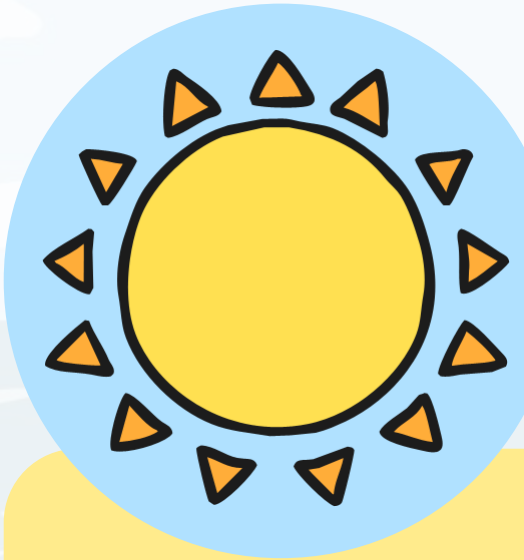


Sun, Sea and Beach Safety



The Sun



The sun gives off different types of energy:

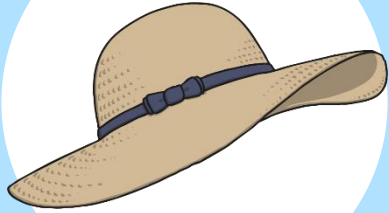
- Invisible infrared radiation, which makes us feel warm.
- Visible light, which we can see.
- Ultraviolet radiation (UV rays), which we can't see or feel on our skin, but can damage it if we get too much of it.

Why Stay Safe in the Sun?

- It's easy to get sunburnt, even when you're not expecting to.
- Just because you can't feel UV rays, doesn't mean that they aren't there.
- Spending too much time in the sun can be harmful.
- You can still burn on a cloudy day!
- Young skin is very delicate and is easily damaged by the sun.



How Can We Stay Safe?



A hat with a wide brim will shade your face and neck.



Sunglasses can help to protect your eyes from UV rays.



Cover up with a t-shirt to protect your shoulders and upper arms.

- It's very important to protect your skin from getting burnt.
- The sun can damage your eyes and you could even be blinded!
- Never look up at the sun!

How Can We Stay Safe?



Always wear sun cream.



Drink lots of water to keep hydrated.

You can help to look after your skin by spending time in the shade when the sun is at its strongest - between 11am and 3pm.

Where can you find shade?

You can find shade under trees, canopies, umbrellas, or indoors.



Sun Safety Code

We should all follow a special code, which reminds us how to enjoy the sun, whilst staying safe.

There are five parts to remember...

S
M
A
R
T

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a hat, t-shirt and sunglasses.

Remember children need to take extra care.

Then use sun cream of a minimum of SPF 30.



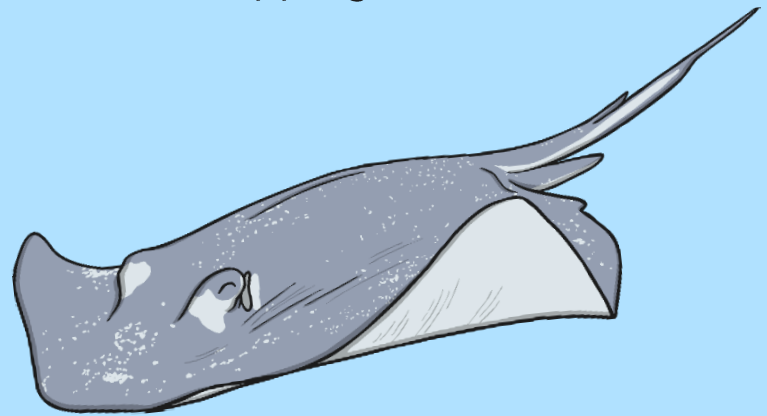
Sea Creatures

There are some creatures to be careful around in the sea:

Jellyfish can sting you with their tentacles. Never enter the water if you can see jellyfish.



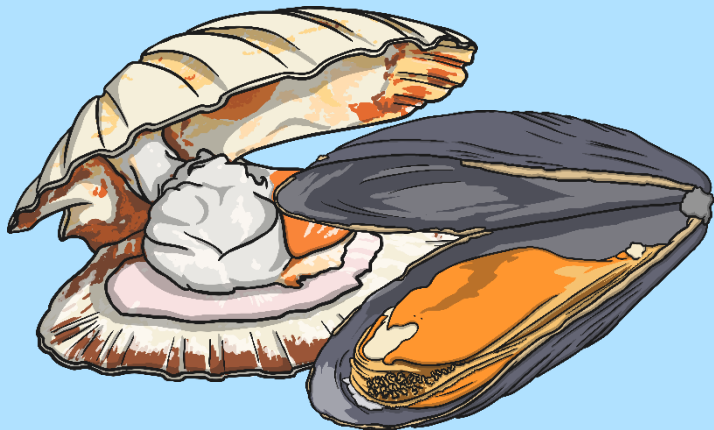
Stingrays can sting you with their stinger. Try shuffling through the water to avoid startling them or accidentally stepping on them.



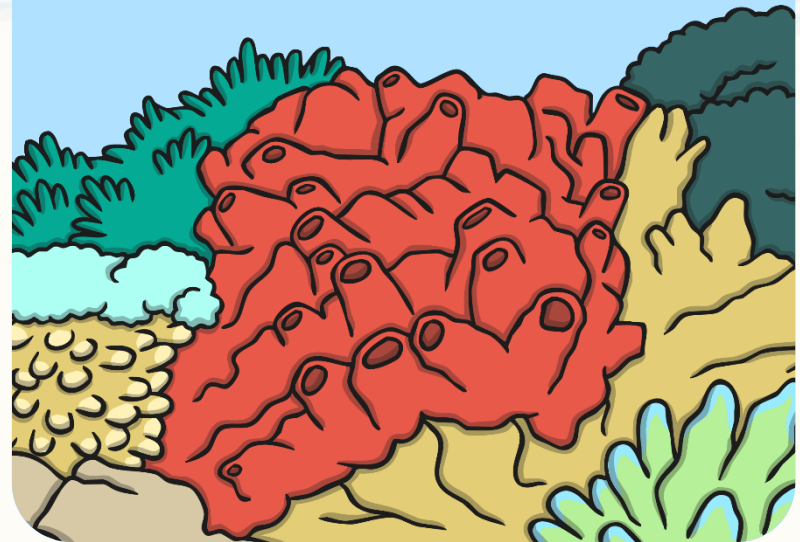
Sea Creatures

There are some creatures to be careful around in the sea:

Mussels and clams have sharp shells that you may graze or cut yourself on.



Coral can also be sharp.
Try wearing water shoes.



Lifeguards

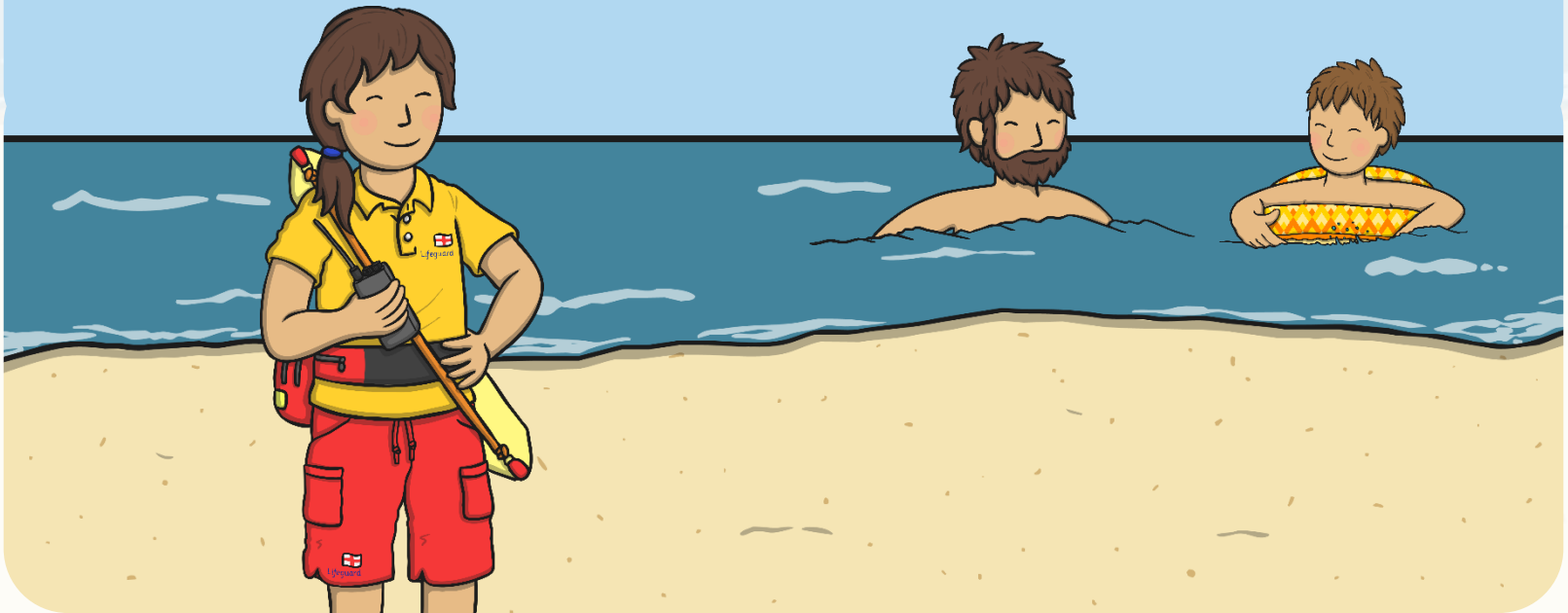


- Lifeguards patrol many beaches and save thousands of people every year.
- In 2014, records state that lifeguards from the RNLI (Royal National Lifeboat Institution) responded to 17,050 incidents on some of the busiest beaches in the UK and they helped more than 19,350 people!
- Shout for help and hold your hand in the air if in trouble.
- Get a lifeguard (or tell an adult if there isn't a lifeguard) if you ever see someone else in trouble.

How Can We Stay Safe on the Beach?

Just swim where it's safe to – preferably at a lifeguard patrolled beach.

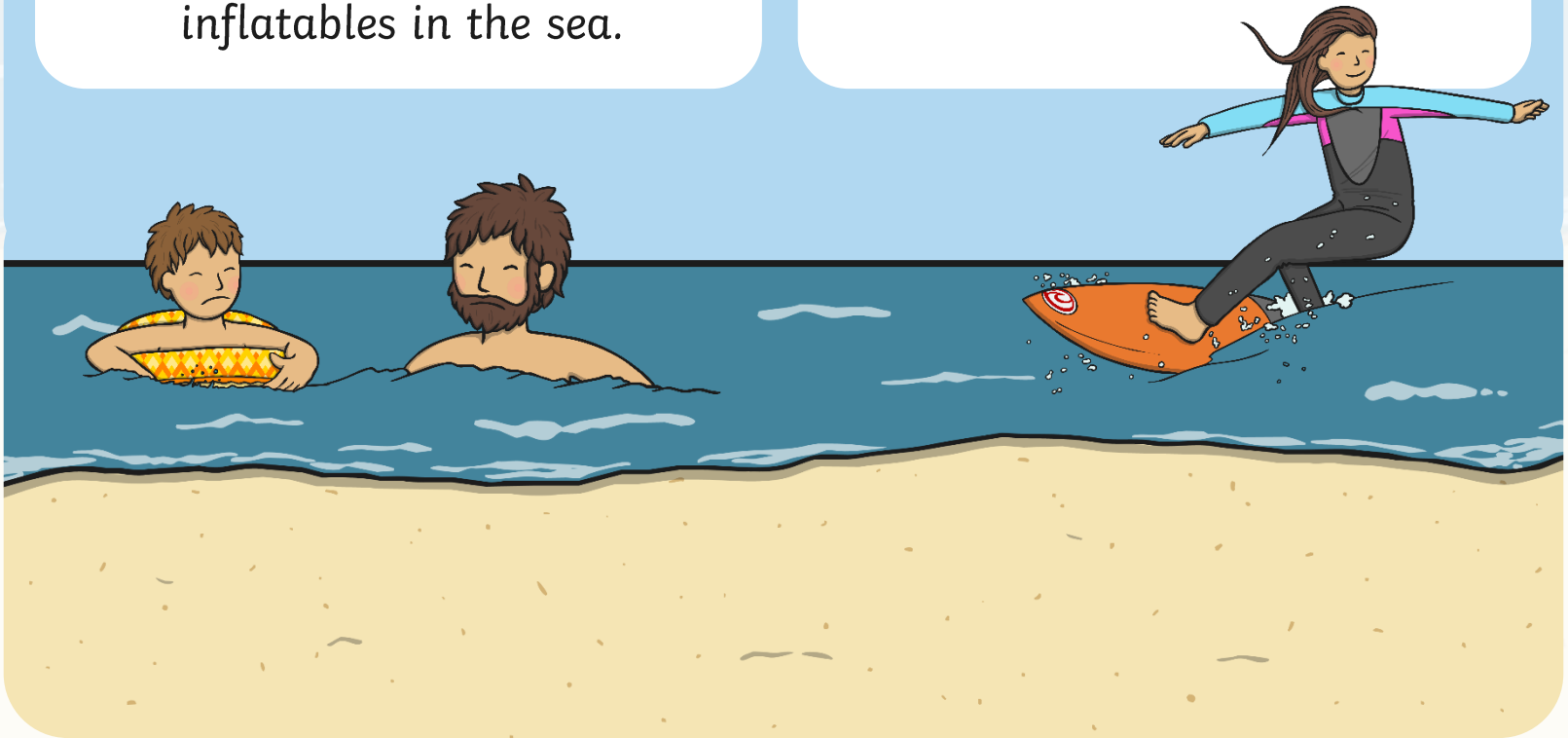
Make sure you can swim, never swim alone and make sure you are always supervised by an adult at the beach.



How Can We Stay Safe on the Beach?

Keep an eye on the weather – if it's very windy or the sea is rough, do not swim or use inflatables in the sea.

Wear the proper clothing when playing water sports.



Flags at the Beach



Bathing flag

The area is watched by lifeguards.
Between two of these flags is a
safe place to swim and use a
bodyboard.

Flags at the Beach



Surfing flag

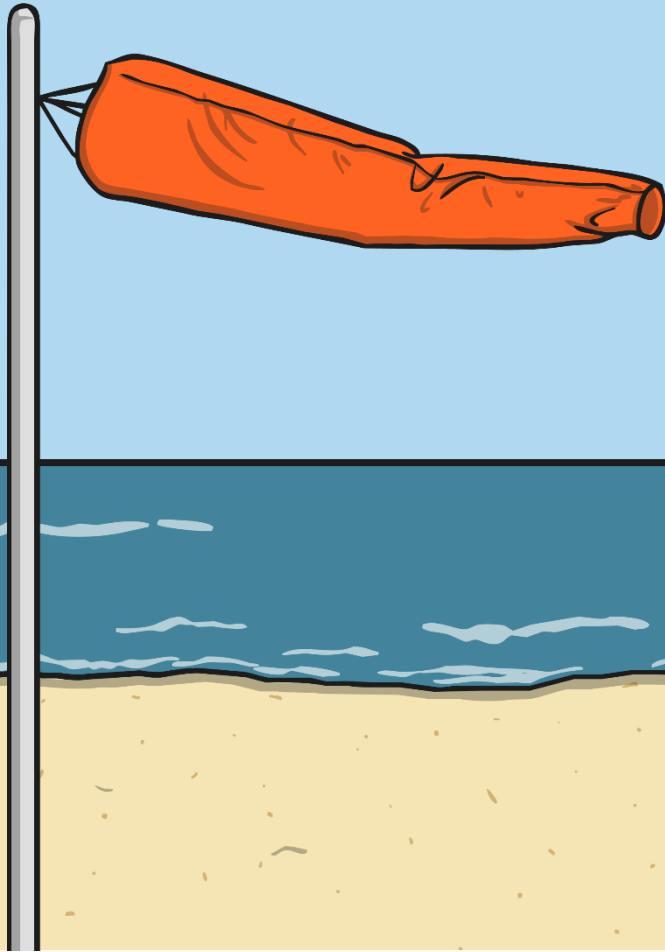
The area is safe for water activities like surfboarding and kayaking, but not safe for swimming or bodyboarding.

Flags at the Beach



Danger Flag
Danger! NEVER enter the water
when you see this flag.

Flags at the Beach



Orange Windsock

Dangerous wind conditions.
You should NEVER use an inflatable
like a rubber ring or dinghy – you
could get swept out to sea.