

Safety Guidelines for Beach / Shoreline Cleanup Activity

For Organiser / Leader

Perform a site visit before confirming the cleanup venue to have an idea on the site conditions, such as

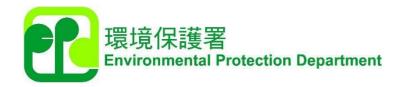
- (i) Transportation arrangements
- (ii) Network availability for communication
- (iii) Walking distance / time from the drop off point to the cleanup site
- (iv) Potential risks, e.g. any steep/rough/slippery ground condition, etc.
- (v) Shelter area for any weather changes
- (vi) Latrine and washing conveniences availiblity

Make prior arrangements for the event and contingency plan for inclement weather conditions.

Inform participants of the guildlines and potential risks.

Bring a basic first aid kit with adequate first aid items.

Remind participants to avoid picking up hazadous waste (e.g. tampons, needles, syringe ...) and bulky marine refuses (e.g. oil drums, containers...)



Safety Guidelines for Beach / Shoreline Cleanup Event

For Participant

General Concern and Personal Outfit

Take care of your teammates and **keep** children under adults' surveillance at all times.

Avoid getting too close to the sea shore. Cleaning the floating marine refuse is not recommended.

Stop working and seek shelter immediately when there is lightening or thunder.

Take regular breaks. **Rest and sit** in the shade if you feel fatigued or uncomfortable.

Always use gloves or tongs to pick up things. Be aware of what you are touching.

Drink water frequently using reusable water bottle.

Wear appropriate, breathable and comfortable clothes.

Wear closed-toe shoes such as hiking shoes or sneakers. Do not wear slippers or sandals.

Put on sunglasses, hat, pale and long-sleeved shirt when cleaning under strong sun and high temperature conditions.

Apply sunscreen and bring insect repellent.

Bring hand sanitiser if hand washing facilities are not available.



When cleaning the beach

Do leave natural items such as bamboo, seashells and wood on the beach.

Do keep away from any oil drums found. Report to the organizer / leader.

Do be careful when attempting to remove heavy objects. If they are too heavy, leave them where they are.

Do re-use bags or boxes that you find on the beach to hold rubbish.

Do stay away from tidal waves and keep an eye on the changes in the tides and weather.

Do not touch, hurt, feed or disturb any living creatures; maintain a distance from animals.

Do not fish or collect animals or shells.

Do not pick up carcass. Report to the organiser / leader.

Do not use bare hands to pick up rubbish.

Do not pick up any sharp objects like broken glass, fish hooks as well as broken seashell by bare hands. Ask an adult for help to pick up the items with tongs or other tools.

Do not pick up any medical wastes such as tampons, syringes and needles. Report to the organiser / leader.

Do not open any bottles or cans, or empty out bottles of liquid.

Do not leave anything on the beach that was not there before you arrived.

Do not go into water and avoid rocky and slippery areas.

Do not enter culverts, drainage outlet or any restricted place.