



# TLC11 Best Practice Guidelines for Health & Safety Leaflet

## Introduction

Please follow best Practice Health and Safety Guidelines detailed below. Please ensure volunteers involved adhere to the necessary health and safety precautions at the time of the event (if any). This Best Practice Guideline for Health & Safety Leaflet is for distributions to all participants who are registered to take part in TLC11 on the 3rd of April 2026.

Schools should also follow their schools H&S policy at all times. Volunteers must have registered with [www.teamlimerickcleanup.ie](http://www.teamlimerickcleanup.ie) to take part in the event. If individuals or groups are not registered, they are not covered under relevant event insurances with regard to TLC11 events. Group Leaders and volunteers are advised to attend a Health & Safety Best Practice Briefing scheduled prior to the event taking place.

## Event Overview, Objective & Location

The overall objective of Team Limerick Clean up is to have a day of collective environmental action, making your local community a cleaner environment and coming together as a community. The objective is to bag loose litter and leave it at a designated collection point. TLC11 is a collaboration event involving the groups in the community, the JP McManus Benevolent Fund and Limerick City and County Council with the support of Mr Binman and other media stakeholders. The TLC11 initiative is organised by the TLC11 committee. The overall aim of the initiative is to collect loose litter from public areas and leave for collection at designated collection points across the county. The waste management company will only accept litter which is bagged and tied appropriately in TLC labelled bags. No other activities outside of litter picking are covered under relevant event insurances with regard to TLC11.

## Group Leaders & Volunteers

Group leaders are advised to brief their volunteers of the details re H&S for TLC11 best practice. This briefing will include items such as:- Start and end times of the local

event, Location of Clean Up, risk assessments (if deemed required), emergency procedures, PPE Gear, designated collection points for bags of litter.

## Best Practice Guidelines for Health and Safety

The following health and safety measures should be adhered to when organising an event.

- Once your group has selected an area to carry out your TLC11 volunteer work the advice is to carry out a risk assessment before the event and examine the possible risks that could cause harm to your volunteers. Each local TLC event should carry out a Risk Assessment if deemed necessary.
- Look out for the following types of hazards: Unidentified cans or canisters, oil drums, poisons, insecticides, clinical waste, other hazardous substances, broken glass, condoms, syringes, needles etc. Do not clean up such items under any circumstances.
- Do not clean up near deep or fast flowing water, dangerous currents or tides, steep, slippery or unstable banks, sharp rocks, mud holes, derelict buildings, electric fences etc.
- No volunteer should put themselves or any other person at risk during any Team Limerick Clean Up event.
- For each hazard identified, you can decide what precautions are needed.
- If you do find any items you consider dangerous to clean up (including/syringes or sharps) or if you think a littered area is too dangerous for you or your group of volunteers to clean up make a note of the location and inform [customerservices@limerick.ie](mailto:customerservices@limerick.ie) or 061 - 556000. The call will be logged as a case for the attention of Limerick City & County Council to follow up as appropriate.
- Always work in pairs & talk to your volunteer group, update them on the safety guidelines outlined in this document before you start your litter pick.
- Ensure there is a minimum number of 2 no. charged mobile phones available per group.

- At all times children involved in all TLC events are the responsibility of their parents or guardians or a 'responsible adult' nominated by parent/guardian. No more than FIVE children to any one nominated responsible adult are advisable. A minimum of 2 responsible adults should be present AT ALL TIMES with any group of children.
- Do not climb and do not use ladders.
- Hands should be washed thoroughly after the event. Do not eat or drink without washing hands thoroughly. To protect against Weil's disease the disease volunteers should wear strong waterproof boots and gloves.
- Use the safety equipment provided. Wear the gloves and high vis vests and use the TLC clean up In progress signage.
- Note it is mandatory that all volunteers participating wear hi vis vest and use the road warning signage made available.
- Any cuts or grazes should be carefully covered up before the clean-up event with waterproof plasters. A first aid kit should be present at all clean-ups.

## Water

- Do not plan a clean-up on a river, near deep mud, steep, slippery or crumbling banks, or polluted water.

## Roads

While working near Roads, Lay-bys and cycleways all relevant/appropriate rules of the road must be followed at all times. All volunteers are advised to work against direction of oncoming traffic while participating in TLC.

- Motorways and all access slip roads to motorways are out of bounds and not to be cleaned. These are completely out of bounds.
- Do not clean or go on a roundabout. These are completely out of bounds.
- Restrict groups to work on footpaths and verges with a 50 KM per hour speed limit or below. Anything outside of this is completely out of bounds and not covered under TLC11.
- No one should work on a carriage way - (area where cars travel).
- Risk assessment to be submitted to [teamlimerickcleanup@limerick.ie](mailto:teamlimerickcleanup@limerick.ie) in respect of any site area with higher risk.
- Children under 16 should not pick up litter by the roadside.
- Volunteers are required to wear hi-visibility clothing and clean-up warning signs should be placed at either end of the stretch of road while work is in progress. Note it is mandatory that all volunteers participating wear hi vis vest and use the road warning signage made available.
- Volunteers should obey normal rules of the road for pedestrians and face the oncoming traffic while cleaning up.
- On the day of the clean up appoint an event coordinator

who will carry out duties such as brief on emergency procedures; organise volunteers into teams; Distribute PPE Gear and collect equipment after the event.

- Collected litter should be left at designated collection points.
- All relevant/appropriate rules of the road must be followed at all times.

## Protect Local Biodiversity

- Clean-up events should not adversely affect local biodiversity (flora and fauna and please consider local wildlife. Keep gates closed and avoid cleaning up natural materials such as logs, stones and weeds. They may look untidy, but they are often home to animals and birds.

## Weather warnings Yellow Orange and Red

- Yellow weather warning TLC11 will only proceed on Good Friday 3rd April 2026 with the approval of the DOS and/or major emergency planning committee.
- Orange or Red Weather warning all TLC11 volunteer activities will be postponed and alternative day planned.

## When the clean-up is complete

- Remove your gloves and wash your hands thoroughly in hot water before eating or drinking.

## In the unlikely event of a major accident or emergency during your clean up event.

- Phone the emergency services on 112 or 999 immediately, Stay calm, stay focused and stay on the line & state the emergency you require.
- Follow this (as soon as you are able) with a call to the TLC Control Room (number will be texted morning of Good Friday 3rd April 2026) Phone the emergency services on 999 immediately, secure/ make safe the scene.
- Administer first aid if necessary.
- Follow this with a phone call to the TLC Good Friday Control Room (number to be confirmed by text to each group leader closer to the event).
- TLC11 Good Friday Control Room phones will be staffed between 9:00am and 4:30pm.

