



Litter picking: things to think about.

Before we go further, can we start by saying a massive thank you!

It's great you're taking an interest and 'Getting Involved' in your local area. Litter is a problem that impacts everyone's life, including wildlife. Giving your time makes a real difference. *Go you!*

What to think about?

We don't provide risk assessments as each area and situation differs, it's something you should be writing. 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

We recommend you use litter pickers and gloves. 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

Take care when reaching into thorns / nettles. And it's easy to bend focusing on the rubbish and miss that branch trying to poke you in the eye so be mindful of what's around you, including, those sneaky trip hazards, broken glass and the dreaded dog's poo. Think about where you'll be litter picking, if you're near a road wear a high visibility jacket, not everyone's as careful as you.

Definitely avoid lifting anything heavy, and it's a good idea to make sure you tell someone where you are going, what time you'll be back and carry a mobile phone, just in case.

Sharps

Don't touch any sharps, just phone the City Council on **0344 980 3333**, report the location, details of where it is and if possible take an empty tub to place over it. Our contractor will deal with this within the hour. You can report it online: www.norwich.gov.uk just look up **Sharps** in the search box to get the online form. The same goes for sleeping equipment, leave it alone and report it.

Disposing of your rubbish

If you are doing a large community group litter pick on our land talk to us about collecting. We also have a limited supply of bags if you need some.

And finally...

Take a photo and tell the world how awesome you are. Then put your feet up, stick the kettle on and take a well-earned rest!