

# SUMMER SAFETY



## STAY SAFE IN THE SUN

- Stay out of the sun during the hottest parts of the day, particularly 11am – 3pm.
- If you have to go out when it is hot, make sure you apply sunscreen, wear a sun hat and move into the shade where possible.
- Drink plenty of water/cold drinks, but avoid drinks containing caffeine.
- Spraying water onto your skin or placing a damp cloth on the back of your neck will help you keep cool.
- In hot weather, keep an eye on people who are elderly, ill or very young. Make sure they are able to keep cool.



## BARBECUES

- Barbecues must be operated/supervised by a responsible adult.
- Make sure your barbecue is on a flat site, well away from a shed, trees or shrubs.
- Never leave the barbecue unattended.
- Keep a bucket of water or sand nearby for emergencies.
- Keep children, games and pets well away from the cooking area.
- Only use recognised fire lighters or starter fuel on cold coals – never use petrol.
- Ensure the barbecue is cool before attempting to move it.



## CAMP FIRES

- Camp fires must be started/supervised by a responsible adult.
- Only light a camp fire in specially designated areas/sites.
- Choose a clear area away from trees and bushes.
- Ensure there are no overhanging branches.
- Use a fire ring if provided. If not, make one with stones/rocks. This will help contain the ash.
- Keep gathered fire wood away from the area.

\*Never play with fire or start fires in fields or wooded areas for fun. Fire can get out of control very easily and spread extremely quickly.

Essex County  
Fire & Rescue Service

Our Values: Respect, Accountability, Openness and Involvement



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## WATER SAFETY

Don't swim in rivers, lakes or quarries – it can be extremely dangerous. Every year in the UK young people are seriously injured or die as a result of swimming in open waters.

### Hidden dangers

- There may be hidden currents.
- It will be very cold.
- It can be difficult to get out (steep slimy banks).
- There may be hidden rubbish, e.g shopping trolleys, broken glass.
- It is very difficult to estimate depth.
- The water may be polluted and make you ill.
- There are no lifeguards.



## AT THE BEACH

- Read and take in the safety information signs. If you are going to swim, pay special attention to the information about coloured flags.
- The tides can be dangerous, so check this before setting up on the beach or going into the sea. Check with the lifeguard on patrol if you're unsure.
- Only use inflatables on a beach that's patrolled by life-guards. Make sure children's inflatables are secured with a guide line and held by a responsible adult.
- Take extra care around slippery rocks, cliff drops, harbour walls, piers and rock pools.
- Do not jump from a height into the sea. There may be jagged rocks or similar matter just below the surface.
- Do not build sand tunnels to climb through. They can easily collapse on people and suffocate them.
- Don't forget about sun protection. Ensure children and young people have access to high factor sun cream, sunglasses, a t-shirt and hat, a beach umbrella and a cool drink.

