

CRANSTOUN

Here4YOUth

SUMMER Safety



Stay hydrated

Make sure to drink plenty of water throughout the day.
TIP: Keep a water bottle with you at all times.



Be aware of open water

Be extra cautious around canals, locks and the sea.
TIP: If you're going swimming make sure you're never out of your depth.

Stay out of
Direct Sunlight
Between
11am - 3pm.

Keep out of the sun between 11am - 3pm

You are most at risk of over heating and heat stroke between these times.
TIP: If you are out during these hours, wear a hat to protect your head.



Wear Sunscreen

Make sure to regularly top-up your sunscreen when you are out in the sun and use a high SPF.
TIP: Set an alarm on your phone to remind you to top up!



Don't Go Near Water Whilst Under the Influence

Drugs and alcohol can hugely impact our ability to keep ourselves safe, especially near water.
TIP: Don't go swimming if you have been drinking.



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