



# Keep your cool this summer

During high temperatures, particularly in summer, it is important to follow a number of simple precautions to keep cool such as drinking enough water and wearing protective clothing to suit the conditions.



**For all medical emergencies dial 000 immediately and ask for Ambulance**

If you encounter someone suffering from heat exhaustion dial 000 immediately and ask for Ambulance.

## **SUMMER SAFETY TIPS**

- > If conscious, give cool fluids (preferably water) to drink – ring 000 if symptoms persist.
- > Always stay well hydrated by drinking cool fluids, preferably water. Avoid alcohol as this will cause dehydration.
- > Where possible, choose light coloured, loose fitting clothing – avoid overdressing.
- > NEVER leave children alone in a car as the inside temperature can become life-threatening within MINUTES.
- > Avoid activities in the sun between the hours of 11.00am and 3.00pm when the sun is strongest.
- > Wear a shirt and hat in the sun – even when swimming.
- > Use plenty of sun screen when outside and reapply regularly.

## **HEAT EXHAUSTION WARNING SIGNS**

Be aware of the following warning signs and symptoms for heat exhaustion:

- > Nausea
- > Feeling faint
- > Dizziness
- > Loss of appetite
- > Headache
- > Vomiting
- > Drowsiness/unconsciousness.

If any of these symptoms occur, try to get the person to a cooler environment, lay the person down and cool them by applying cool, wet towels around the neck and underarms.

## **FIRST AID COURSES**

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

### **For further information please contact:**