



Perry Cross
Spinal Research
Foundation
To Cure Paralysis For All™

Summer Safety

Take Care. Be Aware.

Summer is here and it's the time everyone is out on the road and in the water enjoying themselves.

It's important to be aware of the risks this summer to keep you and your family safe. Over 20,800 Australians are living with a spinal cord injury with approximately 400 new cases a year.

10 Top Safety Tips for Summer

1. Don't drink alcohol and swim
2. Don't text and drive - it's just not worth it. Put your phone on silent and be aware of the road
3. Always use a lifejacket when on watercraft
4. Never dive in unfamiliar waters. Hidden objects can cause injury
5. Be aware of sandbars and other hazards in the ocean
6. Keep your eyes on children, and anyone you're with, in the surf
7. Pay attention to safety signs warning of dangerous conditions in the water. If caught in a rough current, don't fight against it. Swim parallel to shore and try to signal for help.
8. Drink lots of water and stay hydrated
9. Always swim between the red and yellow flags at the beach
10. Check the depth before diving into a swimming pool

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.

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# Meet Cure Crusader Lindsay Nott

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“I’ll never forget the day of my accident, because it was the last day of Year 12.

I met a group of mates at Southbank, Brisbane on a hot summer’s day and we decided to go for a swim. Four of us ran into the pool, 3 came up and I was the unlucky one that hit my head - the rest is history.”

Lindsay knew straight away something was terribly wrong. He was lying face down in the water and could not move.

An accident only takes a split second.

We want everyone to have fun and enjoy the Summer season, but please remember to keep safe and look out for your family, your friends and those around you.

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