



Summer Safety Tips

Around Your Home & Garden

This booklet was made by those who need accessible information working with btm.

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An EasyRead Guide



We all enjoy it when the weather gets warmer and the evenings get lighter.



We get to spend more time outside and in our gardens.

We can open our windows and doors and let fresh air in.



We can have barbecues and eat outside.



But there are things that you need to think about to keep safe in the summer.

So we have written some tips in this booklet to help you.



Always check that your food is cooked properly especially meat.



Make sure your barbecue has cooled down before you move it or clean it. Don't throw hot ashes into a dustbin as they could melt the plastic and start a fire.



If you have used a disposable barbecue make sure it is completely out before you throw it away.



Have a great summer!

Barbecues



There are lots of things to think about to make sure you stay safe when you have a barbecue.



Make sure your barbecue is on flat ground so it doesn't tip over. Keep it away from anything that could catch fire like trees or bushes.

Don't leave your barbecue and go and do something else. Keep an eye on it at all times.



Have a bucket of water next to you just in case of emergency.



If you are spending a lot of time in your back garden you should keep your front door locked.



Be careful about leaving windows open wide especially downstairs.



You might not hear or notice if someone comes in.



Don't leave anything valuable where a thief could reach them. Always close your windows when you go out.



If you are spending a lot of time outside be careful that you don't get sunburn.



Spend time in the shade between 11am and 3pm. This is when the sun is the strongest.



Wear loose clothes that cover your body and sunglasses. You can also wear a sun hat especially if you have no hair.



Put sun cream on parts of your body that aren't covered. Make sure it is SPF15 or higher.

Gardening



Looking after your garden can be nice and relaxing in the summer but there are some things that you need to be careful with.



If you are doing a lot of digging and weeding take lots of breaks. Kneel on a cushion to protect your knees and get up and stretch your back and legs.



Wear gardening gloves to protect your hands from plants that might sting or scratch you.



If you use an electric lawn mower be careful with the wire. You don't want to trip over it or run over it. This can be very dangerous.