



CleanJurassicCoast.uk

## Clean Jurassic Coast beach clean Health and Safety Advice:

- Inform the Beach Clean Leader of any medical problems or allergies during the safety briefing.
- Wear sturdy closed toe shoes (no sandals/flip flops etc).
- Wear sensible clothes for the weather/environment.
- Bring your own sturdy gloves if possible.
- Always keep your gloves on and make sure you wash your hands before eating/drinking/smoking (please do not discard cigarette ends into the environment).
- Bring a bottle of water/snacks to avoid dehydration/hunger.
- Stick together – do not walk alone.
- Stick to the agreed cleaning area, staying away from the water and any cliffs.
- Do not pick up any glass or needles – inform the Beach Clean Leader.
- Handle litter with care – it can be very sharp (especially fish hooks and disposable BBQs). If something looks suspicious or dangerous (e.g. unexploded ordnance) leave it where it is and alert the Beach Clean Leader.
- Driftwood and seaweed can stay on the beach – they are natural!
- Don't fill your bag too full! Your back is worth looking after.
- If you feel unsafe or unwell at any point stop and speak to the Beach Clean Leader or First Aider.