

Health & Safety Recommendations For Persons Working in Clean-Ups of Lake St. Clair & its Tributaries

Recommendations

The following recommendations are intended to reduce your exposure to contaminants and the subsequent potential for injury or disease while engaging in activities and projects to clean debris from the Lake St. Clair shoreline and its tributaries.

Personal Health Issues

- You should have no open wounds or cuts.
- Immunizations should be current; especially Tetanus (within 10 years).
- A first-aid kit should be available.

Wearing Apparel Suggestions

- Wear gloves and protective clothing to prevent cuts and abrasions. (Arms and legs are vulnerable areas).
- Use sunscreen and wear proper apparel to protect against sunburn or sunstroke.
- Wear safety boots or shoes with sturdy soles to prevent punctures. Try to keep the lower extremities dry.
- If full body immersion occurs, go to a site to wash yourself thoroughly and put on dry clothing. Be sure to thoroughly cleanse the face, hands and hair.

Practices to Follow in the Work Area

- Splashing of individuals should **not** be tolerated.
- Work at a moderate pace, especially in hot weather and direct sunlight. Do **not** overexert yourself.
- Take frequent breaks as fatigue can precipitate accidents.
- Get assistance with heavy objects. Avoid slippery areas. Exercise extra care when handling sharp objects.
- Avoid getting water around your mouth, nose, ears and eyes. If your eyes are exposed to lake or river water, rinse them with clean, clear water.
- Apply insect repellent to exposed areas of the body.
- If a wound occurs, stop working! If it does NOT need emergency medical attention, wash with soap and clean water and apply an antiseptic solution. Discontinue working in the water or with material removed from the water if the wound cannot be protected from contamination.
- Prior to eating or drinking, wash hands and face vigorously with soap and clean water and dry with clean paper towels.
- Eating, drinking or smoking should be avoided during the clean-up activities.
- When work has finished for the day, place disposable apparel items in a plastic trash bag. Transport soiled clothing in a plastic bag for laundering. Wash boots with dishwashing soap and a brush. Rinse with clean water.
- Wash hands and face thoroughly and dry with clean towels.

Practices to Follow After Completion of Clean-Up Projects

- Go directly home!
- Wash all of your apparel in the hot cycle of the washing machine.
- Bathe or shower thoroughly using plenty of soap and water.
- If you experience any illness symptoms, contact your physician and mention that

- you were working on lake or river clean-up activities.
- *Please be advised that the risk of contracting disease is likely greater during the 2 or 3 days immediately following major rainstorms.*

Local Water Resources

Lake St. Clair is a significant natural resource that affects the region geographically, economically and recreationally. Lake St. Clair is also a source of drinking water for a large number of people in southeast Michigan.

The Clinton River Watershed encompasses the majority of Macomb County, most of Oakland County and small portions of Lapeer and St. Clair counties. It drains approximately 760 square miles, an area which is populated by an estimated one and one-half million people.

Common sources of pollution affecting Lake St. Clair

- Illicit waste connections
- Malfunctioning onsite sewage disposal systems (septic systems)
- Combined storm and sanitary sewer overflows
- Non-point source pollution from storm water runoff
- Agricultural runoff
- Unintentional municipal and industrial spills

For additional information, please contact the Macomb County Health Department Environmental Services Division at (586) 469-5236