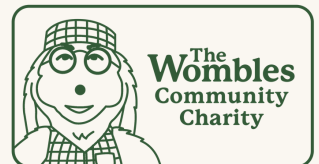




Safety Guidelines For Litter Picking



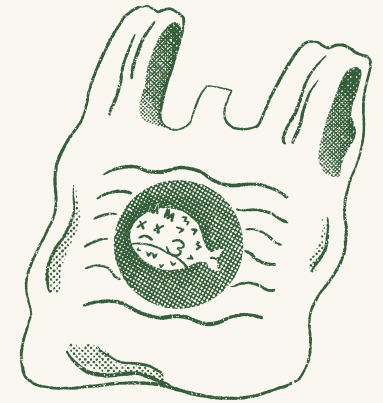
Litter picking is a simple activity, but there are a few things you should consider to make sure your experience is safe and enjoyable.

We recommend that you comply with the best practice guidelines issued by Keep Britain Tidy in its “**Beginners Guide to Litter Picking.**”

In addition, everyone litter-picking should follow this guidance:



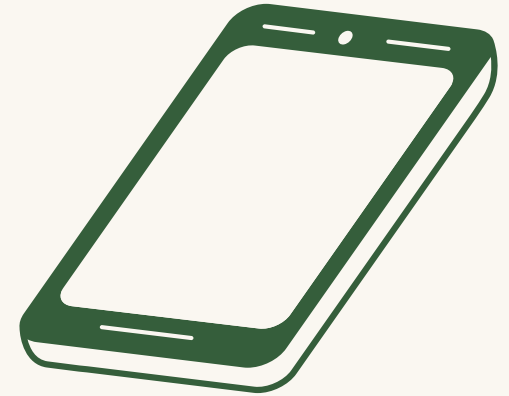
Don't:



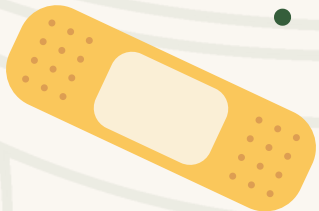
- Litter pick along roads with a **speed limit of more than 30 mph**
- Litter pick along roads where there is no pavement or footpath, or along, **A-roads, the motorway, motorway verges or lay-bys**
- Litter pick on **steep slopes, drops or ditches** where you could fall, or in water courses
- Pick up fly tipping, needles or other **hazardous objects**
- Try to **move or touch dead animals**. Report them to the Local Council
- **Litter pick after dark** or anywhere where you can't easily see what you are doing
- Approach strangers or unknown dogs
- Enter any **private land**



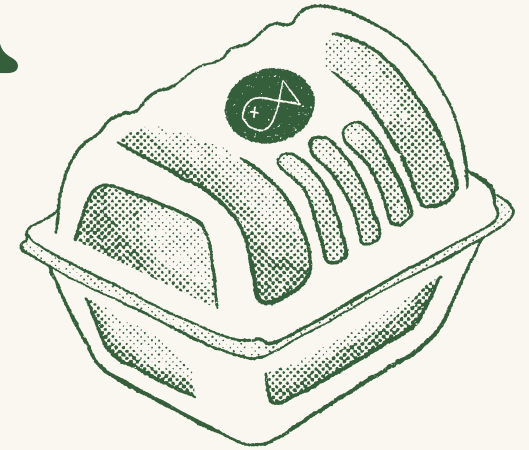
Before you litter pick:



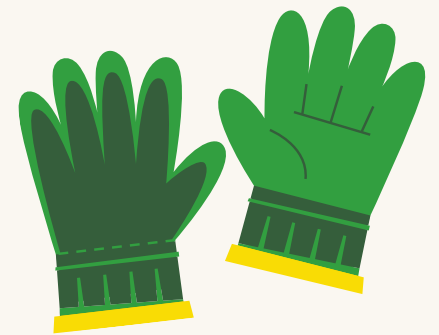
- Let someone know where you are going and what time you will be back
- Charge your mobile phone in case of an emergency, and keep it on
- Risk assess the area you are planning to litter pick and consider your approach to all hazards. It is the responsibility of the organiser to undertake this risk assessment and we can't be held responsible for any personal injury or damage suffered as a result of participation in a litter pick
- Cover cuts and grazes with a waterproof plaster before you start
- Think about how you will dispose of your litter when you've finished



During your litter pick:



- Always avoid direct contact with litter - wear gloves and use a litter grabber to pick things up.
- If you don't know what it is, don't pick it up – it isn't worth the risk
- Never turn your back on oncoming traffic
- Wear appropriate clothing to keep you warm, cool or dry
- Wear appropriate footwear
- Don't overfill rubbish bags or lift anything that is too heavy
- Don't compress rubbish using your hands as this can accidentally puncture the skin



During your litter pick:

- Keep hydrated
- Wear sunscreen
- Carry your mobile phone and keep it turned on
- Be aware of other people, dogs and wildlife
- Be aware of the risk of ticks and insects in long grass or bushes
- Ensure under 16-year olds are supervised by a parent or responsible adult at all times
- In an emergency always call 999

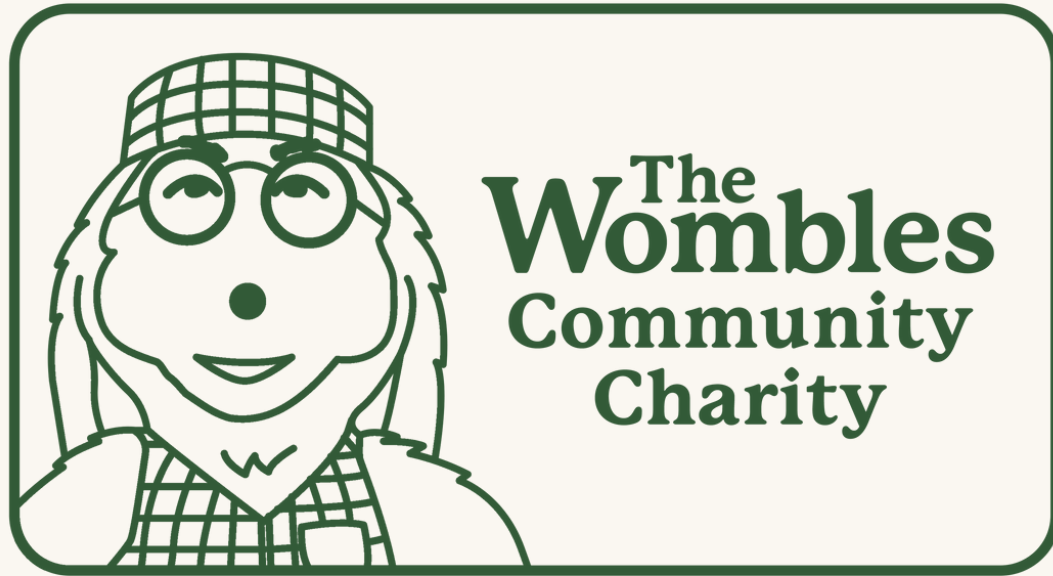


After your litter pick:



- Wash your hands thoroughly
- Report any fly tipping or hazardous items such as needles to the Local Council





The
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Charity