Ms. Phuangphet Thaivichit is a hardworking informal waste picker who resides in Nongduang Thong village in the Chanthabuly district of Vientiane Capital. Earning a living from this work, as well as running a small grocery shop from her home and assisting with Naiyban’s (village chief) tasks, she provides for her family of eight. Every day, she sets out at 8:00 AM to collect bottles and purchase materials and continues her work until 7:00 PM.

The COVID-19 pandemic has posed a significant challenge for Phuangphet, as she struggled to earn money while facing increasing expenses. Despite this, she presses on and carries out her work, even though she risks injury from broken glass and steel and has even been bitten by dogs in the past.

Despite these challenges, Phuangphet remains determined and proactive in ensuring her own safety while working. She has attended workplace safety and first aid training, which has been invaluable in keeping her safe on the job. Phuangphet always wears gloves, boots, and a high-visibility vest, and the lessons she learned in first aid and wound care have proven to be incredibly useful in real-life situations.

In conclusion, Phuangphet has a message for everyone: "By properly separating different types of waste, we can make the work of waste pickers like me safer and more efficient.". This will not only save time but also prevent accidents from occurring.