



# SUMMER SAFETY



Railway



Roads

Sun



Fires



Water

Cycle



Beach



Electricity





# We will be covering the following safety topics-

- Fire
- Water
- Beach
- Sun
- Road Safety/bike
- Railway
- Electricity
- Home Security



# Fire











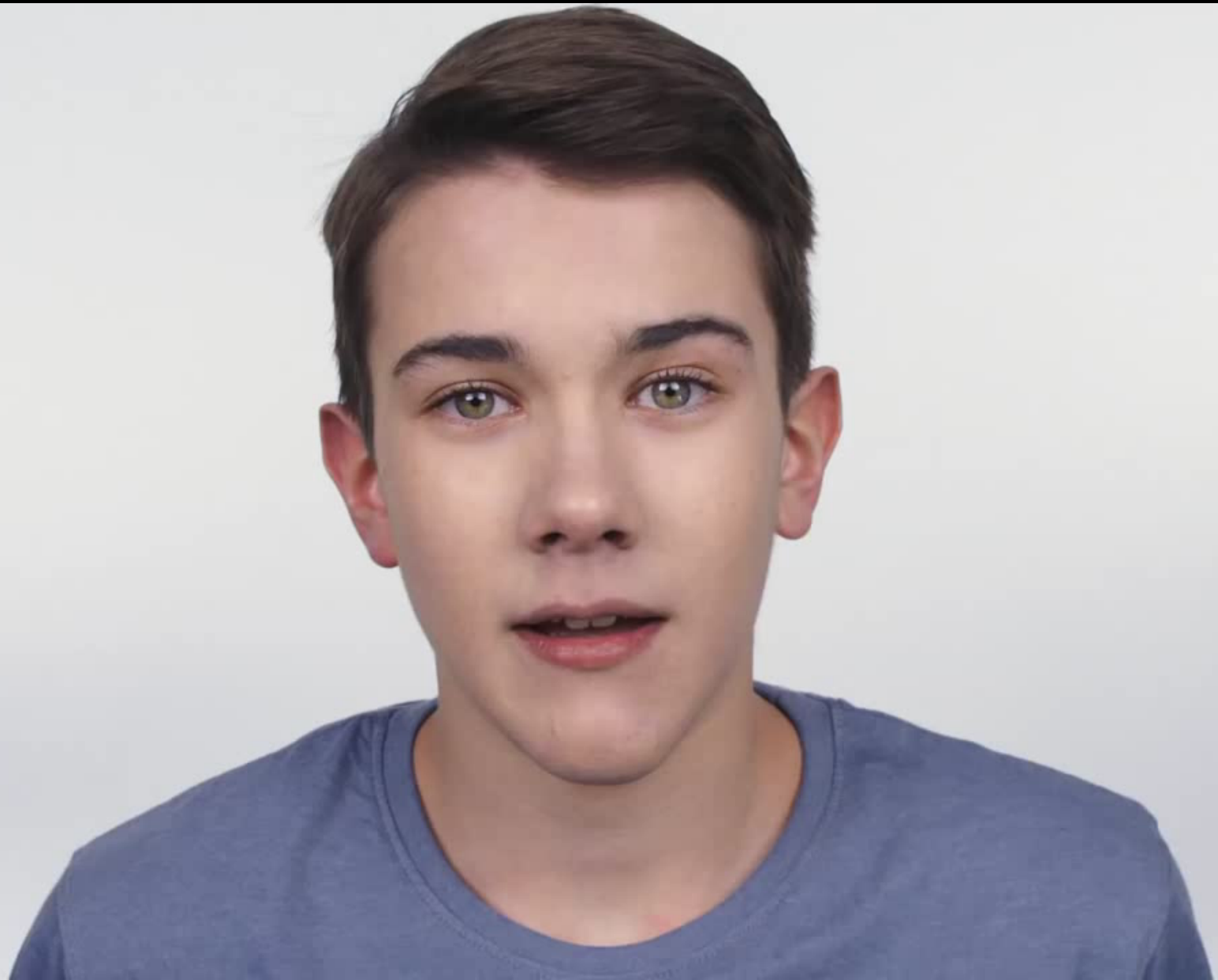
## Fire

- Camp fires should only be lit with the proper training.
- Fire can spread very quickly and put lives at risk.
- It is a criminal offence to deliberately start a fire.



# Water









# **Cold Water Shock – Six Steps of Floating**

# Could You Survive in Cold Water





# Water

- The water may be much colder than you think.
- Do not dive or jump.
- Rivers and the Sea can flow very quickly.
- Do not swim alone.
- The water may be polluted.





# Beach and Sun Safety







# Sun Safety

- Drink regularly to prevent dehydration.
- To help prevent sunburn-
  1. Use sun screen on exposed skin-at least SP15
  2. Stay in the shade between 11am and 3pm.
  3. Wear a wide brimmed hat and long sleeves.





## Beach Safety

- Swim at a lifeguarded beach where possible
- Never swim alone.
- Never use inflatables in strong winds or rough seas.
- Keep an eye on the tide as it is easy to get cut off from the shore.



# Beach Flags







# Beach Flags



Red and yellow flags mean Lifeguards are on patrol. You should only swim or boogie board in the area between the flags.



The red flag means it is dangerous to bathe or swim and you should not go into the water.



The quartered black and white flag indicates the area zoned for surf craft and Malibu boards. It is not safe for swimmers and bathers.



# Railway













**OVERHEAD  
LINES**  
25,000 volts

**SIGNALLING LOCATION  
CASE**  
650 volts

**BURIED  
CABLE**  
25,000  
volts

**3<sup>rd</sup> RAIL**  
750 volts



# Railway

- Never ignore a railway sign.
- Do not trespass on or near the track
- Railway electricity is 100 times more powerful than electricity in the home.





# Summer Security

- In 1 out of 10 burglaries, access is gained to property through an open window or door.
- Keep valuables out of view (e.g: Smart phones, mobile devices, home entertainment systems, jewellery, car keys).
- Always lock garden gates, garages and sheds.



# Summer Security



- **Store away tools and ladders so they can't be used to aid burglars.**
- **Do not leave keys outside the property (e.g: under a mat or in a plant pot). Wherever possible leave keys with a trusted person to allow access.**
- **Use outdoor lighting and CCTV to deter burglars.**





# Do not post on social media that you are away on holiday!

**ESSEX POLICE**  
Protecting and serving Essex

Joe Bloggs added a new photo at London Stansted Airport with Jennifer Bloggs  
23 September at 10:02 - London - ES

Up early and off on honeymoon with the new Mrs Bloggs! Next stop Jamaica, back in two weeks forrest and relaxation!!!!

**GUESS WHOSE HOUSE IS GOING TO BE EMPTY FOR TWO WEEKS???**

**BRAGGING YOU'RE HEADING OFF TO THE SUN ON SOCIAL MEDIA? YOU COULD BE GIVING BURGLARS INFORMATION ABOUT WHEN YOUR HOUSE IS EMPTY. CHECK YOUR PRIVACY SETTINGS AND MAKE SURE YOU ONLY HAVE PEOPLE YOU KNOW ON YOUR SOCIAL MEDIA ACCOUNTS.**

**FOR HELP ON HOW TO KEEP YOUR PROPERTY SECURE DURING WINTER, VISIT [ESSEX.POLICE.UK/SECURE](https://www.essex.police.uk/secure)**

**SECURE**  
**PROTECT**  
**PREVENT**



**Northamptonshire  
County Council**

**Presents**