

# Be safe at the beach

Every year millions of people have fun at the beach, but sometimes people are unaware of the dangers and this can lead to accidents.



If you get into a trouble swimming in the sea follow these simple steps:

- ⇒ keep calm
- ⇒ raise you hand to indicate that you are in trouble
- ⇒ shout for help
- ⇒ try and swim parallel to the beach until you are out of the current.

Using an inflatable can be good fun, but it can also be very dangerous when used at the beach.

The wind may change at any time and it can easily blow an inflatable out to sea. If you do use one make sure that there is always a line attached to an adult on the shore.

Look after yourself, your family and friends and enjoy a great day at the beach!

For more beach safety information please call 01786 471 333 to request a free safety information pocket guide, or visit [www.mcga.gov.uk/seasmart](http://www.mcga.gov.uk/seasmart)