



Summer Safety Tips:

A Guide for Families in Australia

Summer in Australia is a time for fun, but it also brings unique safety challenges. From heatstroke to water-related accidents, it's important to be prepared.

Here's a quick guide to help you stay safe and respond effectively to common summer emergencies.

Heat Stroke and Heat Exhaustion

Cause:

- Prolonged exposure to high temperatures can lead to heatstroke or heat exhaustion, especially in vulnerable groups (children, elderly).

Signs to Look For:

- Heat exhaustion: Heavy sweating, weakness, dizziness, nausea, or headache.
- Heatstroke: Red, dry skin, high body temperature (40°C or higher), confusion, or unconsciousness.

How to Assist:

- Move the person to a cool, shaded area immediately.
- Give cool (not cold) water to drink if conscious.
- Apply cool, damp cloths to the skin, head, armpits and groin.
- For heatstroke, call 000 (Emergency) immediately and aggressively cool the body.

Prevention:

- Stay hydrated and wear light, breathable clothing.
- Limit outdoor activities during peak heat (11 AM – 4 PM).
- Wear a hat!

Asthma Attacks

Cause:

- Summer air can trigger asthma attacks, especially due to pollen, air pollution, or cold winds.

Signs to Look For:

- Wheezing, shortness of breath, tight chest, or coughing.

How to Assist:

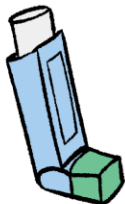
- Have the person use their inhaler (usually blue) and where possible, use a spacer for better results.
- Keep them calm and seated.
- If symptoms persist or worsen, call 000 (Emergency) and continue assisting until help arrives.

With a spacer



- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
- Repeat until 4 separate puffs have been taken

Without a spacer



If you don't have a spacer handy in an emergency:

- Take 1 puff as you take 1 slow deep breath
- Hold your breath for as long as comfortable
- Repeat until all puffs are given

Prevention:

- Always have reliever inhalers accessible.
- Avoid asthma triggers such as smoke or pollen-heavy areas.
- [Free Downloadable Guide to assist with Asthma Prevention](#)

Water-Related Incidents

Cause:

- Drownings and water accidents are common in summer, especially around beaches, pools, and rivers.

Signs to Look For:

- Trouble breathing, splashing, or struggling in the water.
- If someone is unresponsive, it may be a sign of drowning.

How to Assist:

- For non-responsive persons: Call 000 immediately and begin CPR (30 chest compressions and 2 breaths).
- If a child is in trouble, use the "Reach and Throw" method—don't jump in yourself unless necessary.
- Even if the person responds to CPR, they must seek medical advice as problems may continue.

Prevention:

- Always supervise children around water.
- Learn basic water safety and CPR to act quickly in emergencies.

Spider and Snake Bites

Cause:

- Australia is home to some dangerous spiders and snakes, particularly during the warmer months.

Signs to Look For:

- Snake bite: Rapid swelling, puncture marks, or bleeding.
- Spider bite: Localised pain, redness, or swelling (for venomous spiders like the Redback or Funnel-web).

How to Assist:

- **Snake Bites:** Apply pressure to the bite area, immobilise the whole limb, and call 000. Keep the person as still as possible.
- **Spider Bites:** Clean the wound with water, apply a bandage, and seek medical attention for venomous bites.

Prevention:

- Wear shoes and gloves when walking through long grass or bush areas.
- Be aware of your surroundings and avoid disturbing animals.

BBQ and Fire Incidents

Cause:

- Fires are common during summer due to BBQs, outdoor fires, or heatwaves.

Signs to Look For:

- Flames spreading beyond the BBQ or campfire.
- Burns or injuries from hot surfaces or flames.

How to Assist:

- **For Burns:** Cool the burn with running cold water for at least 20 minutes. Avoid applying ice or creams. Cover with a light dressing, even gladwrap and seek medical advice if severe.
- **For Fires:** Use a fire extinguisher or hose to put out small fires.
 - Remember **PASS**:
 - **P**ull the pin.
 - **A**im at the base of the fire
 - **S**queeze the trigger and
 - **S**weep from side to side.

For larger fires, call 000 immediately.

Prevention:

- Never leave BBQs unattended and keep children away from hot surfaces.
- Ensure your BBQ is in a safe location, away from flammable materials.

Car and Driving Incidents

Cause:

- Increased travel and heat can lead to accidents and dehydration-related incidents while driving.

Signs to Look For:

- Drowsiness, confusion, or lack of focus while driving due to fatigue or lapses in concentration or distractions.
- Accidents caused by reduced visibility, speed, tire blowouts, or fatigue.

How to Assist:

- If driving in hot weather, take regular breaks and stay hydrated.
- In the event of an accident, check for injuries and call 000 for emergency help.

Prevention:

- Take a break every two hours or when feeling fatigued.
- Keep your car in good condition, especially tires and air conditioning.
- Always carry water, sunscreen, and a first aid kit in your vehicle.

Stay Prepared with First Aid Courses

Being able to respond quickly to emergencies can save lives.

Enrol in a **First Aid Course** to learn valuable skills that could make a difference during a summer emergency.

Public Safety Training and Response Group offers a range of **First Aid**, **CPR**, and **Emergency Response** training to ensure you are prepared for any situation.

Visit www.pstrgroup.com to find the course that suits your needs.

[Download your free CPR guide](#)

Contact

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Quick Action Points:

- Stay hydrated and avoid peak heat times.

- Learn basic first aid and CPR.
- Keep emergency numbers accessible (000 for urgent help).
- Always supervise children, especially around water and fires.
- Prepare your home and car for summer conditions.
- Keep the CPR chart below handy in case of emergency response.



Public Safety Training and Response Group

D DANGER Assess the situation, is it safe? Identify and manage any hazards and risks to you, bystanders and the patient.	
R CHECK FOR RESPONSE Check for a response from the casualty Use the "COWS" method.	Can you hear me? Open your eyes? What's your name? Say squeeze my hand?
S SEND FOR HELP Call emergency services give them your location and the condition of the patient; Ask for help from bystanders to bring you a defibrillator.	
A OPEN THE AIRWAY Check the airway, remove any obstructions Adult: Full tilt Child: Partial tilt Infant: Natural position	
B BREATHING Look, listen, feel to assess breathing. If abnormal or not breathing, start CPR	
C CPR 30 compressions followed by 2 rescue breaths. (1/3 chest depth, 120 compressions a minute.)	
D DEFRIBILLATION Follow directions for Automatic External Defibrillator (AED).	
CALL EMERGENCY SERVICES 0 0 0	CPR SAVES LIVES

Stay Safe and Enjoy Your Summer!

[Download the CPR chart here.](#)