



# Safety Guidelines for Shorelines Cleanup Event

## For Participant

### General Concern and Personal Outfit

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

**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 to pick up things. Be aware of what you are touching.

**Drink water** frequently using reusable water bottle.

**Wear** thin, 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 extremely 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 organiser.

**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 dead animals. Report to the organiser.

**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.

**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.



## For Organiser

**Perform a site check** prior to the cleanup and inform participants of the above guidelines and potential risks such as rough and slippery areas.

**Make prior arrangements** for the event and contingency measures under inclement weather conditions.

**Bring** a basic first aid kit.

**Ensure** that sharp objects are picked up by adults using tongs or other tools and placed in a sturdy bucket, box or other safe container.

**Dial the hotline** at 2838 3111 or 1823 to inform relevant government departments to arrange disposal of any oil drums, containers with suspected dangerous liquid or medical wastes.