

SUMMER SAFETY

Hot Tips & Cool Trips



University of
Nottingham
UK | CHINA | MALAYSIA

Community Engagement



Home

- Ensure windows & doors are locked at all times.
- Keep valuables out of sight, especially downstairs.
- Keep noise to a respectful level for neighbours.
- Don't post yourself out the house on social media.
- Stay together on nights out.
- Before you go out, plan your journey home together.
- UNICAB also offers an emergency taxi scheme. Call 0115 950 0500 & pay the following day at the Welcome Zone.
- Taxis are a quick & safe way to get home.
- Share your plans & Uber locations with friends.

- Keep in the shade, especially during peak sun & use sunscreen.
- Stay Hydrated & stay informed. Pay attention to local weather forecasts and UV index reports.
- Consider your health: check for skin changes & be aware of Medications that increase sensitivity to sunlight.



Heat



Hazards

- You cannot take a Barbeque to the park for personal use, or you could be fined up to £2,500.
- Keep disposable BBQ's away from flammable materials & ensure they're completely cooled before discarding.
- Avoid parking vehicles on dry grass.
- Separate recyclables, maintain cleanliness otherwise waste can smell & attract pests.

Nottinghamshire Fire & Rescue Service General Enquiries: 01158388100



Understanding the dangers of Open Water



- The water is cold – even on very warm days. Sudden immersion can lead to cold water shock, which can cause gasping & intake of water.
- Depth can be difficult to estimate. Debris under the water such as broken glass can cause injury & trap you.
- You can get in, but can you get out? People often get into difficulty with steep sides & slimy banks.
- Riverbanks may be unstable & give way.
- There may also be hidden currents. So, do not swim in open water.

If you see someone in danger in the water

Remember: **Call, Tell, Throw**

- **CALL** - dial **999** & ask for the **Fire & Rescue Service** if inland or **Coastguard** if near the coast.
- **TELL** - Tell them to **float** on their back.
- **THROW** - Look for something that floats or that they could hold onto & throw it to them.



Do not enter the water yourself – you could also get into difficulty

If you are in danger in water

If you fall into the water unexpectedly, or get into difficulty, remember: **Float to Live**

- Fight your instinct to thrash around – lean back and extend your arms & legs
- Float until you can control your breathing
- Only then, call for help, swim to safety or continue floating until help arrives

SUMMER SAFETY

Hot Tips & Cool Trips



University of
Nottingham

UK | CHINA | MALAYSIA

Community Engagement



Nature Walks and Hiking: Make the most of the sun by exploring local trails like those in [Sherwood Forest](#), known for its historical association with Robin Hood. Morning walks can avoid the midday heat.



Museum Visits: If you'd prefer to stay indoors, air-conditioned environments like the [Nottingham Contemporary](#), or the [Galleries of Justice Museum](#) are a great option.



Theatre Performances: Immerse yourself in the arts at local plays or musicals, particularly at venues like the [Nottingham Playhouse](#) or the [Theatre Royal](#).



Early Morning or Evening Sports: Organise sports events in cooler parts of the day. Sports like cricket, football, or tennis at local parks or in the [David Ross Sports Village](#).



Volunteering: There are so many opportunities to help in local charities, foodbanks, or community centres. Find out about volunteering opportunities on the [University website](#).



Art and Craft Workshops: Join sessions in local libraries or community centres where you can learn new skills like [pottery](#), [painting](#), or [crafting](#).



Tech experiences: If you'd prefer to stay indoors, Immerse yourself in Nottingham's finest VR gaming experience at [SpaceVR](#). Or take your friends to an escape room at [Escapologist](#).



Events: Take yourself to a tribute show, motor festival, stand-up show or sporting event. Take a look at the [Visit Nottinghamshire website](#) to explore your options.



Picnics in the Park: If you want to do something local, fun and easy, try picnicking in local parks like [Wollaton Hall](#) and Deer Park or the [Arboretum](#).



Outdoor Movie Nights: Travel down to an [outdoor cinema](#) event which can be a relaxing way to spend a warm summer evening.