

# Be-ach Safe.

Three simple tips to keep you safe at the beach.



## Why is it important to be beachsafe?

The beach is one of Australia's most important and enjoyable features. Everyone will visit the beach at least once in their life and sometimes as often once a week or more. Unfortunately the beach has hidden dangers that you may not be aware of, so it's important that you follow some simple tips so you can enjoy the beach safely.

## What should you be looking out for?

### The red and yellow flags

The red and yellow flags show the supervised area of the beach and that a lifesaving service is operating



### The lifeguards and lifesavers

Lifeguards and lifesavers are persons there to supervise you and provide advice on beach conditions. You should check to see what uniform your life saving service is wearing when you get to the beach so you know what to look for in an emergency.

### Warning signs

Warning signs will highlight any potential hazards you should be looking out for.



WARNING



UNEXPECTED  
LARGE WAVES



SWIMMING NOT  
ADVISED



SHALLOW  
WATER



NO SWIMMING

To enjoy the beach safely, remember:

# FLAGS

**Find** the red and yellow flags and swim between them.

**Look at,** understand and obey the safety signs.

**Ask** a lifeguard or lifesaver for advice before you enter the water.

**Get** a friend to swim with you.

**Stick** your hand up, stay calm and call for help if you get into trouble.

