

City of Mill Valley Volunteer Work Description and Field Safety

General Work Description for Maintenance Volunteer Programs

The City of Mill Valley undergoes dozens of projects across the City to support habitat restoration, clean-up and maintenance of flower beds and nurseries, trail maintenance, building and grounds maintenance and/or landscaping projects. The work may include the use of gardening tools such as rakes, shovels, brooms, trowels, shears, picks, hand saws and other hand tools.

Designated workdays will be published each month of the City website: www.cityofmillvalley.org and any additional equipment needed by the volunteers will be posted accordingly.

Field Safety

Projects will be coordinated by the City of Mill Valley's Volunteer Coordinator. During projects, staff will provide volunteers with a safe work environment and will identify any potential hazards in the working area. While we strive to create the safest environment possible, it is impossible to eliminate all potential hazards when working outside on trails or around plants. Here are some helpful hints to avoid any discomfort.

- **Be Prepared, Dress Appropriately!** Wear long pants and long sleeves as well as closed-toe shoes (no flip-flops or sandals). Layer your clothing for changing weather. Bring a water bottle and sunscreen.
- **Ticks:** Ticks are common insects in areas where there deer and other animals are found. They are common carriers of Lyme disease. Check your clothes and body after working outside.
- **Yellow Jackets:** Yellow jackets are very common in Marin County and are found in trees and natural areas. If you see multiple yellow jackets flying around avoid the area. Once disturbed they can sting repeatedly.
- **Poison Oak:** Poison oak is found everywhere, all year long. Everyone should learn how to recognize it, it can be identified by the pattern of three-leaves. If the oil from poison oak should touch your skin it can cause an irritating rash.
- **Heat Exhaustion:** Drink plenty of water when working outside. If you feel tired or light-headed sit down and rest in the shade.
- **Sun Exposure:** You can burn on a cloudy day, so wear a hat and sunscreen.
- **Tool Safety:** Be aware of the tools you are using. Make sure you are a safe distance from other volunteers.
- **Wear Gloves:** You may come across broken glass and other sharp objects while you are working. Protect yourself by wearing gloves at all times.