

A scenic view of a beach with several wooden lounge chairs in the foreground. The chairs have light-colored fabric. The beach is sandy and leads to clear turquoise water. In the distance, there are mountains under a clear blue sky.

SUMMER SAFETY

How do we keep ourselves safe
over the summer break?

Summer has arrived!

- Picnics, summer sports and holidays are lots of fun but sometimes can have unexpected consequences.
- A little thought, research and pre-planning can prevent summer-related accidents and injuries.



How to stay safe in the sun

- Skin cancer is the most common form of cancer in the UK and rates continue to rise. At least 100,000 new cases are now diagnosed each year, and the disease kills over 2,500 people each year in the UK - that's seven people every day.
- Ultraviolet (UV) radiation from the sun can cause damage to the skin and lead to skin cancer. In fact, UV exposure is the main preventable cause of skin cancer.
- Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important to protect yourself and your family from the sun.
- Wear clothing and a hat to cover your skin. Wear sunglasses to filter out UV radiation. Generously apply sunscreen with SPF30 wherever your skin is exposed to the sun.
- Stay in the shade. Check your skin for any changes especially around moles.



Road safety

- Stop, look and listen before you cross any road.
- Don't step off the pavement unless you are absolutely sure it is safe.
- Don't try to cross between parked cars where drivers cannot see you.
- Use pedestrian crossings.
- Just because your friend is crossing the road doesn't mean it is safe – take responsibility for yourself and for them – always check first – don't assume it is safe to cross.



Amusement Parks

- Don't get lost in the crowd.
- Make sure you have a planned meeting place ahead of time in case someone gets lost.
- Have photos of each other in case they are needed.
- Talk to park employees
NEVER go with strangers.



Swimming in open water



- It may be a hot day and you might think jumping in the water is fun, but even experienced open water swimmers can suffer cold water shock if they are not fully prepared.
- Only swim in designated areas where there are lifeguards.
- Don't go into any water where it is not designated as a public swimming area.
- If you do get in trouble in the water, the temptation is to swim hard, don't, float to live is the guidance.



REMEMBER – FLOAT TO LIVE

**1. TILT YOUR HEAD BACK
WITH EARS SUBMERGED.**

**2. RELAX AND TRY TO
BREATHE NORMALLY.**

**3. MOVE YOUR HANDS TO
HELP YOU STAY AFLOAT.**

**4. IT'S OK IF YOUR LEGS
SINK.**

**5. SPREAD ARMS AND
LEGS TO IMPROVE
STABILITY.**



More information here: <https://rnli.org/safety/float>

Train and rail track awareness

- Did you know, there are 20,000 miles of track, 30,000 bridges, tunnels and viaducts plus thousands of signals, level crossings and stations across the UK rail network.
- There are more than 13,000 trespass incidents on the tracks every year.
- Do not climb over fences to get near tracks or try to get through closed level crossings.
- Here is the true story (dramatized) of a boy who died climbing over a railway fence:
https://www.youtube.com/watch?v=lxTk_JQJDso
- What could he or his friends have done differently to save his life?



Mental health and wellbeing

- The summer holidays can be a great chance to do things with your friends and have some time off.
- The holidays aren't great for everyone though, here is some help and advice to get you through the holiday and cope. You might be worried about:
 - feeling lonely or not going out
 - not seeing people who normally support you
 - problems at home or having to care for your family
 - coping without a routine
 - waiting for exam results or starting a new school
 - being hurt or abused.
- What about trying the message board at Childline: <https://www.childline.org.uk/get-support/message-boards/>
- Information from the NHS: <https://bestforyou.org.uk/summer-holiday-wellbeing-tips/>
- Self care booklet: <https://www.annafreud.org/media/18660/my-self-care-plan-secondaryfe.pdf>
- Childline help: <https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/>