



#LITTER
HEROES
AMBASSADORS



Quick Health & Safety Checklist

- Please do not work alone, always keep a family or friend member with you.
- Wear the protective gloves.
- Always use litter pickers provided to pick up litter.
- Make sure you can see all the items of litter you are picking up.
- If you find a hypodermic needle (syringe) please leave it and report the location for safe disposal. You can call the local council to arrange safe disposal.
- Do not enter any waterways streams, canals, rivers, or the sea.
- Do not pick up anything you think may be hazardous, e.g. a flare or munition.
- Be careful of trips and falls on uneven ground, particularly slopes, sand dunes and rocky shores.
- Hygiene – avoid touching face, eyes, mouth whilst working. Wash hands before eating and drinking.
- Cover any cuts or broken skin before you litter pick.
- Do not attempt to lift large or heavy objects which make you strain. Work with another to lift the items or tell the group leader who can arrange disposal with the local council.
- If your bag becomes too heavy tie it up, put it either in or next to a bin and start with a fresh bag in the hoop.
- Strong and covered footwear is advised and suitable clothing (e.g. Warm / waterproof clothes in winter and sun cream / hats in summer/ high viz jacket).

Finally.... Remember, look out for yourself and others.

Don't take risks and have an enjoyable time!

Lifting and Carrying Guidelines • Two or more people should lift heavy items • Check the route you wish to take is not slippery or obstructed • Check the object has no sharp edges, nails etc • Remember that even light objects are much heavier when wet.

When lifting: Points to remember: Keep feet apart Do not change grip whilst carrying Chin in Never walk backwards or run with a load Knees bent in the crouch position Stop work if you feel a strain! Get a firm grip on the load Always lift with your back straight, using your legs Lift steadily, do not jerk your back upwards.