

# Summer Safety Guide!



**Summer in the UAE** can be very hot and humid, with **temperatures frequently exceeding 40°C.**

As a parent or childcare provider, it's important to **take extra precautions to ensure the safety and well-being** of your children during this time.

**Here are some tips to help keep your family safe this summer:**

## 01. Sun Safety

- Encourage your children to wear sunscreen products with a minimum SPF of 30.
- Apply sunscreen at least 20 minutes before going outside and reapply every 2 hours.
- Have your children wear hats and sunglasses to protect their face and eyes from the sun.
- Try to avoid outdoor activities during the hottest part of the day (typically between 12 pm and 4 pm).
- Make sure your children drink plenty of water throughout the day to stay hydrated.



## 02. Water Safety

- Always supervise your children when they are in or near water.
- Make sure your children wear life jackets or floatation devices when they are in a pool or at the beach.
- Teach your children how to swim and make sure they understand the importance of never swimming alone.
- Ensure your children know the dangers of rip currents and waves and how to avoid them.
- Keep the pool area secure by installing a fence or barrier around it to prevent children from accessing it without adult supervision.
- Keep rescue equipment, such as a life preserver or rescue pole, close to the pool in case of an emergency.
- Teach children to enter and exit the pool safely. They should use steps or a ladder, and avoid running or jumping into the pool.



- Make sure children are aware of the rules for the pool area, such as no diving, no running, and no horseplay.
- If your child wears goggles or a swim mask, make sure they fit properly and do not obstruct their vision.
- Avoid using inflatable toys or pool floats that may not be safe, as they can deflate or tip over and cause accidents.
- Be aware of the signs of drowning, which can include silence, a vertical position in the water, and a lack of movement. If someone is in distress in the water, call for help immediately and do not enter the water unless you are trained to do so.
- It's important to recognize the signs of drowning, such as silence, being in a vertical position in the water, and lack of movement. If someone is in danger, call for help immediately and avoid attempting to rescue them unless you have proper training.
- **Additional tip:** Learn CPR in case of an emergency. CPR classes can teach you to stay calm in emergencies and learn cardiopulmonary resuscitation skills to restore blood circulation and breathing. CPR classes also teach the proper technique of chest compression, rescue breathing, and the use of an Automated External Defibrillator.

Always ensure certified instructors teach the CPR class through an officially recognized organization.



## 03. Heat Safety

- Make sure your children take frequent breaks and rest in a cool, shady area.
- Dress your children in loose-fitting, lightweight clothing to help them stay cool.
- Provide your children with plenty of water and encourage them to drink it throughout the day.
- Keep your home cool by using air conditioning or fans.
- Never leave your children in a parked car, even for a short period of time.



## 04. Food Safety

- Make sure your children wash their hands before eating.
- Keep perishable foods refrigerated until ready to eat.
- Encourage your children to drink plenty of water and avoid sugary drinks.
- Use a thermometer to ensure that food is cooked to the appropriate temperature.
- Avoid leaving food out in the sun for an extended period of time.



## 05. Travel Safety

- Make sure your children wear seat belts at all times when in a vehicle.
- Make sure your children sit in the back seat of the car, especially if your car has airbags.
- Always use a car seat or booster seat appropriate for your child's age and size.
- Make sure your children wear helmets when riding bicycles or scooters.
- Teach your children about road safety and the importance of looking both ways before crossing the street.



## 06. Outdoor Safety

- Make sure your children wear appropriate footwear when playing or walking outside to prevent injuries.
- Teach your children about the dangers of playing near roads, construction sites, or other hazardous areas.
- Make sure your children understand the importance of staying away from animals they don't know, including stray or wild animals.
- Teach your children about the dangers of playing with fireworks or other hazardous toys.
- Make sure your children are supervised when playing in parks or playgrounds.





## 07. Indoor Safety

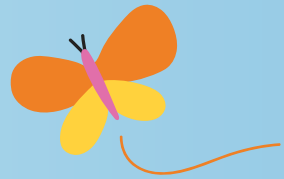
- Make sure your home is free of hazards such as loose rugs, exposed cords, or sharp tools and objects.
- Teach your children about the dangers of playing with electrical outlets, appliances, or other electrical devices.
- Make sure your home has working smoke detectors and teach your children about fire safety.
- Keep cleaning products, medications, and other hazardous materials out of reach of children.
- Teach your children about the dangers of playing with matches or lighters.





## 08. Bug Safety

- Make sure your children wear insect repellent to protect against mosquito bites and other insect bites.
- Teach your children to avoid areas with standing water, which can be a breeding ground for mosquitoes.
- Check your children for ticks after they have been outside in wooded or grassy areas.
- Teach your children to avoid beekeeping locations and to stay still if one is nearby.
- Make sure your children understand the importance of never touching or playing with snakes or other venomous animals.



## Emergency phone numbers and apps

Emergency phone numbers and apps

In case of an emergency, you can call the following numbers while anywhere in the UAE:

**999** for Police

**998** for Ambulance

**997** for Fire Department (Civil Defence)

**996** for Coastguard

**991** for Electricity Failure

**922** for Water Failure

**SOS - AD999 app:** In Abu Dhabi, use Abu Dhabi Police's **AD999** app to report a fire, request an ambulance, or call the emergency helpline immediately by pressing the SOS button. The **AD999** app is available on Google Play and App Store.

For food safety issues in the Emirate of Abu Dhabi, contact the Abu Dhabi Contact Center at **800555**.

For fake or harmful medicines, contact the Ministry of Health and Prevention through the hotline **80011111**.

For incidents of food safety, violations of animal care, or possession of dangerous animals or agricultural pests, report through this platform: <https://biosecalert.ae/en/Pages/home.aspx>

**For people of determination:**

In the emirate of Abu Dhabi, people of determination can get help for medical emergencies by sending an **SMS to 5999**. The SMS must contain information about the incident, the location of the patient, and a phone number on which the police can contact someone.