



Protocol & Safety Guidelines for Muck and Gut

- Prior to entering any home after a flooding event ensure the following is off:
 - Electric service
 - Fuel line and gas service
- Look at roof (ridge line) of house. Make sure nothing is sagging.

Never use gasoline-powered devices such as generators and pressure washers indoors

- Age guidelines: No one under the age of 18 should be inside the home being gutted. Youth under the age of 18 could be used for serving food to volunteers, bringing water, and doing landscaping. Gutting is dangerous work. There is fiberglass, sharp tools, power tools, electric issues, mold. It is not uncommon to uncover firearms and other items.

Attack Poverty releases must be signed by homeowners and all volunteers.

- All volunteers must be up to date on their tetanus shot (every ten years).
- Mandatory water breaks to be called on the hour.
- No playing of music and rowdy behavior onsite, especially if homeowners are present.
- This may be a somber occasion for homeowners and if they are present onsite, should be treated as such.
- Volunteers may not keep anything; not even those things designated for the "trash" pile.
- (The rationale is that homeowners will want somehow to thank us and if we show a desire for something, they will give it whether they really want to or not, telling us "it's trash")
- We ask that volunteers be sensitive about asking for the story of the family.



- If everybody on every crew wants kindly to know "what happened", it can be overwhelming and stressful for the homeowner.
- Make sure home is well ventilated at all times. Even when leaving the home.

Protection Needed

- Wear the following when working in a flooded home:
 - Eye protection
 - Long pants and
 - long sleeves
 - Sturdy
 - work shoes with puncture proof shoes or and rubber boots (no sneakers and no open toed shoes)
 - Heavy work gloves
 - Nose and mouth shields

Steps to Mucking Out & Gutting Flooded Houses

Step 1: Interior Debris Removal

- Debris separation in according with the city/county guidelines.
- Remove all flood affected items, separating out those that can be cleaned or restored.

Step 2: Mucking Out (Mud Removal)

- Equipment needed:
 - Flat shovels,
 - wheelbarrows,
 - 5 gal. plastic buckets
 - protective goggles,
 - work gloves
 - ear plugs
 - face masks
 - Shockwave
 - industrial type brooms



- dust pans
 - garden hose
 - mops
 - power washer
 - towels
 - hand sanitizer.
 - Large Trashbags
- First remove mud, muck and silt deposits
 - Hose out.

Step 3: Gutting of flooding structures

- Equipment needed (may not be fully comprehensive)
 - pry bars, wheelbarrows
 - Trash bags
 - protective goggles
 - work gloves
 - dust masks
 - Shockwave
 - claw hammers
 - screw drivers
 - industrial type
 - brooms (push and sweep type)
 - sledge hammers
 - dust pans
 - heavy-duty outdoor extension cords (if using a generator)
 - gas cans
 - ladders,
 - first aid kit
 - bottled waters.
- Walls
 - remove damaged trim and molding
 - Remove damaged sheetrock 4 inches above the water line is recommended by FEMA but cutting at a 4 foot level allows for replacement of full sheets.
 - Remove damaged wall paneling
 - Remove damaged insulation.
 - Remove nails from studs.



- Place all removed material at curb according to city/county debris management guidelines
- All electrical outlets that were underwater are no good. There is no amount of cleaning that can make them safe.
- Carpet and padding
- Flooring
- Ceramic tile directly installed on concrete slab does not need to be removed. Spray directly on tile to remediate mold.
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- All nails
- Removed electric materials
- Bathtub- tub tiles will trap moisture between tile and sheetrock so it needs to be removed.
- Cabinetry
 - Cabinets installed on top of sheetrock need to be removed; also remove sheetrock and sanitize studs.
 - Wainscoting also needs to be removed.
- Final Step: Cleaning and Sanitizing
 - Scrub surfaces as needed
 - Hose out home after mucking has been completed
 - Use mold kill as needed. Bleach is not adequate. Shockwave has proven itself effective.
 - Remove any remaining standing water with a shop vac
 - Sweep out gutting debris and bag
 - Using box fans place in windows facing outside the home can help dry it out and prevent mold from growing.