



Beach Cleanup Advice & Safety Tips

Do's

1. Wear sturdy, closed toe shoes. No slippers or sandals.
2. Wear appropriate clothing for the weather. Jeans are generally NOT appropriate unless it is quite cold. Wear layers so you can add and remove as appropriate.
3. Wear a hat and use sun-block.
4. Bring insect repellent.
5. Bring plenty of water in a reusable bottle. Drink before you are thirsty to prevent dehydration.
6. Take regular breaks in the shade if it's hot.
7. Always use gloves to pick up things. Be aware of what you are touching.
8. Take care of your back! Bend your knees when lifting heavy objects, and if it's too heavy, leave it.
9. If there is lightning, stop work immediately and seek shelter.
10. Carefully remove broken glass, fishing hooks, syringes and other sharp objects. Place somewhere safe for disposal (ie a box or bottle where they won't be accidentally touched – we have a special container). Children shouldn't handle the above items – inform an adult.
11. Re-use when you can - use bags or boxes that you find on the beach to hold trash.
12. Bring along a first aid kit (not necessary for Plastic Free Seas organised events) and know how to use it.

Don'ts

1. Do not throw out natural items (driftwood and sticks, shells, dead fish, seaweed, etc)
2. Do not take shells from the beach. They could be future homes for other sea animals.
3. Do not disturb the wild life.
4. Don't leave anything on the beach that wasn't there before you arrived. (don't add to the litter!)
5. Be careful when emptying out bottles of liquid. If you are certain of the contents (water in a water bottle, orange liquid in a Fanta bottle) empty and recycle. If not, leave liquid inside and throw in the rubbish. Don't empty out chemicals or cleaning agents.