



Fact File

My guidance for attempting to break the world record for the Furthest light bulb throw

Glass gets smashed and the pieces are picked up promptly. That's if a person tries what I did, and remains safety-conscious at all times. As far as I was concerned, the two most important things during the attempt were safety goggles and my voice to instruct the team. You should make these your priority too, since thin smashed glass won't be welcomed in anyone's foot or eye.

To start, gear up for a few rules, such as:

- use commercial bulbs.
- have vigilant witnesses.

Warning: Don't use the energy saving light bulbs - these contain mercury and therefore need to be disposed of carefully.

If you're confident that you can manage an event where hazards are created, get out and find all the light bulbs you can. Then use those long arms you've got to toss them for practise; why not aim for the horizon each time? But please remember not to use light bulbs which contain mercury.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.