



2 October 2007

School Holiday Safety

The school term has wrapped up, and many children will be out and about enjoying the break.

Holidays often involve activities outside the norm, so it is important to be aware of safety issues that can arise. It is particularly important for children to be aware of these.

Ambulance offers the following tips to help keep you and your family safe:

AROUND THE WATER...

- Always swim at patrolled beaches, and stay between the flags. Follow all instructions given to you by Life Savers
- Supervise children around water AT ALL TIMES
- NEVER dive into a river, creek, dam or pool before first checking its depth and for submerged objects
- Slip, slop, slap and wrap – wear all your sun protection when outdoors
- Always wear an approved life jacket while rock fishing and when in a boat

IN THE OUTDOORS...

- When travelling always ensure that someone knows where you are going, your planned route and the time you expect to be back
- Use sun and insect protection, and rest in the shade regularly
- Drink plenty of water, and ensure that you always carry more food and water than you expect to need
- Carry communications devices incase you get into trouble – for example, a mobile phone, EPIRB and / or satellite phone
- Always carry first aid equipment.

Media Unit

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AT YOUR HOLIDAY HOUSE...

- Whenever you are at a different location, ensure that everyone knows the correct street address, the closest cross street and the phone number. It is a good idea to keep this information nearby the phone
- Be aware of additional situational risks, for example snakes in bushy areas, funnel web spiders in and around Sydney and higher temperatures in more Northerly locations. You may need to make adjustments to your routine to accommodate these risks
- Take note of where your closest hospital, doctor and chemist are. You may need these services at short notice.

Remember, in a medical emergency **dial triple zero and ask for Ambulance.**

~ ENDS ~

For further information or local media opportunities please contact Ambulance Media on (02) 9320 7796.

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