

# WINCHBURGH WOMBLES



**Induction, Information and safety pack**

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**Welcome aboard the Winchburgh Wombles  
Part of Winchburgh Community Growing Group**

**CONGRATULATIONS!**

**You are now a Winchburgh Waste Warrior and look after a Womble Zone**

**Please read this entire document which has more information on the Winchburgh Wombles AND most importantly the Do's and Don't as your out on patrol over ground.**

**If you have any safety questions/concerns please email [Womble@WinchburghCGG.co.uk](mailto:Womble@WinchburghCGG.co.uk)**

## How does Wombling Work?

### 1) Choose your area

You may want to cover an entire zone (with the help of other Wombles) or do certain streets – It's up to you. You may want to womble at the weekend or do an hour a day – It's up to you. As the project evolves we hope to be able to agree exact areas for wombles to cover – Remember every hour spent wombling earns Sun Tokens to claim FREE gifts\*



### 2) Get your Personal Protective equipment

It's vital you are kitted out to be able to Womble safely – You must at ALL times wear your Hi-Vis, gloves and use a litter picker and bag with hoop. Hi-vis will help to make you visible and gloves will protect you from handling litter. Try at all times to use common sense and be aware at all times of passing people or cars if near a road – Children must be accompanied by a supervising adult at all times. Your PPE pack will contain everything you need to get started including Hi-Vis letting the community you are a Womble 😊 and will be delivered to you soon – at an agreed date, non contact delivery. Please keep all of your equipment for as long as you want to be a womble – If you can't commit to being a womble just let us know and it will be decided if the equipment needs returned.














### 3) Collect litter using the PPE provided – The waste can be disposed of at a special Biffa Bin located at Stoneybryes OR recycled at local recycling facilities, nearest is Broxburn recycling centre. Any large, bulky or dangerous items should not be attempted – Report any items like this on [www.WinchburghCGG.co.uk/Waste](http://www.WinchburghCGG.co.uk/Waste)

### 4) Every time you womble as a household you can earn \*Sun Tokens which can be exchanged for FREE gifts from local Winchburgh businesses – You must complete the WombleWork form so the Sun Tokens can be added under the UserName created when you signed up. You can login now to see the form with the password **womble52**









- The WombleWork Website is [www.WinchburghCGG.co.uk/WombleWork](http://www.WinchburghCGG.co.uk/WombleWork)

Although litter picking is relatively low risk – Please be aware of some things to always do and don't

## Always – DO!

-  SMILE! – Have fun, you're a womble waste warrior!
-  Wear sturdy shoes, boots or trainers (no open shoes/sandals)
-  Dress for the weather - If hot wear sun protection/Hat
-  Only pick up litter with your own picker
-  Wear Hi-Vis, gloves – Report any damaged PPE
-  Remain on paths, pavements and verges
-  Keep children supervised at ALL times
-  Beware of your social distance
-  If you feel un-well or have covid symptoms\* STOP (report on Womble Work page)
-  Be wary of un-even ground / trip hazards
-  Report any incidents to [Womble@WinchburghCGG.co.uk](mailto:Womble@WinchburghCGG.co.uk)
-  Always wash hands after litter picking and dispose of/wash gloves
-  Any medical issues contact 111 or in an emergency 999 (scheduled group activities the onsite first aider will be Aileen Murdoch and introduced at a group briefing)

## Avoid – Don't!

-  Picking litter on the road
-  Do not touch dog fouling
-  Maintain vigilance for dogs on/off leads
-  Leave bulky items alone
-  Touch sharp objects / needles – Report them
-  Never scoop up items by hand
-  Get too close to people passing by
-  Don't do anything that could cause harm

If you have any questions or concerns please get in touch, the Winchburgh Wombles are an organised group and here to support our volunteers.

## Health Guidelines

### COVID Symptoms

Winchburgh - Call your **GP or NHS 24 on 111** or where you will be assessed by an appropriate specialist. NHS guidance is that you do not go directly to your GP surgery, community pharmacy or hospital unless an emergency occurs.

### Health Advice (we will regularly update our advice in line with Government announcements)

- The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature (above 37.5°C) and possible loss of sense of smell and taste. If you live alone and have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.
- A cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.
- If you live with others and are the first person to develop symptoms of coronavirus, you must stay at home for at least **7 days** but all household members who remain well, must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill.
- Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser (preferably with an alcohol content of over 60%) if that's all you have access to.
- To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.
- If someone has symptoms whilst working in the office they should go home. The person should inform their line manager.

**Social distancing measures** are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19). Please keep 2m apart from other people while out litter picking

**Please read the latest guidelines**

<https://www.nhsinform.scot/coronavirus>