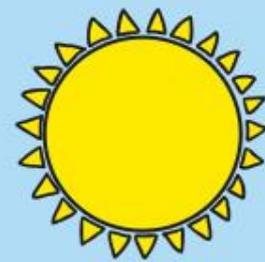


# How to Have a Safe Summer Holiday



# Hooray!



It will soon be the school summer holidays!



**Discuss It!**

What are you most looking forward to during the summer holidays? Why? What would you like to do?

# But, Remember...



There are some **hazards** in the summer time. These things won't cause us any harm if we remember to be careful and are aware of them.

A hazard is something that could be dangerous if you are not careful.

**What is a hazard?**





**Do It!**

Which of the things below could be hazardous? Why?

Be careful,  
this could be  
hazardous.

This is  
a safe summer  
activity.

Be careful,  
this could be  
hazardous.

This is  
a safe  
summer  
activity.

Be careful,  
this could be  
hazardous.

This is  
a safe  
summer  
activity.

# Let's Learn the Rules of Summer Safety!



Click on the pictures to find out more.



Being Safe in the Sun



Being Safe near the Water



Being Safe around Other People



# Being Safe in the Sun



It can feel nice to sunbathe but it can be dangerous too.

The sun's rays can damage your skin.

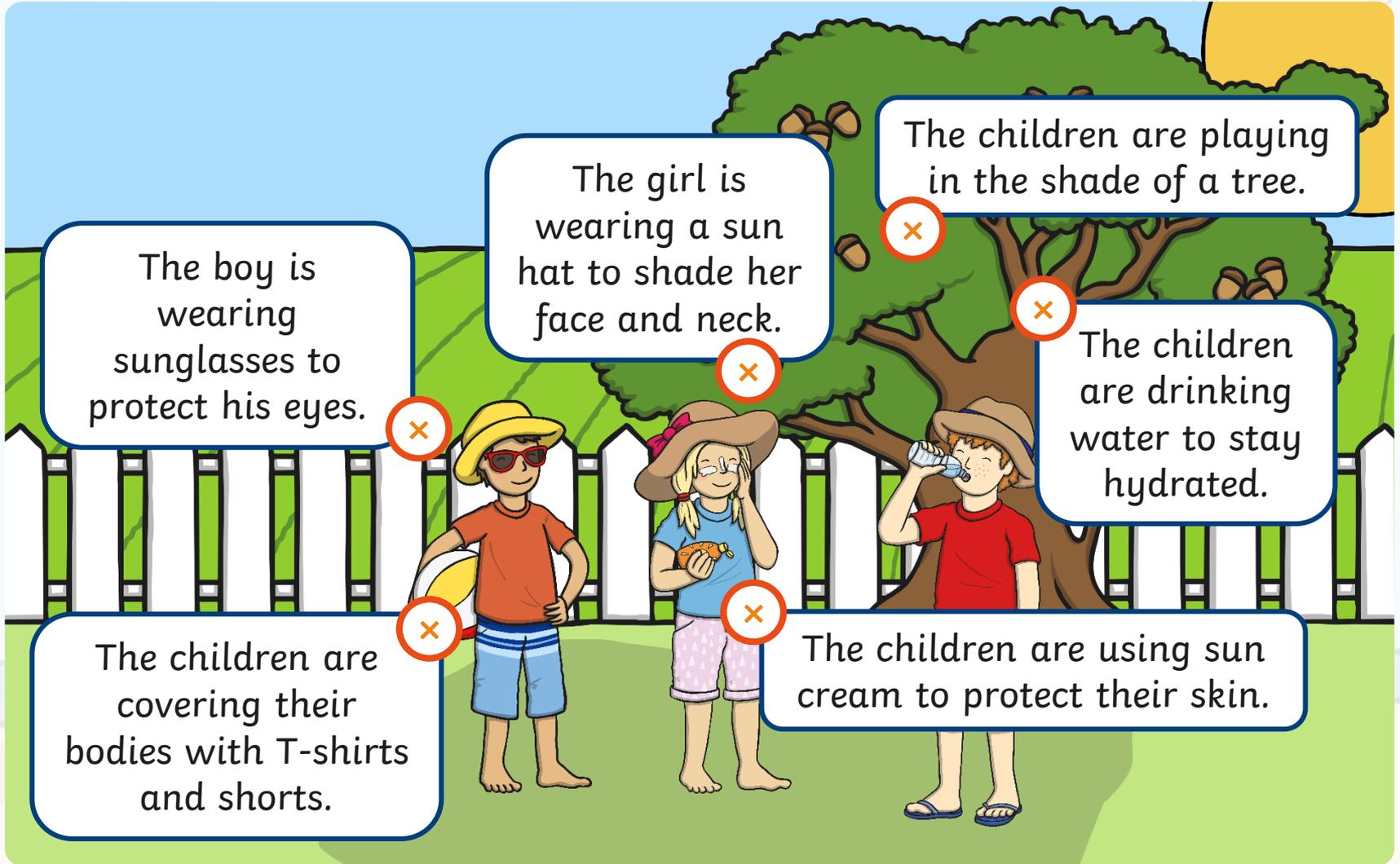
The sun's rays can burn your skin.

The sun is strongest between 11 a.m. and 3 p.m., even on cloudy days.

## Discuss It!

Have you ever been sunburnt? Have you ever been suntanned? Which is best? Neither is best, they are both just your skin trying to produce its own protection from the sun.

# How Are These Children Staying Safe in the Sun?



The boy is wearing sunglasses to protect his eyes.

The girl is wearing a sun hat to shade her face and neck.

The children are playing in the shade of a tree.

The children are drinking water to stay hydrated.

The children are covering their bodies with T-shirts and shorts.

The children are using sun cream to protect their skin.

# How Are These Children Staying Safe in the Sun?

Click on the pictures to find out more.

## Wrap!

**Wrap** up in a T-shirt, shorts and sunglasses.



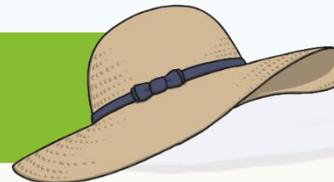
## Splat!

**Splat** on some sun cream every 1-2 hours. Make sure it is at least SPF 30.



## Hat!

Wear a wide-brimmed **hat** to make sure that your face and neck is shaded.

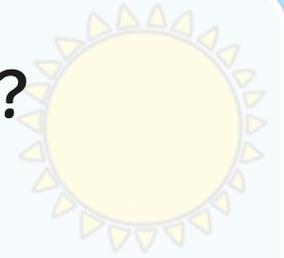


# How Are These People Staying Safe in the Sea?

- ✓ They are swimming where there is a lifeguard.
- ✓ The child has a grown-up with them.
- ✓ The sea is calm.
- ✓ The weather looks calm.
- ✓ The child has a rubber ring to help them float.
- ✓ They aren't swimming too far from the shore.



# How Can We Be Safe near the Water?



Click on the picture to find out more.



Never eat whilst you are swimming.



Make sure you have an adult to watch you.



Always wear a life jacket when you are on a boat.



Use a float or wear armbands.



Swim at a safe depth.



Do not swim in ponds, rivers or lakes.

# People Who Help Us

Some strangers have jobs which means they are there to help you. These strangers often wear a uniform and a badge so they can be spotted easily.

Some of these include...



lifeguards



doctors



nurses



police  
officers



paramedics

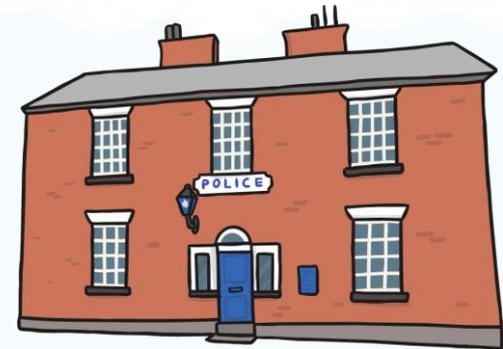
**Discuss It!**

Can you think of any others?

# Buildings

If you can't see anyone in uniform to help, look for a building with people inside to ask for help.

Supermarkets, leisure centres, police stations and schools.



**Discuss It!**

Can you think of any other buildings?

# What Have We Found out about Summer Safety



## Think

What can you remember about summer safety?



## Pair

Share your ideas with a partner.



## Share

Share your ideas with the group.

