



NEW FOREST  
NATIONAL PARK

# New Forest Ambassadors

## Litter picking health and safety guidance

Thank you for helping us care for the New Forest by keeping areas clean and safe for people, wildlife and livestock.

The litter picking pack provides you with a hi-vis jacket, rubbish sacks and a litter picker. Follow this guidance to help ensure your own safety. Use the checklist to plan in advance and so that you know what you should and should not do while litter picking. Please note that the hi-vis jacket is provided for identification and as an extra precaution for places like car parks – not for litter picking on roads! New Forest Ambassadors are not working for or on behalf of the New Forest National Park Authority and are not covered by our insurance policies.

**During the Covid-19 pandemic, make sure you follow the latest Government guidance including social distancing at all times, not gathering in larger groups than is allowed and not sharing equipment with other people unless it is sanitised in between.**

### DO

#### Before

- Let someone know where you are going and what time you expect to be back
- Pair up with someone else if possible so that you are not alone
- Follow the latest Covid-19 guidance e.g. social distancing when travelling
- Charge your mobile phone in case of an emergency
- Check the area you are planning to litter pick - are there any specific hazards you should avoid?
- Cover cuts and grazes with a waterproof plaster

#### During

- Only continue if it is safe to do so
- Wear appropriate clothing to keep you warm/cool/dry
- Wear appropriate footwear
- Keep hydrated
- Wear sunscreen when appropriate
- Carry your mobile phone
- Be aware of other people, dogs, wildlife and New Forest livestock
- Always use the litter picker to pick things up

#### After

- Wash your hands thoroughly using soap and water
- Report any fly tipping, heavy or hazardous items, such as needles
- Dispose of all rubbish collected safely and away from Forest wildlife or livestock – put it in a nearby litter bin or take it home with you.
- Check yourself for ticks

### DO NOT

- Litter pick alongside roads with a speed limit of more than 30mph
- Litter pick alongside any highway verges or any roads that do not have a pavement or footpath
- Litter pick on steep slopes, cliff edges, marshy areas or in water courses
- Pick up needles or other hazardous objects
- Lift anything that is too heavy
- Litter pick after dark
- Approach strangers, unknown dogs or New Forest livestock
- Enter private land without express permission from the landowner

## Useful contacts

### New Forest District Council

Report fly tipping, heavy or hazardous items (contact Forestry England if the waste is on their land)

Telephone: 023 8028 5000 Web: [newforest.gov.uk](http://newforest.gov.uk)

### Emergency services

Emergency situations or reporting a crime

Telephone: Emergency 999 Non-emergency 101

### Forestry England

Report fly tipping, heavy or hazardous items on Forestry England land

Telephone 0300 067 4600

### Love Where You Live

General advice on litter picking in your community, success stories and special events

Web: [keepbritaintidy.org](http://keepbritaintidy.org)

[nfambassadors@newforestnpa.gov.uk](mailto:nfambassadors@newforestnpa.gov.uk)  
[www.newforestnpa.gov.uk](http://www.newforestnpa.gov.uk)

**I LOOK  
OUT FOR  
OUR FOREST**