

Cleanup Advice & Safety tips

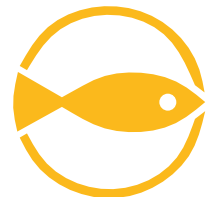
Do's

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. Bring insect repellent.
4. Bring plenty of water in a reusable bottle. Drink before you are thirsty to prevent dehydration. Take regular breaks in the shade if it's hot.
5. Always use gloves to pick up things. Be aware of what you are touching.
6. Take care of your back! Bend your knees when lifting heavy objects, and if it's too heavy, leave it.
7. If there is lightning, stop work immediately and seek shelter.
8. Carefully remove broken glass, fishing hooks, syringes and other sharp objects. They should be placed somewhere safe for disposal (eg. a box or bottle where they won't be accidentally touched). Children shouldn't handle the above items - tell an adult.
9. Re-use when you can - use bags or boxes that you find to hold trash.
10. Bring along a first aid kit.
11. Properly dispose of collected items in a secure trash can, or take home and put them in with your household trash. Don't leave items piled up next to a trash can.



Don'ts

1. Do not throw out natural items (driftwood and sticks, shells, dead fish,, plant material, etc.)
2. Do not disturb the wildlife. This includes both animals and plants.
3. Don't leave anything on the beach that wasn't there before you arrived. (Don't add to the litter!)
4. Don't touch hazardous items. Let us know and we'll have them removed.
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 suitable. If not, leave liquid inside and throw in the trash. Don't empty out chemicals or cleaning agents.



Recycling

Only recycle good condition, clean items. Most public locations do not have recycling bins, so you'll need to take these items home to include with your household recycling.