

AMBULANCE FACT SHEET

ISSUED JULY 2009

Summer safety tips

During high temperatures, particularly in summer, it is important to follow a number of simple precautions to keep cool such as drinking enough water and wearing protective clothing to suit the conditions.



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

If you encounter someone suffering from heat exhaustion dial Triple Zero (000) immediately and ask for Ambulance.

SUMMER SAFETY TIPS

- If conscious, give cool fluids (preferably water) to drink – dial 000 if symptoms persist.
- > Always stay well hydrated by drinking cool fluids, preferably water. Avoid alcohol as this will cause dehydration.
- > Where possible, choose light coloured, loose fitting clothing – avoid overdressing.
- NEVER leave children alone in a car as the inside temperature can become life-threatening within MINUTES.
- > Avoid activities in the sun between the hours of 11.00am and 3.00pm when the sun is strongest.
- > Wear a shirt and hat in the sun even when swimming.
- Use plenty of sun screen when outside and reapply regularly.

HEAT EXHAUSTION WARNING SIGNS

Be aware of the following warning signs and symptoms for heat exhaustion:

- > Nausea
- > Feeling faint
- > Dizziness
- > Loss of appetite
- > Headache
- > Vomiting
- > Drowsiness/unconsciousness. If any of these symptoms occur, try to get the person to a cooler environment, lay the person down and cool them by applying cool, wet towels around the neck and underarms.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.