

SAFETY MOMENT

December 2023 – Summer Safety Tips for Home and Work



Sun Safety – We live in one of the sunniest places on earth and our summer climate can be incredibly harsh. We are traditionally sun lovers – and this translates to us having the highest skin cancer rates worldwide. No matter your age or skin type, you need to protect yourself from the sun’s damaging rays – to prevent sunburn, premature ageing, unsightly benign skin changes, and ultimately skin cancer, which will affect half of us at some point in our lives. Wear a high SPF sunscreen daily, especially if you’re out in the sun.

Heat Safety – the risk of sunstroke and heat stroke are very real in hot, humid weather. If you’re planning to work or exercise on a hot day, try to do it early in the morning or late in the afternoon to avoid the hottest part of the day. Drink plenty of water and rest when you need to.

Water Safety – swimming, surfing, paddle-boarding, and other water sports are the key to summer holiday fun, but sadly drowning is still a significant risk. Learn to swim no matter what your age, and NEVER go swimming or into the water after consuming alcohol. Supervise your kids! Don’t swim alone (especially in the ocean, lakes, dams, or rivers) and make sure to learn CPR.

DIY Safety – the summer holidays can present the perfect opportunity to get some DIY jobs done on your building when the traffic flow is low. Be safe! From making sure you have the right tools to working only when you are refreshed and 100% sober.

Workplace Safety – if you are still working during the holiday season, maintain all usual safety practices. If you do have to work, don’t have a “big night” the night before!

Road Safety – important year-round, road safety is critically important at this time of the year. There are more drivers than ever on the roads and a careless moment can lead to disaster. Service your vehicle before you travel, follow all local traffic laws, and take your time. Don’t drive tired and, if possible, share the driving if you’re travelling long distances. Stop, revive, and survive!

Pest Safety – mosquitoes are part of our summers. Mozzie bites are not only uncomfortable, but they can carry Ross River Virus, which can be debilitating. Be aware of this and use insect repellent, especially if you’re going outside near a body of water or in the bush.

Play Safely – summer holidays mean recreation – bike riding, skateboarding, scooters, skating, Segway, etc. Protect your head and your wrists/knees as appropriate!