

Stay safe this festive season. For any emergencies, please call Emergency Medical Services on: 10177 or 112. If you are involved in an accident make sure to:

- Stay calm.
- Move away from the road surface if it is safe to do so.
- Call Emergency Medical Services and speak clearly and slowly.
- Share a specific detail about the location of the accident such as road name, area, town, nearest crossing or provide land marks, if you can.
- Share specific details about the incident such as what happened and how many people are involved.
- Provide a contact number for someone that will be staying at the scene of the accident.

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Stay safe this festive season. For any emergencies, please call Emergency Medical Services EMS on: 10177 or 112. If you go out swimming this summer make sure to:

- Go in a group, stay together, do regular roll call of everyone in the group.
- Never approach water alone, or swim alone.
- Never swim under the influence of alcohol or intoxicated.
- Always swim near a life guard
- Alert the authorities immediately if you come across someone in distress, and keep visual contact with that person.

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FESTIVE SEASON



Stay safe this festive season. For any emergencies, please call Emergency Medical Services EMS on: 10177 or 112. In case of burns from fire make sure to:

- Stop, Drop, and Roll
- Immediately stop the burning by extinguishing the flames
- Cool the affected area with clean cold water
- Do not apply butter or ointments to the affected area
- Seek medical advice from your nearest clinic or hospital
- Keep flammable materials away from fire

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EXTINGUISHER

Stay safe this festive season. For any emergencies, please call **Emergency Medical Services** EMS on: 10177 or 112.

Tips on how to use fire extinguisher:

- Pull the Pin
- Aim at the base of the fire
- Squeeze the Trigger
- Sweep side to side
- Do not extinguish oil fires with water

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