



# Celebrate Summer



There may be no guarantee of all round sunshine here in the UK, but there's no question that summer is the time of year when young people spend most of their time outside enjoying the freedom the school holidays bring. Along with this freedom comes risks, so take some time to consider the following and help keep this summer safe...

- Water activities are fun, but there are nearly 400 accidental water related deaths every year. It can take only 3 minutes, face down in the water, to drown
- Rip currents can happen at any beach with waves... and waves can move faster than an Olympic swimmer
- Never swim alone or use inflatables in strong winds or rough seas and wherever possible the best option is to swim where there are trained lifeguards
- Wear life jackets when boating, body-boarding, wind-surfing, jet-skiing
- **RESPECT** water – even strong swimmers can get cold shock. Enter water at shallow areas and get in slowly, avoid fast flowing water
- Tomb stoning is a high risk experience. Avoid swimming after drinking alcohol

- There were over 1,700 deaths on the road and over 21,000 serious injuries in 2013. Don't underestimate the importance of making safe decisions as a pedestrian, passenger or as a driver
- Never get in a car with anyone you don't feel safe with, it's not worth the risk
- Remember, alcohol and drugs, including medicines, impair judgement. don't heighten the risk by being a passenger in a car with someone who is not fit to drive
- Your seat belt can save your life, always wear it.
- Remember to keep your eyes on the road not on your phone when crossing the road

- Sun rays are strongest between 11am and 3pm – even when cloudy. Use a combination of shade, clothing and sunscreen (at least factor 15 and highest star rating)
- When out fill a backpack with sunscreen, hat, sunglasses, healthy snacks and plenty of water to keep you hydrated
- Sunbeds/sun showers are not a safer alternative – they can damage skin cells and increase skin cancer risk

- Find safe places to be with your friends - building sites, derelict buildings, railway lines, level crossings and quarries are high risk areas
- BBQ's burn fuel that gives off carbon monoxide – never light BBQs undercover to avoid risk of poisoning. Keep matches & lighters away from lighter fluids

**Make safe choices!**

Beach safety [www.metoffice.gov.uk](http://www.metoffice.gov.uk) Road safety [www.think.direct.gov.uk](http://www.think.direct.gov.uk)

Sun safety [www.sunsmart.org.uk](http://www.sunsmart.org.uk) BBQ safety [www.rospace.com](http://www.rospace.com)