

## Safety Speech

Thank you for helping us keep our Texas beaches clean by volunteering for the Adopt-A-Beach cleanup today. Personal safety during beach cleanups is our number one goal. Please remember these safety tips when you are out on the beach picking up trash.

Wearing closed toe shoes is the only way to protect your feet from sharp items hidden in the sand. Sandals and flip flops provide little to no protection and should not be worn during the cleanup.

Please wear your own work gloves or disposable gloves that we have provided you to protect your hands while cleaning the beach. Metal, glass, or even rocks can cut your hands and some items shouldn't be handled without gloves.

Please keep your gloves and shoes on until the end of the cleanup.

Avoid heavy lifting and if you find batteries, gas cans, 55-gallon drums, ammunition, or any other hazardous item please tell one of the site coordinators immediately. They can have the hazardous item safely removed.

Needles, glass, and other sharp items can cut right through your bag, becoming a danger to you and others. A "sharps" type container should be used to dispose of items that may cut through your bag. An empty coffee can, milk jug, or detergent bottles make a great sharps container.

Please keep away from nesting shorebirds or turtles and do not handle dead or injured animals. It is incredibly important that you stay out of the dunes. Dunes are vital to prevent coastal erosion and are home to dangerous animals such as the western diamondback rattlesnake.

It is important to stay hydrated and protect yourself from the sun's harmful effects. Drink plenty of water, wear sunscreen, and rest if you begin to feel overheated.

Please take special precautions with your children and advise them of the safety rules.

Please use your best judgment when picking up items and remember, you do not have to pick up anything you do not want to.

We want everyone to have a great time, but more importantly we want everyone to be safe.