



## GUIDANCE FOR VOLUNTEER LITTER PICKERS

This short guide aims to help volunteers identify and act on possible hazards during a litter pick event.

Volunteers have a duty towards themselves, to fellow volunteers and the public to work safely.

If there is any doubt about the safety of a site or material, then it should be avoided.

First Aid kit and yellow boxes for needles & syringes, glass and drug items will be kept at the event meeting site.

FCC will provide gloves and litter pickers for the event, we kindly ask the volunteers to respect the *government guidelines for social distancing*, please visit the gov website for more info:

<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

## GENERAL SAFETY RULES

**it is important to minimise your contact with rubbish:**

- Always wear gloves and pick litter with a picker
- Needles & syringes, glass and drug items can be seriously harmful, please refer to a team member who will safely dispose of the item.
- If an item of litter cannot be safely reached with a litter picker, leave it.
- Be mindful of wildlife.

**Children & young volunteers:**

- volunteers under the age of 18 should be supervised by an adult and permission for their participation should be gained from a parent or guardian.

### Clothing:

- Enclosed shoes
- High vis vest or bib
- Rubber gloves
- Hat and sunscreen for a sunny day
- Rain jacket in case of poor weather
- ankle socks
- glasses or eye protection




FCC has some hi-vis vests and litter picking sticks it can loan to litter picking groups, subject to availability.

### Hazards | Noxious and Dangerous Materials

- **Broken glass:** remove using a litter picker or a brush and shovel, avoiding contact by hand, and dispose of in a yellow container (ask a member of FCC)
- **Drug related litter/hypodermics:** note the location and report to the organiser of the event for specialist removal.
- **Suspect materials and fly tipping:** unknown liquids in containers, building materials, asbestos or fly-tipping should not be moved by volunteers. Instead, note the location, take photographs if possible and report it to the organiser for specialist removal.

Always use extreme caution when litter picking near roads as there is a risk of being struck by passing vehicles. Roadside litter picking should be restricted to only where there are wide verges or pavements, suitable for pedestrians, and you should always face oncoming traffic.

### What to **AVOID**:

-  Reach into hedges or undergrowth in such a way as to expose the face, eyes and skin to scratches from thorns or branches.
-  Work close to rivers or on steep slopes, as there is an increased risk of slips and falls.
-  Reach into the ditch to remove litter, unless it can be safely reached with a litter picker.

Do not enter an area, or attempt to litter pick an area, where works are restricted, are already taking place (for example road works) or where the public do not have a right to entry.

**Manual handling:**

- Use litter pickers to prevent constant bending and stretching.
- Make sure an item is safe to handle with no sharp edges or noxious contents.
- Decide if an item can be safely moved either by one or two people.
- Only try to move an item if this can be done so without straining.
- When lifting an item, bend the legs and keep the back straight.