

# **Summer Safety:** **Beach and sun safety**

Easy Read Guide 2021



**Easy Read**

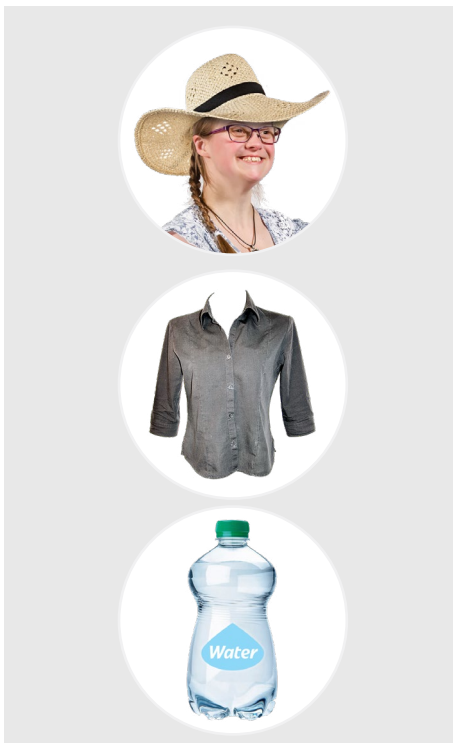


## Sun safety

Always use a sunscreen.

Sunscreen can wash off or come off when you sweat.

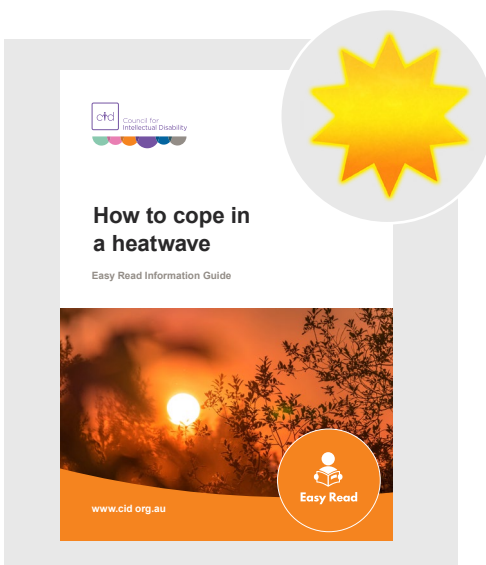
You need to put more on after you swim.



Wear a hat in the sun.

Light long sleeve shirts can protect you from sunburn.

Drink lots of water.



## Heatwaves

It will be a hot summer.

See CID's easy-read guide on surviving a heatwave.

You can read it here:

<https://cid.org.au/resource/summer-safety-easy-read-guide>



## **Water safety**

Always swim with a friend.

Always check how deep the water is before you jump in.

If you do not know do not dive in.



## **Beach safety**

Go to a beach you know has lifeguards.



This flag means there are lifeguards nearby.

Only go into the water between these flags.



This flag means that the beach is closed.

There are no lifeguards and you must not swim or go in the water.

If there are no flags do not swim.



### **Beach safety signs**

This sign is where there is first aid.



This sign means the beach has lifeguards and it is safe to swim between the flags.



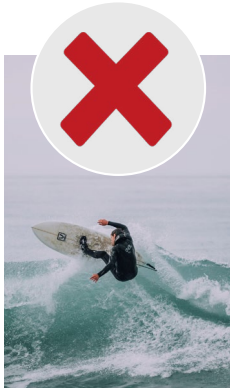
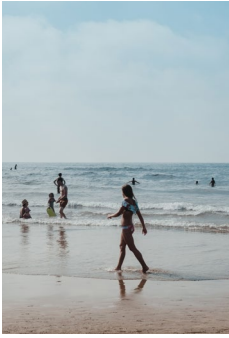
This sign means you cannot swim at this beach.

The water is dangerous.



This sign means there are large waves.

You should be careful and stay in the shallows.



## What to watch out for

Swim with other swimmers.

Stay away from surfers or boats.

Always swim between the flags.



## Large waves

Some types of waves are dangerous.

Dumping waves are very strong and can throw a person down.

Surging waves happen in deep water and can pull people out into deeper water.

Large waves are dangerous and only experienced people should go in.



## Rips

A rip is a strong current that runs along the beach.

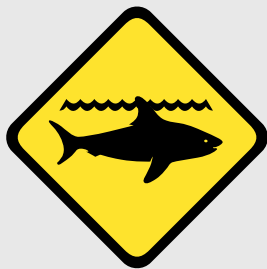
Some rips go along the shore and others go out to deep water.

They can be dangerous because people panic and get exhausted.



If you are caught in a rip

- Do not try to swim against the rip.
- Do not panic.
- Raise an arm to show the lifeguards you need help.
- Float and you may go back to shallow water.
- If you have to swim along the beach towards breaking waves.



## Animals

If there is a shark lifeguards will put on an alarm.

If you hear the alarm you must move out of the water.



If you see jellyfish or bluebottles on the beach there could be more in the water.

If you are stung ask a lifeguard for help.



## Fishing

You can fish off rocks at some beaches.

You need to follow some rules to keep safe.

- Never fish in dangerous conditions.
- Fish with a friend.
- Wear a lifejacket.
- Ask locals if the area is safe.
- Make sure you can quickly and easily move away if you need to.
- Always keep your eyes on the waves.
- Have a mobile phone with you.



For more information go to this link

<https://www.healthdirect.gov.au/beach-safety>





## Contact CID



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