



## Litter picking: things to think about.

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### **Before we go further, we'd like to say a massive thank you!**

Thanks for getting involved, litter impacts on everyone, including wildlife. Giving your time to help makes a real difference!

### **What to think about?**

We don't provide standard risk assessments as each situation differs; this is something you should need to do. Think about what your risks might be and what steps are needed to reduce it e.g. using appropriate equipment or avoiding bad weather.

### **Personal protective equipment & clothing**

Use the litter pickers and gloves provided. Wear long sleeves and sturdy shoes / boots (not open toe shoes) and dress appropriately for the weather - sun screen, staying hydrated etc.

### **Be aware of your environment**

Be mindful of what's around you, including, thorns / nettles, those sneaky trip hazards, broken glass and the dreaded dog's poo. If you'll be near a road wear high visibility jackets, not everyone's as careful as you. Avoid lifting anything heavy, and it's a good idea to carry a mobile phone, just in case.

## Sharps

Don't touch any needles, instead report to the City Council, and our contractor will clear it within the hour. To report call: 0344 980 3333 or online: [www.norwich.gov.uk](http://www.norwich.gov.uk). Look up **Sharps** in the search box to find our online forms. The same goes for sleeping equipment, leave it alone and report it.

## Disposing of your rubbish

If you are doing a litter pick on City Council land talk to us in advance about collecting. We also have a limited supply of bags if you need some.

## Safety measures to mention at start of your session

- Identify any potential hazards, trips and steep slopes to avoid;
- Mention what to do if they find any needles;
- If you have one, identify your first aider and first aid kit;
- Be aware of infections, tetanus and dangers of rusty metal; ensure volunteers wear gloves and cover cuts;
- If someone gets injured, encourage them to check their tetanus vaccinations;
- Don't be afraid to cancel if the weather's bad and it unsafe.

## And finally:

***Don't forget: take a photo and tell the world how awesome you all are. Then grab a cuppa and take a well-earned rest!  
#GetInvolvedNorwich***