



How to litter pick safely

Equipment

When you go out on a litter pick it is important that you stay safe. The Love Where You Live team recommends you use the following protective equipment.

- Hi-vis waistcoat
- Litter-pickers
- Protective gloves
- A hoop to hold open the bag
- Bin bags and bags for recycling – we have special pink ones for our community litter pickers
- First aid kit
- Anti-bacterial wipes or hand-washing gel

Safety guidelines:

Please do not litter pick hazardous materials. These include **broken glass, needles, dog poo** and **fly-tipped items**. The council has equipment and trained staff to collect this type of litter. If you do come across any of these types of items, please report it to Cardiff Council.

Please use equipment (**litter pickers/ hoops/ gloves**) – it is there for your safety. Never pick up litter with bare hands, always use a litter picker.

A **high-visibility vest** must be worn at all times, as well as sensible and appropriate clothing. Wear covered shoes and clothing suitable for Cardiff's changeable weather. If it is sunny, wear sleeves, a hat, sunscreen and remember to stay hydrated.

Take a **first aid kit** with you and have a mobile phone charged and handy in case of emergencies.

Do not litter pick areas close to busy or high-speed roads, near railway tracks or near water.

Only litter pick in areas that are well lit and where visibility is good. Do not litter pick at dusk or after dark.

Mind your step if litter picking in areas of vegetation. The ground can be uneven and vegetation can cover hidden hazards.