

Seven Summer Safety Tips



Swim between the flags

For your nearest patrolled beach check the BeachSafe app or Surf Life Saving NSW website



Read the safety signs

Ask a patrolling Lifeguard or Lifesaver for more information



Swim with a friend

Look out for each other, and **always supervise children** around the water



Never swim under the influence

Drugs and alcohol impair your judgement -
DON'T RISK IT!



If you need help raise your arm

Attract attention and stay calm



In an emergency dial 000 Police

Stay calm, speak clearly and give your exact location



Be Sun Safe

Slip on a shirt, **Slop** on sunscreen, **Slap** on a hat,
Slide on sunglasses and **Seek** shade
Drink plenty of water to keep hydrated

Want more tips?



www.surflifesaving.com.au



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