

Barrow upon Soar
Community Litter Picking Events

NATURE OF RISK	EXPLANATION
Volunteers working alone.	Volunteers cannot work alone . Volunteer Co-ordinator to inform volunteers of this, and make it clear that it is for their own safety.
Being knocked down or injured by a vehicle.	Volunteers must keep off the roads whenever possible. Volunteers are to wear Hi-Vis vests when working on or near roads .
Insect bites and stings	Volunteers with any severe allergic reactions to stings and bites must carry medical supplies with them when volunteering. Volunteers should remind the Volunteer Co-ordinator at the beginning of each task.
Contaminated soil (Including sharp needles etc) and plants	Protective gloves must be worn . Volunteers must take care when clearing items of rubbish. Volunteers should wash their hands after working and before eating.
Heavy bags	Volunteers are reminded not to overload their bags with too much rubbish. A sack trolley is provided to carry heavy items and heavy bags back to the collection point.
Sunburn/Sunstroke	Volunteers should: <ul style="list-style-type: none"> • Wear a sun cream with SPF of 15+ • Take regular breaks out of the sun • Avoid working in direct sunshine between 12.00 – 3.00 pm.
Frost bite/Hypothermia	Volunteers should: <ul style="list-style-type: none"> • Dress in several layers of clothing • Wear gloves, hat and socks that fit well, wick moisture and provide insulation • Limit time in cold, wet and windy conditions
Slips, Trips and falls	Volunteers must be aware of their surroundings and wear appropriate footwear.
Banging head/walking into low branches	Volunteers must be aware of their surroundings and care must be taken when clearing items of rubbish from such areas