



# Enjoy your summer, safely.



## Summer is officially here!

We all welcome warm weather but the heat can present health concerns that are sometimes overlooked.

At North West Ambulance Service, we are always here to help you. On an average weekend, we see **8,000 calls to our 999 and 111 services**, with those numbers likely to rise for the rest of the season. Please continue to help us to keep our emergency phone lines free for those who really need us.



HERE ARE SOME TOP TIPS TO HELP STAY SAFE THIS SUMMER.

## IN THE HEAT.



### Keep out of the sun

It is best to try to stay in the shade between the hours of 11am to 3pm, as this is when the sun is at its hottest.



### Wear sunscreen

Apply a sun cream of at least factor 30 that includes UVA protection.



### Never leave babies, young children or animals in a parked vehicle

Temperatures can soar in a parked car very quickly, and children under the age of two are particularly at risk of getting heatstroke or heat exhaustion.



### Drink lots of water

It is important to keep hydrated as you lose more fluid during hotter temperatures, this is also vital if you are doing any physical activity and when you are travelling long distances.



### Look out for others

Keep a check on those vulnerable to the effects of heat, especially the elderly, young children and babies and those who have a heart or respiratory condition such as asthma, or other long term conditions.



### Cover up

Wear suitable clothing, sunglasses and a hat to protect yourself from the sun.

## WATER SAFETY.



### Unsupervised water

It may be tempting to take a dip in reservoirs, canals, lakes and rivers to cool down in the summer. However, there are hidden dangers lurking under the surface including deep, cold water, debris and underwater currents which can result in drowning.



### Take your time

Never run, push or jump on others when in a swimming pool, at a beach, reservoir, canal, lake or river. If you see someone in difficulty tell a lifeguard or call 999.



### Keep an eye out

Children should always be supervised when they are in or around water and make sure they are swimming within designated areas.



### Life saving advice

If you found yourself struggling in the water unexpectedly, your instinct would tell you to swim hard. But cold water shock could make you gasp uncontrollably. Then you could breathe in water and drown. Instead, the advice from Royal National Lifeboat Institution is 'Float to Live'. How to float:

1. Tilt your head back with ears submerged
2. Relax and try to breathe normally
3. Move your hands to help you stay afloat
4. It's OK if your legs sink, we all float differently
5. Spread your arms and legs to improve stability.

## OUT AND ABOUT.



### Road safety

When out on a bike or scooter always wear a helmet, be aware of busy roads and cross roads safely.



### Stick together

Don't walk away and leave friends to get home on their own.



### Drink alcohol sensibly

Know your limits and remember to drink plenty of water as the alcohol will make you even more dehydrated.



A person who has consumed too much alcohol, which may lead to unconsciousness, cannot take care of themselves. They are more at risk of vomiting, choking and potentially hypothermia.

**First action if you find someone in these circumstances is to put them in the recovery position and call 999.**



## IF YOU NEED HELP THIS SUMMER, REMEMBER:



**THINK NHS 111 ONLINE** for urgent medical support



**CALL 111** for concerns in children under 5



**DIAL 999** for life-threatening emergencies



**CONTACT** your GP or visit your local pharmacy for health advice and support

# Take care.

If you would like this information in an alternative language or format, such as easy-read or large print, please contact our Communications Team: [communications@nwas.nhs.uk](mailto:communications@nwas.nhs.uk)

[nwas.nhs.uk](http://nwas.nhs.uk)

