

# Litter Picking Safety Checklist



## **Do**



Where possible, participate in pairs.

Use grabbers to pick up ALL litter, including glass and metal items.  
Bend your legs and keep your back straight when lifting an item.

Wear protective gloves and high vis jackets.

Pick during full daylight hours.

Stay clear of water, rock, mud and other potentially unstable or hazardous surfaces.

Avoid contact with the body when carrying any bags of litter.

Ensure all cuts or abrasions are clean and covered with a waterproof plaster.

Practice safe and lawful parking.

Clean hands thoroughly and for 20 seconds, before eating food or drinking.

If organising your own group, create a risk assessment beforehand.  
Take a list of names and contact details at the start of the event, in case of an accident and ensure that all participants are recorded as having finished at the end of the event.

Focus your efforts within residential areas and open spaces. Working on the highways must be left to Dorset Council.  
You can report litter on the highway [via their website](https://www.dorsetcouncil.gov.uk/bins-recycling-and-litter/street-cleaning)

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## **Do not**



Pick up any items that are bulky or heavy, cannot be easily identified or are clearly hazardous, or try to remove dead or live animals.

Compress rubbish using your hands or feet as you could accidentally puncture your skin.

Overfill bags or put heavy items into bags - avoid lifting heavy bags alone.

Confront anyone you see littering.

Avoid disturbing animals or damaging plants. Birds may be nesting in the spring and avoid wasp and bee nests in the summer.

Don't remove "natural" rubbish like logs, stones and weeds – they can be "home" to animals.

Don't try and release entangled animals or remove dead or live; call the RSPCA if you come across any.

**Contact us in the office if you have any questions:**  
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