



# Cantley with Branton Parish Council

## BASIC GUIDANCE FOR VOLUNTEER LITTER PICKERS

### DO NOT ENTER INTO PRIVATE LAND, GARDENS OR PROHIBITED AREAS

#### Protective Clothing and Equipment

- Reflective hi-visibility waistcoats to be worn at all times.
- Use litter pickers to avoid direct contact with litter and repetitive bending.
- Wear gloves to minimise contact with any noxious or dangerous materials.
- Wear suitable footwear/clothing

**Noxious and Dangerous Materials** - The following materials may be encountered during litter picks and should be treated with caution:

**Broken Glass and nails** – remove using litter picker, avoid contact by hand, and dispose of in a sturdy container.

**Drug Related Litter/Hypodermics** – these must not be picked or touched under any circumstances. Note the location and report to the Parish Clerk.

**Suspect Materials and Fly Tipping** – items that are possibly dangerous such as unknown liquids in containers, batteries, chemicals, building materials or asbestos should not be moved. Note the location and report to the Parish Clerk to arrange for specialist removal.

**If there is any doubt about an item, leave it, and let the Parish Clerk know  
(Only items on publicly accessible land)**

**Avoid reaching into hedges or undergrowth** in such a way as to expose the face, eyes and skin to scratches from thorns or branches. If an item of litter cannot be safely reached with a litter picker, leave it and report its location to the Parish Clerk.

**Avoid working close to rivers or on steep slopes**, as there is an increased risk of slips and falls. When working close to ditches, avoid reaching into the ditch to remove litter, unless it can be safely reached with a litter picker.

**If you can't reach the litter with your litter picker then leave it.**

**Be mindful of wildlife**, there are still young birds around and be wary of wasp and bee nests.

Volunteers have a duty towards themselves, fellow volunteers and the public to work safely. If there is any doubt about the safety of a site or material, then it should be avoided.

**Lifting and Handling Materials** – do not attempt to lift and carry heavy materials.

To avoid injury, the following basic principles of manual handling should be applied: Use litter pickers to prevent constant bending and stretching. Make sure an item is safe to handle with no sharp edges or noxious contents. Decide if an item can be safely moved either by one or two people. Only try to move an item if this can be done so without straining. When lifting an item, bend the legs and keep the back straight.

**Young Volunteers** - A parent/guardian must supervise those taking part under the age of 18.

#### Hygiene

- Wear gloves at all times
- Cover any cuts or grazes with surgical tape or waterproof plasters
- Avoid rubbing the mouth and eyes whilst working
- Wash hands and forearms before eating, drinking, smoking or going to the toilet.

**Carrying out a volunteer litter pick is at your own risk. Cantley with Branton Parish Council do not take responsibility for any accidents or injuries caused during the litter pick.**