

Safety tips

Key pointers for litter pickers

Remember

- ✓ If heading out alone to do your Plastics Challenge let someone know where you're going and what time you expect to be back.
- ✓ Please check current government guidelines on social distancing, and make sure you follow them. For more information, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)
- ✓ Always use gloves, or a litter picker, to pick up plastics and litter and cover any cuts and grazes before you start.
- ✓ Wash your hands after the challenge and before you eat, drink or touch your face.
- ✓ Do play '[Spot the hazard](#)' with any children and take a look through our '[Water safety pack](#)' before taking them out on the challenge.

Stay safe

- ✗ Don't reach into the water to collect any plastics or litter. Always stay away from the water's edge.
- ✗ Don't climb up or down any embankments, over any barriers restricting access, or try to reach the off side of the water.
- ✗ Don't reach into any areas that you cannot see clearly as there could be safety hazards.
- ✗ Don't touch sharp or jagged items, such as broken glass, and any bulky items which are too heavy to lift.
- ✗ Don't handle any sharps, needles, dead animals or dog poo.
- ✗ Don't take any risks. If you see anything dangerous, sharp, heavy or hazardous, do not pick it up. Report it to us on 0303 040 4040 or let us know at [canalrivertrust.org.uk/contact-us](https://www.canalrivertrust.org.uk/contact-us)

