



HEALTH & SAFETY ADVICE

Bring with you/wear:

1. Protective gloves (e.g. leather, gardening gloves).
2. Sturdy shoes.
3. Appropriate clothing for weather conditions (e.g. waterproof jacket, sun hat, sun block).
4. Long sleeves and long trousers.
5. Drinking water.
6. Mobile phone to contact co-ordinator if necessary.

Hygiene:

1. Protect any cuts with waterproof plasters.
2. Avoid rubbing the mouth and eye area while working.
3. Wash hands and forearms before eating, drinking, smoking, using the toilet.

Litter picking on roads:

1. High visibility clothing/tabards to be worn at all times.
2. Main roads – litter pick on pavements only.
3. Only competent adults to be involved.
4. No personal music players to be used.

Hazardous items: if you come across any of the following, report them to your co-coordinator or Parish Clerk **do not pick them up.** If in doubt - leave it.

1. Any needles/syringes.
2. Any knives/blades.
3. Unidentified drums, cans or canisters.
4. Poisons, insecticides.
5. Clinical waste.
6. Condoms.
7. Broken glass.
8. Other hazardous substances (e.g suspected asbestos).
9. Animal faeces.

Do not litter pick:

1. On main roads only on pavements.
2. Near unstable banks of ditches/ponds or any boggy wet areas.
3. Near electric fences (identified by yellow warning signs).
4. In streams, bodies of water (you risk catching leptospirosis from water contaminated by rats urine).
5. On private land, building sites or business premises.
6. Please do not approach any dog within the confines of the owner's property. Please do not pet dogs that are out walking with their owners.

Bending/lifting/twisting:

1. Do not lift large/heavy/awkward items (contact your co-ordinator).
2. Only carry a manageable weight in the bin bag.
3. Beware of repetitive injuries while bending and twisting – use your litter picker, remember this is only a litter pick not a rubbish collection.

Children: MUST BE SUPERVISED AT ALL TIMES

Only work in pairs or part of a group and always use your litter picker – **if you cannot safely reach the litter, leave it.**

AS A VOLUNTEER YOU HAVE A DUTY TO PROTECT YOURSELF, YOUR FELLOW VOLUNTEERS AND THE GENERAL PUBLIC. ANY PROBLEMS - STOP THE LITTER PICKING AND CONTACT YOUR CO-ORDINATOR

DO NOT CHALLENGE ANYONE YOU SEE DROPPING LITTER