

## **Guidance for volunteers working alone or in pairs**

**Thank you for helping to keep our community litter free. Before you begin please read the following...**

Here are some reminders of things to consider whilst out doing your litter pick. Most are just common sense but all are important.

- 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 litterpick.
- Tell someone where you are going and stay in mobile contact.
- Please use gloves, litter pickers and bags/buckets at all times. Do not pick up litter with your hands.
- Do not play with the litter pickers or walk with them at eye height.
- Do not pick up broken glass, needles or other sharp items. Report any drug paraphernalia found to your local council as soon as possible.
- Do not pick up discarded dog dirt in bags.
- Do not pick up heavy items. If possible please photograph and contact your local council.
- Keep alert when stepping into the road and picking up litter to the side of it. If it is a shared route keep vigilant at all times.
- Do not trespass on private property to pick up litter even if the area is covered in rubbish.
- Take extra care on uneven ground and keep aware when walking near brambles, low hanging branches and nettles.
- Keep alert if clearing near open water. Keep out of the water and do not lean too far in/over to get litter.
- Sanitise your gloves, litter pickers and buckets before and after use.
- Avoid touching your face with gloved hands.
- Carry hand sanitiser if you have some.
- Stay at least 2 metres from fellow volunteers and members of the public.
- Wash your hands thoroughly before and directly after litter picking.

**That's it. Keep safe and enjoy your litter pick.**

**Why not share a photo of your litter pick on social media. Make sure to tag @UKRubbishWalks.**