

Litter-picking

Health and Safety Issues

Recommended clothing

Given the nature of the task, please do not wear smart clothes, but try to ensure that you are as comfortable as possible as the task may involve quite a lot of bending and stretching.

Sturdy footwear is strongly recommended as we will be working close to nettles and brambles.

Long trousers are also recommended for the same reason. It is also best to wear long sleeves.

It can be fairly strenuous, so it is best not to come over-dressed - a difficult balancing act in the winter months.

Litter-pickers will be supplied where ever possible. Carrier bags will also be supplied.

Essentially low risk, but please be aware:

1. Terrain: uneven, can be waterlogged, slippery and steep in places.
2. Biological: trip hazards from ivy, bramble & exposed roots; scratches and puncture wounds from thorns; **eye hazards from overhanging branches**; ticks in long grass and ferns
3. Litter: broken glass (**please do not pick up glass**) split cans; needles (**please do not pick up or place exposed needles in plastic bags**), used condoms; dog faeces.
4. Weather: sun, wind, precipitation, frost & their potential effects.
5. Other people: cyclists, dogs & dog-walkers, traffic.
6. Personal hygiene: e.g. if a snack is consumed.

Precautionary/remedial actions recommended:

1. **Children must be supervised by a responsible adult at all times.**
2. Pay particular attention to choice of footwear.
3. Please consider wearing hi-viz jacket - it usually has an effect on slowing down traffic.
4. Single use gloves are supplied as but these are precautionary as all litter should only be in contact with the ends of the litter-pickers. However, it makes sense always to wash your hands after each session.

Useful telephone numbers:

Ambulance Emergency: 999 or 112;

Please be aware: Members participate in litter-picks entirely at their own risk. They are not working for, or on behalf of, Ellis Brigham, any council or waste management company

