



AMBULANCE FACT SHEET

ISSUED JULY 2009

Camping safety

Camping is a past time which peaks in popularity over the summer months. When camping it is vital to plan ahead to make sure your trip is a safe one.



For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

**TIPS TO REMEMBER
WHEN CAMPING**

- > Plan your trip. Ensure your car is in good working order, and all equipment is working and stocked including first aid kits and torches.
- > Drive carefully. The speed limit is the maximum speed in good conditions.
- > Stop, Revive, Survive.
- > Pull off the road when taking photographs.

- > Stay on track. It's easy to get lost if you venture off the road or walking path.
- > Make sure you have told someone your planned route and approximate time of return.
- > Watch where you walk. Stay well clear of steep embankments and waterways.
- > Take care around wild animals. Never feed or play with wildlife.
- > Take care near open fire. If using a gas bottle make sure accessories and the bottle are in safe working order.

- > Know the weekend's weather forecast. Pack accordingly.
- > Check the local Rural Fire Service fire warning ratings and stay clear of bush fires.
- > Be sun smart. Slip Slop Slap and Wrap.
- > First Aid. Take a small first aid kit with you when walking

The Ambulance Service of New South Wales recommends that everyone undertake a first aid course with a registered agency, particularly if you are regularly involved in outdoor activities.