be moved.

(☹) The organizers, and also the Team leader, have the right to exclude from the team the person or persons that do not respect this norm.