

# Health and Safety

**Please take personal responsibility for your own safety whilst picking.**

**Here is a guide to Elderflower picking, including Health and Safety tips for keeping safe and making the most of the great outdoors:**

- Bring a reusable bag (or several) to carry your crop
- Avoid busy roads and stay off the carriageway
- Wear bright clothes so you can be seen by other road users
- Wear long trousers, sturdy shoes and long socks to protect yourself from nettles and brambles. Use gardening gloves to prevent cuts and grazes. Bring some plasters – just in case.
- Don't try to climb any bushes to pick at height – use a walking stick to pull the branches down if they are slightly out of reach or leave them for the birds in the winter!
- Stay hydrated – bring a drink
- Wear sunscreen, and bring a hat. Make sure to take regular breaks in shade
- In the event of poor weather conditions, such as heavy rainfall or thunderstorms, do not pick elderflowers, the picking event is suspended for your safety.
- Be aware of insects and bugs, sometimes they may sting!
- Be alert for conditions that may cause slips trips and falls: slippery conditions underfoot, muddy areas, morning dew, rainfall and low level branches should be avoided.
- Let family and friends know where you are, take your mobile phone just in case. Better still, pick as a group.
- Ask for permission before entering private land
- Belvoir can only pay for flowers collected by those over the age of 16. Anybody who looks under age and is not driving, we will request ID.
- Park with consideration – don't block gateways, driveways or other access points
- Keep dogs under control and pick up after them
- Take any litter home with you
- Observe the countryside code at all times
- When dropping off flowers at the farm, – observe signage and one-way system and follow the guidance of helpers on site.

*But most importantly...  
Enjoy yourself!  
x*

**Belvoir  
Farm**