



## 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 loose, comfortable 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 cleaning immediately and seek shelter.
10. Carefully remove broken glass, fishing hooks, syringes and other sharp objects. They should be placed 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 or bring bags from home to reuse.
12. Bring along a first aid kit (not necessary for Plastic Free Seas organised events)

### 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. Don't touch oil drums. Let us know and we can have them removed.
6. 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.

### Recycling – Metal and Plastic

(Recycling will only be picked up from designated recycling bin areas)

1. Items for recycling are collected in grey bags when possible (Plastic Free Seas organised cleanups). Metal should be kept separate from plastic. Rubbish is collected in black bags.
2. Only **good condition, clean** plastic can be recycled from the beach. This is usually drink bottles and personal care products (shampoo bottles etc)
3. Plastic bottles and metal cans can also be deposited straight into nearby recycling bins for collection. If left on the beach they will not be collected for recycling (applicable for non Plastic Free Seas organised events)