



Walden Wombles

Health & Safety Briefing

Equipment & Clothing

- Wear suitable clothing; stout shoes/boots, old clothes and protective gloves (e.g. gardening gloves).
- Wear the provided high-viz vest
- Use a litter picker for handling litter

Danger From Litter

- Keep an eye out for sharp objects, such as broken glass and needles. Generally, do not handle but report to the organisers.
- With heavy or awkward rubbish, ask for help from other pickers or leave in a position where it can be picked up by car later.
- Chemicals, faeces, or other noxious substances – leave alone and report to organisers.

Traffic

- Avoid working directly at the edge of roads if possible.
- If picking with your children, then work in a traffic free area. We usually have at least one traffic free area per litter pick.
- Wear a hi-viz vest
- Always pay attention to location; it can be easy to focus down on litter that one forgets the wider environment.

Terrain

- Hedges: Litter often accumulates in hedges, verges and other areas of scrub land. Take care to avoid scratches, cuts or being poked, particularly in the eyes/face.
- Banks & ditches: Some areas have steep slopes which can be dangerous, particularly when wet. Only litter pick in these areas if confident of being able to manage.
- Water & streams: We do work in one or two areas where there are streams. Though generally not fast or deep, care should be taken, particularly with young children.

Weather

- Wear suitable clothing for the litter pick's time period, e.g. to stay warm enough or sun protection in the summer.
- The litter pick will usually be cancelled if the weather is too bad.