

To enjoy the beach safely, remember:

FLAGS

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

L Look at, understand and obey the safety signs.

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

G Get a friend to swim with you.

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

How can you be sun safe?

To avoid sunburn and dehydration while you enjoy a day outside, follow these simple steps.

SLIP

Slip on a long sleeve shirt to get the best protection from the sun's rays.

SLOP

Slop on some SPF30+ sunscreen at least 15 minutes before you go out in the sun and then don't forget to reapply every two hours after that.

SLAP

Slap on a hat, a wide-brim hat will provide the best protection to your head and face.

SEEK

Seek some shade, particularly between the hours of 10am and 3pm when the sun is at its hottest.

SLIDE

Slide on a pair of UV rated sunglasses.

SLURP

Drink plenty of water in moderation and avoid fizzy and alcoholic drinks that will dehydrate you.



For more details on Beach Safety please contact

Bundaberg Regional Council

CALL CENTRE
1300 883 699

WEBSITE
www.bundaberg.qld.gov.au

Surf Lifesaving Queensland

TELEPHONE
07 4151 8431
07 3846 8000

WEBSITE
www.lifesaving.com.au



Beach SAFETY



For All Emergencies

Bundaberg Region's Patrolled Beaches



What do the signs mean?



DANGEROUS CURRENTS

There are dangerous currents present



MARINE STINGERS

There are dangerous marine stingers in the water



SHARKS

A shark(s) has been sighted in the area



BLUE BOTTLES

Blue bottles are present



HIGH SURF

Surf is large and dangerous or there are dumping waves present that can cause injury



NO SWIMMING

What do the flags mean?



RED AND YELLOW FLAGS

Indicates the safest swimming area which is also the area patrolled by surf lifesavers and lifeguards.



YELLOW FLAG

Caution - The conditions are potentially dangerous, however it is safe enough to swim.



RED FLAG

Danger - Do not enter water. When the red flag is displayed, the beach is closed for swimming.



RED AND WHITE QUARTERED FLAG

Emergency Evacuation - Leave the water immediately. This flag will be raised along with the sound of a siren to alert swimmers to leave the water because of a potential danger. In most circumstances the lifesavers or lifeguards will be attending to a mass rescue or the sighting of a dangerous marine creature.



BLUE FLAG

Board riding area - surf board riders must stay outside of the red and yellow flags.

Remember
NO FLAGS = NO SWIM