



Plastic Free Lyme Regis

Beach Clean Tips: Care for the Beach and care for yourself and others

- Make sure that you're dressed for the occasion: wear appropriate clothing, take a hat if it's sunny, sensible shoes or boots and maybe even take some hand gel so you can clean your hands on the go.
- Take a mobile phone with you. Get the organiser's phone number before you start so you can contact them if you need to.
- Always keep your gloves on and make sure that you wash and/or gel your hands before eating.
- Use a 'picker-upper' if you've been given one – it means your gloves and hands stay clean and safe.
- Handle litter with care – it can be sharp: for example fish hooks, or hot: a recently used barbeque tray, or dangerous: if it looks like a bomb, a bullet, a shotgun cartridge or something with wires sticking out then don't touch it - call the organiser who will deal with it with local emergency services if appropriate.
- Don't pick up any glass or needles – call the organiser and they will deal with that. Some have a special 'sharps' box for needles or a 'broken glass' box to make sure that kind of waste is safely put away.
- Stick together – never walk alone (I think there's a song about that...)
- Stick to the agreed cleaning area – stay away from the water and any cliffs (top or bottom). You don't want to fall over a cliff or have one to fall on top of you! Around the Jurassic Coast cliffs can collapse so don't go too near the edge...
- Don't fill your bag too full, look after your back! Carry a spare bag so you don't have to go back to the start to get one.
- If you don't feel well or have any concerns about your personal safety stop and either speak to an organiser or return to the meeting point.

and lastly....

Have a great day outside cleaning your beach so everyone can enjoy it!