



How to Prepare For Your Clean-up

- Before venturing out, discuss with your team:
 - Park boundaries, how to stay safe, and the importance of safety
 - The reasons and benefits why you are picking up litter
 - How to separate garbage and dispose of litter properly. Bring blue bins out for recyclable materials, consider how to separate compost from regular garbage (please note- clear garbage bags for recycling must be emptied into blue bins to be collected by regional garbage collection)
- Count how many people are part of your team
- Use the safety tips below to ensure that all participants understand how to stay safe.
- Take photos of your team in action to use on invites for future events and/or to share with the neighbourhood, the media or with us at the City of Kitchener.
- Have fun and celebrate your success!

Clean-Up Safety Tips

As the Earth Day Clean-up organizer, it is your role to ensure your clean-up participants are safe. Please note that neither the City of Kitchener nor the event sponsors can be responsible for liability arising from your clean-up activity. Please ensure participants follow the following safety tips:

- Dress according to the weather (eg. a hat and sunscreen if sunny), and wear appropriate protective clothing such as closed-toe footwear, gloves, etc.
- Be aware of your surroundings and the potential hazards (i.e. poison ivy, streams and branches) and avoid roadways and shorelines.
- Do not lift heavy objects.
- Always use caution and don't touch anything you are unsure of, especially toxic materials, broken glass, needles, dead birds or animals etc. Leave behind any items you are not comfortable picking up. Make note of their location and call the number below to report you are leaving them behind.
- Children must be supervised, and must not touch items such as broken glass, broken wood, metal, needles, or any other hazardous waste.
- Call 519-741-2345 to report items that are too large or unsafe to pick up. Please use this number to have your full bags picked up from your clean-up site. Please place all full bags together in an accessible location for easy pick up by staff.
- If you find needles or other hazardous materials at your clean-up location, please call Region of Waterloo at 519-575-4400. We do not encourage you to pick up any hazardous materials. Information on safe handling of these materials is included at the end of this tip sheet.

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Tips To Be Future Friendly!

1. Try to minimize your usage of paper and plastics. Use re-usable bags, and try to purchase items with as little packaging as possible. Don't forget to properly separate your garbage and recyclables.
2. Instead of using paper towels, try using washable cloths. If every Canadian replaces just one roll of paper towels, we could help save 544,000 trees!!
3. Use re-useable lunch containers, water bottles, rechargeable batteries.
4. Buy local or organic foods when possible. Organic foods are mindful to our environment and health!
5. Check out your Carbon Footprint to measure you're impact on the environment. You can do so at: www.nature.org/initiatives/climatechange/calculator

Remember, the only cure is you!

For more tips on how to be future friendly, visit:

www.davidsuzuki.org / www.earthday.ca

**Thank you for taking the time to be involved!
Your time and energy are greatly appreciated!**

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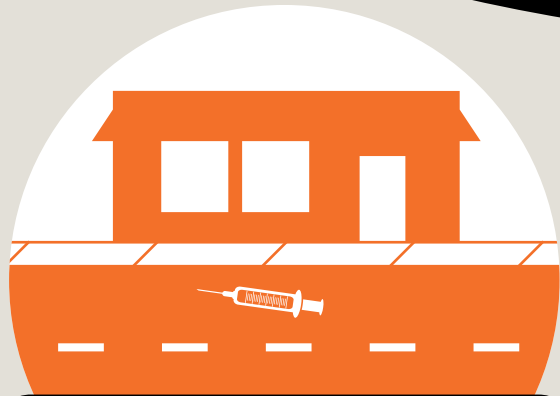


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I found a needle. Now what?

Where you found the needle determines the next step.



On the side walk, street, or boulevard:



On city property (park, trail, facility):



On my property:

Call 519-575-4400

Steps to safe needle disposal

- Treat all needles and drug equipment as contaminated
- Do not try to recap the needle or break the tip off
- Do not flush needles down the toilet or put them in the garbage or recycling box

Equipment

- Gloves (latex, vinyl, garden)
- Tongs
- Plastic container or sharps container

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Put on gloves to protect yourself from fluid contamination (they won't protect against punctures or cuts).
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Bring a puncture proof, sealable container to the site of the needle and place on a flat surface. Sharps containers are available at and can be returned to Region of Waterloo Public Health.
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Pick up the needle with BBQ tongs or tweezers by the middle of the plastic tube with the sharp end facing down. If there are multiple needles, pick them up one at a time.
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Place the needle in the container sharp end first and close the container tightly.
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Remove gloves and wash your hands with warm water and soap or use hand sanitizer.
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Bring the container to a 24-hour safe sharps disposal bin located outdoors at:
99 Regina Street South, Waterloo
Region of Waterloo Public Health
150 Main Street, Cambridge
Region of Waterloo Public Health
159 Ainslie Street, Cambridge
Simcoe House
310 Charles Street East, Kitchener
John Howard Society
Laurel and Pepler Street, Waterloo

I got poked by a needle. What do I do?

Remain calm. Allow the wound to bleed freely. Wash the wound with soap and water. Apply a sterile, waterproof bandage. Seek immediate medical attention by calling your physician or going to the hospital.



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES