

Summer safety

Dehydration / heat exhaustion

Stay hydrated. Signs that you are dehydrated or have heat exhaustion are nausea, dizziness, fatigue, hot skin and constant thirst. Adults need to consume a minimum of 3 litres of water per day. If you are doing sports / fitness activities / DIY, you will need to take more water on board. Caffeinated drinks such as tea and coffee are diuretics and will rob you of fluids.



A Scottish ice cream van on Portobello Beach, Edinburgh.



[Rehydration Drink on Amazon](#)

In the event that you become badly dehydrated, you may want to consider some rehydration supplements. "Liquid I.V" from Amazon is suitable for vegetarians, is gluten-free and contains no artificial sweeteners. It contains electrolytes, salts, vitamins and comes in different flavours. Mixed with 500ml of water it will rehydrate your major organs quite quickly once consumed. In more serious cases, call 111 and seek advice or an appointment at a local minor injuries unit. For anyone who becomes unconscious / has a temperature of 40c or higher then call 999. Use cool, damp towels placed around the head /

neck / shoulders and cold packs placed under the armpits and in the groin area.

Summer safety

BBQ's

It's rare that we can plan a BBQ ahead of time in the UK but as the weather forecast stands, this could be entirely possible this year!

Be mindful of where your BBQ is situated – avoid direct sunlight or it could be more than the food on the BBQ that is being cooked! If you are in direct sun-light you are at higher risk of being burned not just by the sun but also the heat radiating from the BBQ which will increase the rate at which your skin will burn. Those of you who are fair-skinned are at an even greater risk!

Smores: done right, these are a fun way to round off a BBQ as a sweet treat that is likely to put you in a food coma for the remainder of the day. Toasting marshmallows on the end of a stick over the hot coals can also present its own challenges. Molten marshmallow on your skin will cause partial thickness burns and needs immediate cooling for 20-30 mins. Bear in mind that the burn continues to be active for up to 48hrs so consider using burns gel and wrap it in clingfilm plus a bandage.



Exhibit 'A'.

If the burn has blistered don't pop the blister. Keep it covered as above. Stay out of the sun for another 48 hours minimum if possible and keep it as cool as possible.

Summer safety

Jelly Stings

Jellies and their lookalikes



www.wildlifewatch.org.uk

With the sea temperature increasing during the summer months, these are more likely to be visiting our shorelines and beaches. If you've ever been stung by one, it's unlikely you'll forget it.

Treatment: Remove any tentacles from your skin and depending on the severity of the sting and how far out in the water you are, you might want to get back onto the beach as soon as possible. If you are prone to suffering anaphylaxis then get your epi-pen out in readiness. If you don't have a potentially life-threatening reaction to the sting then keep your affected body part in sea water (**NOT fresh water**) for at least 20 minutes. **Do not apply urine** to the sting – this is an old work of fiction that doesn't work. **Do not apply ice packs or anything cold to the sting as this will only serve to reactivate the venom.** Instead, get in a hot shower – as hot as you can take it and stay there for at least another 20 minutes.

You can take paracetamol, ibuprofen and anti-histamines as appropriate to manage any subsequent pain from the sting. If the affected area becomes infected then seek medical advice straight away. You will most likely see "welt" marks on the skin for a few days that either resemble the tentacles or the body of the jellyfish. The important thing to remember is to stay calm and follow the advice. In the event of a severe allergic reaction to the sting you should call 999 straight away.

Summer safety

Severe sunburn

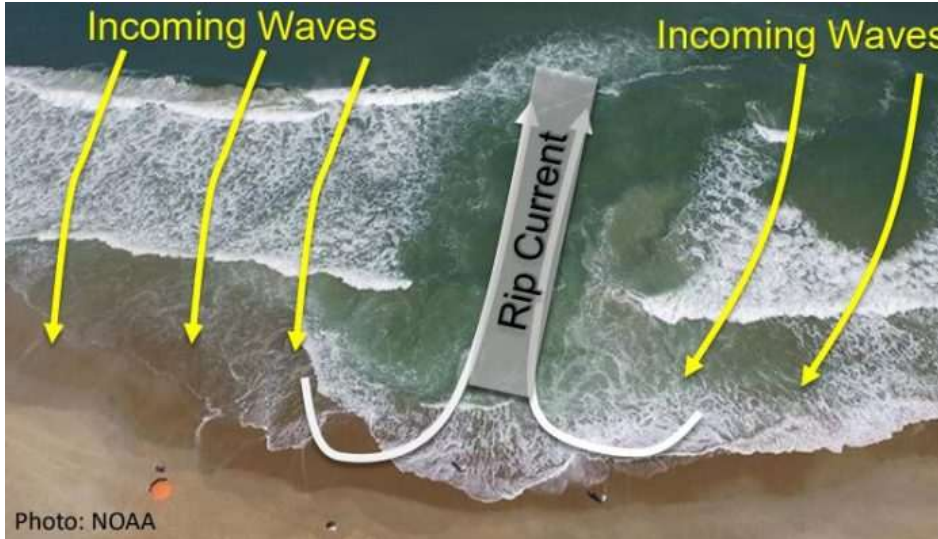


Partial thickness burn

This is a very painful and debilitating condition with potentially serious medical complications ahead. Most of the time when we get a bit “pink” from moderate sunburn, it’s going to sting a bit but this is different. A high pain score is an indicator that the sunburn has gone deeper into the skin and could have started to damage the nerves. It is important (as with all burns) to apply cold running water as soon as possible – the shower is probably the best place for this. You will need to remain in the cold water for 20 minutes at least. If you have it, apply burns gel to as much of the affected area as you can. You may also want to wrap it in clingfilm with a conforming bandage over the top of that and then it’s time to call 111 to get an appointment at a minor injuries unit. For children, you should take them directly to A&E as they will have paediatric specialists there who will be better placed to manage this. Don’t pop any blisters that may have formed and do not apply anything oil-based to the skin. Be prepared for a few sleepless nights and take pain relief in the form of paracetamol / ibuprofen as appropriate. Once you have sunburn of this magnitude, you will be advised to stay out of direct sunlight for 2 years (yes, you read that right) as you will be at high risk of developing melanoma skin cancer. Dehydration and heatstroke are also additional issues to consider.

Summer safety

On the beach



Rip current on a beach.



KidZone at Bournemouth Beach



Weaver Fish

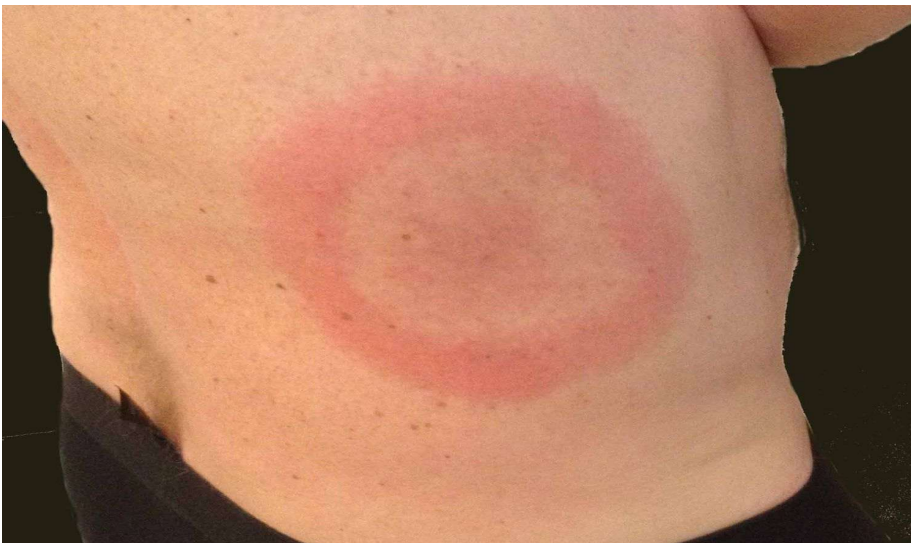
Summer safety

Weaver fish like to hang around the groynes and other structures in the water. They are difficult to see and the first you'll know about one being near you is having its dorsal spines stuck in your foot. Hot water and vinegar on the wound is a good treatment option to combat their venom. Don't rub the affected area as this will spread the venom around the foot.

In the Garden – Insects

Ticks are evil blood-sucking parasites that, for the most part, live on animals. Sometimes, they get greedy and go for the odd human (not odd as in 'strange' like me). Of concern is that they carry Lyme's Disease which can be passed on through a bite. Early recognition of a tick bite is key. There are a couple of ways to remove a tick. The first is to get a pair of tweezers, gently grip the tick as close to the head (your skin) as possible and then rotate it anti-clockwise as you pull it out. Ideally you need the whole thing out in one go or you run the risk of a secondary infection if the head remains. The second option is to put some Vaseline over the tick. The reason for this is that ticks, when engaged in their bitey activities, have to breathe through their bottoms which is the bit staring you in the face when you spot one. By applying Vaseline, you will effectively suffocate it and it will withdraw itself from your skin in order to breathe through its mouth again.

Be vigilant for the "bullseye" mark that it might cause on your skin.



This is a "bullseye" that indicates Lyme Disease

If you see this, seek medical advice immediately.

Summer safety

Road Trips



Saturday 19th July 2025 – I called it!

So, you're off. The warm sun is shining, the tunes are playing, the air-con is on, shades are on and you don't have to do the driving. Feet up on the dash and enjoying life until.....



This is an X-Ray of a front seat passenger who was doing just that until the car they were in was involved in a collision. The airbag in your car will deploy at a speed of 200mph and anything in its way will be moved one way or another. Check where your phones and dashcams are mounted because if they're in reach of an airbag you'll probably need to have them surgically removed from you if the airbags deploy. If you have a significant crash and your airbags don't deploy, leave the vehicle and do not re-enter it until cleared to do so by the Fire Brigade who can make it safe.

Happy Summer Holidays everyone!