Ms. Liengamphone Phouxay, a resident of Khanmak village in Vangvieng, makes a living as an informal waste picker. She collects and sells recyclable waste from the local landfill to support her three children. Her husband, who works in house construction, occasionally assists her in this work. During the COVID-19 pandemic, her income was impacted as she was unable to leave her home to earn money.

Ms. Liengamphone sets out for the landfill every day at 7:00 AM, working until 6:00 PM. She collects plastic bottles, cardboard papers, cans, beer cans, steel, and aluminum and sells them to buyers at the landfill.

However, working in the landfill poses several challenges, including the risk of injury from broken glass. Before participating in the First Aid and Hygiene training, Ms. Liengamphone was not properly equipped to protect herself, lacking gloves and proper clothing. After attending the training, she is now more aware of the necessary safety measures, such as wearing gloves, boots, and a hat, and she is equipped with the knowledge of how to assist others in case of dizziness or illness.

As a waste picker, Ms. Liengamphone wishes to stress the importance of households separating different types of waste. She suggested that "Households with babies should separate their diapers and clinics should separate medical waste into separate bags to avoid contamination". "This simple action will make the waste pickers’ job safer and easier" she added.