



Staying Safe while litter picking. A simple Guide for Take 5 participants.

If you plan to organise a litter pick with several people, then please see our separate guide to organising a club litter pick HERE <https://anglingtrust.net/get-involved/anglers-against-litter/#toolkit>

Always wear heavy duty gloves, keep a pair in your fishing bag/box and they will always be handy when you need them.

If possible, use a litter picker. They aren't expensive and can be kept in a rod holdall (if you carry one) so that's its always there when you need it. They are available from most good hardware stores or buy one online, we recommend those made by <https://waterhaul.co/collections/litter-pickers> as they are made from recycled commercial fishing nets.

Do not scoop litter up with your hands as it might contain hidden sharp objects.

Do not touch your face or any open wounds with your gloves and always wash your hands after litter picking.

As you will have been fishing, then hopefully you will already be wearing suitable clothes for being outdoors, please only litter pick during full daylight though as it's impossible to be sure what you are picking up at night even with a decent headtorch. Please only attempt what is within your personal capabilities we don't want anyone overdoing it, trying to drag a shopping trolley out of a lake single handed and then injuring themselves. Be very careful with sharp items such as broken glass, metal and disposable BBQs. If safe to pick up, these can be placed directly into a litter bin. Be very careful if you put them in your litter bag as they can rip through the bag and cut your legs.

Avoid litter picking in potentially dangerous locations e.g. steep slopes, slippery banks, busy roads, derelict buildings or near animals or electric fences. For obvious reasons you need to be particularly careful when litter picking near water. As an angler you will be aware of the risks, but please do not enter the water unless you are kitted out to do so and you know that it's safe, be mindful of tides and be particularly careful near fast flowing or deep water. If you have any doubt about safety, err on the side of caution.

During your litter pick, you are aiming to remove any items that should not be in the environment. However, there are some items we would recommend you avoid clearing, for your own safety, e.g.

- Potentially hazardous objects such as unidentified cans or canisters, oil drums, boat flares and chemical containers.
- Clinical waste such as needles/syringes. Instead, make a note of their location and inform your local council.
- Dead animals.
- Fly tipping, as it could contain hazardous materials such as asbestos. Instead, contact your local council.

If you spot a pollution incident, contact the Environment Agency on 0800 80 70 60. Our full guide to reporting pollution can be found HERE <https://anglingtrust.net/get-involved/anglers-against-pollution/>

Please note this resource is prepared for guidance purposes only as to general risks and hazards that may arise when litter picking. Specific risks and hazards at each location will vary, and it is the sole responsibility of the litter picker to identify those risks and hazards, and have in place appropriate health and safety standards. Angling Trust cannot be held legally responsible for any personal injury or damage suffered or incurred as a result of participation in litter picking.