

SUN & WATER

KEEPING SAFE – YEAR 4



Developing a healthy, safer lifestyle

STICKY KNOWLEDGE

Minimise the risk of drowning near outdoor water by:

- Not swimming in areas with strong undercurrents or cold temperatures
- Making sure an adult is there to supervise
- Learning to swim as soon as possible
- Only swimming where there are lifeguard and flags indicating it is safe to swim

Sun protection is needed to:

- Protect your skin from UV rays
- Help prevent sunburn and damage to your skin

The depletion of the ozone layer has increased our risk of sun damage from harmful UV rays.

To keep safe in the sun:

- Put on sun cream
- Wear a hat and sunglasses
- Stay in the shade
- Drink plenty of fluids

Call 999 in an emergency.