

Iwade Parish Litter Picking **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

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
- 5) Avoid Village lanes with no pavements

Hazardous items: if you come across any of the following, report them to the Parish Council, **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) Village Lanes
- 3) Near unstable banks of ditches/ponds or any boggy wet areas
- 4) Near electric fences (identified by yellow warning signs)
- 5) In streams, bodies of water (you risk catching leptospirosis from water contaminated by rats urine)
- 6) On private land, building sites or business premises

Bending/lifting/twisting:

- 1) Do not lift large/heavy/awkward items (contact the Parish Council)
- 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

Further Advice:

- 1) Only work in pairs or part of a group and always use your litter picker – if you cannot safely reach the litter, leave it
- 2) Children: **MUST BE SUPERVISED AT ALL TIMES**
- 3) **DO NOT CHALLENGE ANYONE YOU SEE DROPPING LITTER**

Name:..... Signature:.....

Date:.....