

# Safety

## At the Beach...

*\* Always swim between the red and yellow flags - not outside them. The flags mark the safest place to swim and the area where lifesavers and lifeguards patrol.*

*\* Many surf beaches in Australia have strong currents, called rips. These are powerful currents of water that can drag you along. If you find yourself being caught in a rip, do not panic. Stay calm, float with the current and raise your hand, or swim across it, not against it.*

*\* The sun in Australia is very strong. Always wear a shirt, hat, sunglasses and sunscreen lotion.*

*\* Read and obey the warning signs on beaches and beach access points.*

*\* Always swim with others. Children should always be accompanied in the water by an adult who can swim.*

*\* Never swim under the influence of alcohol or drugs, or in darkness.*

*\* Avoid contact with any sea creatures you might encounter at the beach. While they may look harmless some inflict a sting or a bite. Be particularly careful of marine stingers in coastal waters of northern Australia.*

*\* Never run, jump or dive into shallow water.*

*\* If you are unsure of the surf conditions check with a lifesaver.*

**In an emergency, telephone 000**

## **On the Road...**

- \* If you wish to drive in Australia you must hold a current, valid driving licence issued in the country in which you live. Carry it with you at all times when driving.*
- \* In Australia, all vehicles travel on the left side of the road. This may be different to the side on which you normally drive. Ask passengers to remind you to drive on the left side of the road each time you set off.*
- \* All occupants of a vehicle must wear seatbelts at all times, as required by Australian laws.*
- \* Always travel no faster than the signed maximum speed limit.*
- \* Avoid drinking alcohol before driving. Australia has strict laws on 'drink-driving' and police actively enforce them.*
- \* When planning a long drive have a good night's sleep before the trip, share the driving with your companions and stop for a rest at least every two hours.*
- \* The driver of the vehicle is not permitted to use a hand-held mobile telephone whilst driving in Australia.*
- \* In country areas road conditions can vary from bitumen surfaces to gravel and dirt. Be careful of potholes, soft road edges, narrow bridges and dusty roads. Be careful of crossing over a road covered in water - cross slowly only if the road surface is firm, and stay in the middle of the road.*
- \* Allow plenty of room before you overtake road trains (large vehicles that can be more than the length of 10 cars!) and be prepared for them to sway a little as you overtake. Also be prepared for the 'wind rush' when passing as it can pull you towards the road train.*
- \* Do not hitchhike or pick up hitchhikers.*
- \* When crossing the road look in both directions - look right first, then left, then right again. Where available, use designated pedestrian crossings.*

**In an emergency, telephone 000**

## **In the Outback...**

*\* Australia's outback is vast. Our remote wilderness areas have few towns and facilities, often with large distances between them, so be aware and plan your trip.*

*\* When planning each day of travel spread some time to calculate how long it will take to drive between destinations. Be realistic about how far you can drive in a day.*

*\* Inform family and friends or the local police of your travel plans. The local police can also provide helpful advice on facilities and road conditions.*

*\* Always carry a current road map.*

*\* Make sure your vehicle is in good working order and has been serviced recently.*

*\* Use a four-wheel drive vehicle on unsealed roads in remote areas. Take extra care when driving these vehicles. For example, drive at reduced speeds on unsealed roads.*

*\* Always carry a spare tyre, tools and water. If travelling to remote areas off major highways take extra food, water, fuel and tyres. Do not overload your vehicle and never carry spare fuel inside an enclosed vehicle.*

*\* If you have trouble with your vehicle, **don't leave your vehicle** because it will provide you with shade and protection from the heat. Wait for help to come to you.*

*\* Hire appropriate emergency communication equipment, such as a satellite phone or an Emergency Position Indicating Radio Beacons device (EPIRB).*

*\* Obey road closure signs and stay on recognised routes.*

*\* Fires in desert and bush areas can spread very quickly. If required, be prepared to evacuate the area immediately.*

*\* Australian wildlife and livestock often graze on the roadside and can stray onto the road. Be very careful when driving at sunrise, sunset and at night, when animals are most active. If an animal crosses in front of you brake gently - do not swerve wildly to avoid it.*

*\* During daylight hours always drive with your headlights on low beam, as outback conditions can make it difficult to see oncoming vehicles.*

**In an emergency, telephone 000**

### **In The Bush...**

*\* Be prepared if you plan to spend some time in our bushland. Plan your hike. Always tell someone where you are going and what time you expect to return. Let them know when you return safely.*

*\* Check the weather forecast and be prepared for unexpected changes in weather.*

*\* Check the length and degree of difficulty of your planned walk. Consider using a local guide when taking long or difficult walks.*

*\* When walking or exploring outdoors drink plenty of water (allow at least one litre of water per hour of walking). Wear sturdy shoes and socks, a hat, sunscreen lotion, comfortable clothing and insect repellent. Other handy items for long bushwalks include food, warm clothing, first aid supplies, a torch and a map.*

*\* Never walk alone. Read maps and signs carefully. Stay on the track and stay behind safety barriers.*

*\* Never dive into a rock pool, creek, lake or river. Stay away from cliff edges and waterfalls.*

*\* Do not feed or play with native animals. You might get bitten or scratched.*

*\* Limit your use of fire. Use a fuel stove for cooking and wear thermal clothing to keep warm. Never leave fires unattended or unconfined.*

*\* Visit the ranger station or park information centre to obtain details on the best places to visit and any additional safety tips for that park.*

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