

BE SAFE THIS SUMMER

FOLLOW THESE SIMPLE TIPS TO KEEP YOU,
YOUR FAMILY, AND YOUR FRIENDS SAFE.



SUN SAFETY

- Use sun cream with UVA and UVB protection
- Sun cream should be SPF 30 or higher
- Avoid the sun between 11am-3pm
- Know your skin type and how to protect it
- Drink plenty of water
- Wear a hat and sunnies



Scan the QR code for
sunburn advice



WATER SAFETY

- Swim in places that have a lifeguard on duty
- Never swim alone
- Take warm clothes with you to get changed into 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

Scan the QR code for
water safety advice



TRANSPORT SAFETY

- Take care when crossing roads, tram lines and train lines – use crossing points
- Wear a helmet when on a bike or scooter



Scan QR code
for ideas for
the holidays



WATER SAFETY CODE

If you fall in, follow the **Water Safety Code**.

