

# Amy & Ella's guide to litter picking

**We did quite a number 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 not to go to. So, here are our top tips for staying safe while litter picking!

## 1. Think about your location

You can find rubbish almost anywhere that humans have been! The places we normally find the most litter are places people use a lot, like by the side of the road.

We've done litter picks on roadsides and collected more than 1,000 pieces.

You can find lots of litter and make a big difference by the side of the road but you have to be very careful. Make sure you stay away from busy roads, and always stay on the pavement (sidewalk).

Never do these litter picks on your own. Go with your parents or teachers. Another great idea is to wear something very bright, like a hi-vis jacket so the drivers can see you.



## 2. Be hygienic

Litter is very dirty and unhygienic. It is covered in lots of bacteria. It's important to stay safe and healthy when picking up rubbish.

Use:

1. A litter picker
2. **ALWAYS** wear thick gloves
3. Always take hand sanitizer



## 3. Be careful what you collect!

Sometimes at the end of a litter pick your bag can rip. Don't collect sharp objects (broken glass, or needles). These items are dangerous and they might rip your bag.

It's better to be safe than sorry!



## 4. Work together

Look around for community groups that do litter pick. You can pick up so much litter when you work as a team.



KAP app here to log litter data (QR code)



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