

# Amy & Ella's guide to litter picking

**We've done our fair share of litter picks in the past. They're a great way to have an immediate impact on the plastic pollution in your neighbourhood, as it doesn't take long to see a big difference.**

However, it's important to be careful when picking up rubbish - sometimes there are items or places it is best to avoid. So, here are our top tips for staying safe while litter picking!

## 1. Think about your location

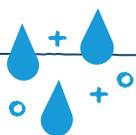


There are so many different places you can litter pick. Beaches, woodland paths, city streets... you can find rubbish almost anywhere that humans have been! However, often the places where you find the most litter are the ones that we use the most regularly, like near roads.

We've done litter picks on roadsides and collected more than 1,000 pieces, just as a family!

While you can achieve great results from litter picking along roadsides, they can also be very dangerous. Make sure you stay away from busy highways, and always stick to places with a pavement. Always have a parent or guardian with you, and ensure you wear something bright so you can be easily seen - such as a high-vis jacket.

## 2. Be hygienic



While litter picking, you often find items that aren't particularly clean. Many times, the rubbish has sat there for so long that it's covered in dirt and bacteria -yuck! That's why it's super important to stay safe and healthy when picking up rubbish. Think about your gear - get hold of a litter picker and some thick gloves - you don't want to be using your bare hands.

Always make sure you have a bottle of hand sanitiser in your pocket for when you're done!

## 3. Be careful what you collect!



Just imagine, you've finished picking up for the day, you've got a full bag of rubbish that you're taking to the bin and riiiiip! Your bag has split, and dropped everything back onto the floor. This is a nightmare scenario that's happened to us many times! To avoid it happening, don't pick up anything sharp (like shattered glass, or needles). Not only are these items dangerous, they're also far more likely to rip your bag open than an item like a plastic bottle.

If something looks too gross (and trust me, you will find many strange things when picking up), then just leave it. It's better to be safe than sorry!

## 4. Work together



Try to keep an eye out for organised litter picks in your area. We've been on group litter picks before where we've collected over 2,000 pieces in just one hour -such as one we did on a beach in Cardiff, Wales. You can pick up incredible amounts when working together!

KAP app here to log litter data (QR code)



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