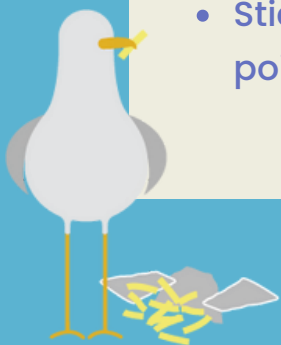


# Waterside Litter Pick Safety Check List

Whether you're litter picking near a beach, canal path, lake, or river, follow this simple safety checklist to keep your group safe and the event enjoyable.

## Quick Guide

- Dress appropriately: Layers for cold, waterproofs for rain, light clothes and hats for sun.
- Sun safety: Use sunscreen and wear a hat—even when it's cloudy.
- Be visible: Everyone should wear high-vis vests.
- Watch your step: Be careful on steep, uneven, or slippery ground.
- Avoid scratches: Steer clear of nettles, brambles, and thorns. Have a first aid kit.
- Stay hydrated: Bring refillable water bottles.
- Stay clear of roads: Avoid litter picking near traffic.
- Check tide times: For beach cleans, know the safe times and areas.
- Don't touch dangerous items: Report needles, medical waste, or dead animals—do not move them.
- Supervise vulnerable people: Always keep children and at-risk adults in sight.
- Stick together: Work in small groups, and agree on meeting points. Group leaders should carry a phone.



**THERE'S NO  
PLANET B**



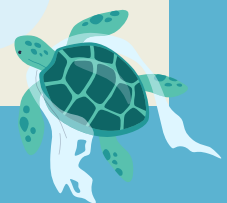
# Promoting your pick

Please don't forget to snap photos of your happy litterpickers!

Share them on social media using #Summerpickmeup and tag us using @CleanupUK — or send your photos to us along with your name and age for a chance to win a goody bag!

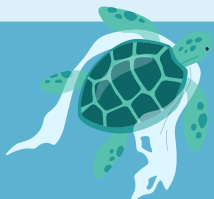
You can also share some facts when you post like the ones below, to help spread the word!

*Did you know that a plastic bottle can take up to 450 years to break down?*



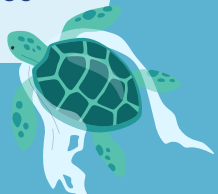
Did you know?

Some whales swallow millions of tiny plastic pieces every day by accident when they eat! It can make them sick or stop them from eating real food. That's why it's important to keep plastic out of the ocean!



Did you know?

8 Million tonnes of plastic ends up in our oceans every year, and recycling helps protect marine life and reduces pollution.



[WWW.CLEANUPUK.ORG.UK](http://WWW.CLEANUPUK.ORG.UK)