

# BE SAFE THIS SUMMER



## FOLLOW THESE SIMPLE TIPS TO KEEP YOURSELF, YOUR FAMILY AND YOUR FRIENDS SAFE THIS SUMMER

### SUN SAFETY

- Use SPF 30 and above with UVA and UVB protection
- Avoid the sun between 11am–3pm
- Know your skin type and how to protect it
- Drink plenty of water
- Wear a hat



### OTHER SAFETY ADVICE

- Take care when crossing roads, tram lines and being around moving vehicles – use crossing points
- Wear a helmet when cycling or riding on a scooter



### FIND OUT MORE



Sunburn  
advice

Water safety  
advice

Stuff to do  
in the  
holidays

### WATER SAFETY

- Swim in places that have a lifeguard on duty
- Never swim alone
- Take warm clothes with you for afterwards
- Make sure your phone is fully charged
- If you get into trouble in the water float on your back in a starfish shape and call for help
- Know the Water Safety Code



## ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

#### STOP AND THINK

Look for the dangers. Always read the signs.

#### STAY TOGETHER

Never swim alone. Always go with friends or family.

In an emergency:

**CALL 999 OR 112**

Shout for help and phone 999 or 112.

#### FLOAT

If you fall in, float or swim on your back. Throw something that floats to anyone who has fallen in.