



# The Northcoast Environmental Center

# Safe Cleanups Guide

## Important Contacts

**NEC Coastal Programs Coordinator** - Ivy Munnerlyn (831) 226-4453

**NEC Office** - (707) 882-6918

**Marine Mammal Stranding** - (707) 826-3650

**Northcoast Marine Mammal Center** - (707) 465-6265

**Humboldt Wildlife Care Center** - (707) 822-8839

**Humboldt Waste Management Authority** - (707) 268-8680

**RECOLOGY** - (707) 442-5711

**Les Schwab Tire Center Eureka** - (707) 443-3507

**Arcata Police** - (707) 822-2424

**Eureka Police** - (707) 441-4044

## Volunteer Safety Recommendations

- Wear sunscreen and a hat
- Wear a facemask if you are unvaccinated
- Wear work or gardening gloves
- Wear appropriate footwear and bring a jacket
- Avoid overexertion and stay hydrated by bringing a reusable water bottle
- Be aware of special weather conditions
- Keep an eye on the sea or waterway (check tides and sneaker wave warnings)
- Stay in teams of at least two
- Exchange contact information with cleanup participants
- Adults must supervise children at all times
- Dispose of any needles, syringes, broken glass, or other sharps or hazardous items in a designated sharps box
- Alert the NEC or a local ranger to any large or especially hazardous debris items
- Avoid physical contact with any dead or injured animals
- Ensure fire pits are cool before approaching
- Please don't remove items that may be someone's belongings

**Liability Form must be read and signed by all participants.  
Parents must sign for participants under 18 years of age.**

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## **Zero Waste Cleanup Supplies**

You can check out cleanup supplies for free from the NEC's Lending Library program. Supplies include:

- Gloves
- Trash pickers
- Clipboards
- Sharps containers
- Repurposed trash & recycling bags
- 5-gal buckets
- Magnet sticks (for collecting nails)
- Safety vests

## **Individual Checklist**

- Bring your own gloves, pickers, clipboards, and trash/recycling bags if possible
- Reusable water bottle
- Sunscreen/hat
- Hand sanitizer
- Face mask (if unvaccinated)

## **After Your Cleanup**

- Dispose of or wash gloves immediately after your cleanup. To properly remove disposable gloves, grab the glove opening near your wrist and pull towards your fingers, then turn the glove inside out before disposing.
- Wash your hands thoroughly as soon as possible, and use hand sanitizer in the meantime if soap and water are unavailable.
- Properly dispose of trash in your home trash or recycling bin, or at a disposal site designated by the NEC.

## **Hazardous Waste Tips**

If you encounter syringes or needles of any kind, please follow these steps to dispose of them safely.

- Wear thick gloves if available and do not touch the syringe with your hands
- If possible, use a pair of pliers or your trash grabber to pick up the syringe, with the needle pointing away from you
- Drop the syringe needle-first into your sharps disposal container
- If the syringe has a cap on it, leave it on and follow the above guidelines
- After disposing of the syringe, remove gloves and throw away (if disposable), then wash or sanitize your hands
- Keep your sharps container in a secure location until it can be turned in at a facility that accepts biohazard waste

*Adapted from the Massachusetts Department of Labor guidelines*