

## Litterpick Safety Guidelines

Please read the safety advice below. All participants must follow these guidelines.

### Before you begin:

- If you have a medical condition that may place you at additional risk, seek advice from your GP
- Volunteers aged 12–18 must be supervised by a parent or guardian
- Adult PPE is not suitable for young children; guardians must provide suitable equipment

### When working alone:

- Only work within your own capabilities
- Only work during daylight hours
- Tell someone where you will be and your expected return time
- Carry a mobile phone
- Wear hi viz and stay visible to traffic
- Stay on pavements/grass verges; do not work in the road
- Face oncoming traffic
- Avoid slopes, cliffs, water bodies or other hazardous areas

### General safety:

- Do not touch litter with your hands, even with gloves
- Do not pick up sharp, heavy, hazardous or unidentifiable items—report them
- Avoid leaning into bushes and brambles; be aware of ticks and insects
- Do not confront anyone seen littering
- Keep bags away from your body; never sling

