



Perry Cross
Spinal Research
Foundation
To Cure Paralysis For All™

Take Care. Be Aware.

Summer is here and it is time to get out onto the road and into the water and enjoy ourselves. It's important to be aware of the risks this summer to keep you and your family safe.

Over 15,000 Australians are living with a spinal cord injury with approximately 400 new cases a year.

10 top safety tips for summer

1. Check conditions before entering the water. Remember to look for hazards and dangers like sandbars and submerged rocks.
2. Check the water depth - do not dive into shallow water.
3. Swim only in patrolled areas.
4. Watch out for other people or watercraft when in the water.
5. Supervise children around water.
6. Don't drink and swim.
7. Keep an eye out for each other - never swim alone.
8. Do not text and drive.
9. Switch your phone to silent while driving.
10. Don't drive tired.

**A spinal cord injury can happen to anyone, any time.
In most cases a spinal cord injury is permanent and irreversible
so take care, be aware and stay safe this summer.**



Meet Nick Dempsey.

Nick is a champion water polo player who was working towards going to the Olympics before a terrible pool accident changed his life forever.



“ I dove into the pool in my backyard and just misjudged the dive. I hit the bottom and dislocated my neck. Everyone thinks they're bullet proof and it won't happen to them.



I was a water polo player and spent all my time diving into pools and still managed to misjudge it. It can happen to anyone.



Please take care, be aware and stay safe this summer. ”



You can change a life today by supporting this campaign. Donate to the Perry Cross Spinal Research Foundation and help us to find a cure for paralysis.

Donate at

www.pcsrf.org.au/summer-safety/



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