Use a trash grabber

You always have a choice about what trash you pick up. Dog poop, sharp objects, and anything you're unsure about are totally optional items. Wearing gloves or using a trash grabber may give you extra peace of mind, but no matter what, you should never feel unsafe or unhappy while plirding. Even if you leave some items behind, every item you DO pick up is one less piece of litter on the ground or (evenutually) in the oceans, so PLIRD in whatever capacity feels right!