

*Friends of Eastfield Park*  
**LITTER PICKING PRECAUTIONS**

**PLEASE READ!**

**Health and Safety – Unsupervised Litter Picking**

- ❖ *Individuals currently shielding, in ‘at risk’ groups or displaying symptoms (or in contact with those with symptoms) or have been directly advised to self-isolate should not litter-pick.*
- ❖ *During the current Covid-19 restrictions, stay at least one metre from other volunteers in your group and two metres from members of the public.*

**CHILDREN:** Children should always be supervised by a responsible adult.

**PERSONAL PROTECTION:** All volunteers should have up-to-date tetanus protection.

- TELL SOMEBODY WHERE YOU ARE GOING AND WHAT TIME YOU ARE EXPECTED BACK
- CARRY A MOBILE PHONE FOR CONTACTING SOMEBODY IN CASE OF EMERGENCY.
- WEAR GLOVES AND OTHER PROTECTIVE CLOTHING AS REQUIRED. We recommend wearing your own personal gloves but disposable (single use) gloves may be provided if requested.
- WEAR LONG SLEEVES WHEN WORKING CLOSE TO HAZARDOUS PLANTS.
- PROTECT CUTS AND BROKEN SKIN FROM COMING INTO CONTACT WITH SOIL OR WATER.
- ONLY USE LITTER PICKERS TO PICK UP LITTER. (Sometimes it may be necessary to use gloved hands, but this should be kept to a minimum.) Clean or sanitise the litter picker before and after use.
- PLACE LITTER IN STRONG WASTE SACKS AND TIE THEM UP WHEN YOU STOP COLLECTING.
- DO NOT PICK UP ANY NEEDLES YOU FIND! Report them to NBC.
- DO NOT ATTEMPT TO CLEAR AWAY ANIMAL FAECES.
- DO NOT EAT, DRINK OR TOUCH YOUR FACE DURING LITTER-PICKING.
- WASH HANDS WITH SOAP AND WATER OR HAND SANITISER AS SOON AS YOU CAN AFTER COMPLETING THE LITTER-PICK. If possible, carry hand sanitiser with you.
- BEWARE OF PLANTS WITH SPIKES OR THORNS.
- BEWARE OF OVERHANGING BRANCHES WHEN WORKING NEAR TREES.
- DO NOT LITTER PICK IN THE PARK DURING HIGH WINDS (Chance of branches or even whole trees falling).
- TAKE GREAT CARE IF LITTER PICKING NEAR WATER.

Follow any instructions you may have been given about what to do with full or partially filled waste sacks. Generally, if you are collecting unsupervised (not part of an organised litter-pick) you will have to dispose of collected litter in your own bin at home.