



## Health and safety guidance

**Thank you for volunteering to litter pick in your community. The safety of volunteers always comes first. Please ensure you have read and understood the guidance below before starting any litter picking activity.**

Volunteers are covered by Parish Pickers public liability and volunteers insurance cover provided they act responsibly and with goodwill. Be sensible, be traffic aware and do not expose yourself or others to danger.

### Do Not

- Pick up needles or other hazardous objects, but report it as soon as possible
- Lift anything that is too heavy
- Open any bottles or containers found with contents
- Litter pick after dark or in poor visibility
- Approach strangers or unknown dogs
- Enter any private land without express permission
- Allow Children to pick roads where there is no pavement, where the speed limit exceeds 30mph, or to be unsupervised at any time.

### Make Sure You:

- Let someone know where you are going, what time you expect to be back and carry your mobile phone.
- Risk assess the area you are planning to litter pick - are there any specific hazards you should be aware of?
- Always use the litter grabber to pick things up, never your bare hands
- Wear the hi-viz waistcoat provided and appropriate clothing and footwear to keep you comfortable.
- Protect yourself from ticks by keeping legs covered. If bitten see <https://www.nhs.uk/conditions/lyme-disease/>.
- Wear sunscreen and keep hydrated
- Are aware that reptiles including snakes may use litter for cover
- Are aware of other people, dogs and wildlife
- Cover cuts and grazes with a waterproof plaster
- Ensure under 16yrs old are supervised by a parent or responsible adult at all times
- Let someone know if you are leaving the litter pick
- Wash your hands thoroughly as soon as possible after litter picking

- **Useful contacts**
- **New Forest District Council**
- Report fly tipping, heavy or hazardous items Telephone: 023 8028 5000
- **Agisters** Office hours 02380 282052 24 Hour Cover 0300 067 4600
- **Emergency services**
- Emergency situations or reporting a crime Telephone: Emergency 999 Non-emergency 101
- **Parish Pickers** Pick Leaders: Stuart 07710 142024 Martin 07765 351102

