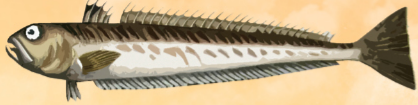


GENERAL HAZARDS AT THE BEACH



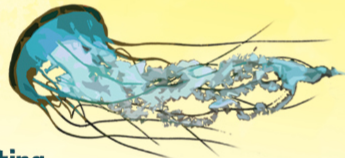
Weever Fish Sting

SYMPTOMS

Intense pain for first two hours with possible numbness, pain and irritation for several days. Affected area will be red and swollen. The spine may have broken off in the affected area which will cause discomfort until it is removed. Can cause anaphylactic shock or allergic reaction, if so seek medical assistance immediately.

TREATMENT

Seek assistance as soon as possible and get the affected area into water as hot as the person can bear. To avoid scalding, place the affected area in unheated water first and then add hot water gradually until the required temperature. This cleans the area and helps break down the poison. If pain is severe painkillers may be needed or if an allergic reaction develops antihistamines are recommended, consult your doctor.



Jelly Fish Sting

SYMPTOMS

Burning, prickling, stinging pain. Red, brown or purple tentacle marks on the skin. Itching, swelling, tingling and numbness.

TREATMENT

Remove attached tentacles with a gloved hand, stick, or towel (if none are available use the tips of your fingers). Do not rub the affected area this may result in further venom release. Rinse the area with sea-water. Apply a dry cold pack to the area (cold pack/ice in a plastic bag and wrap in clothing). If there is anything other than minor discomfort seek medical attention. If there is swelling, breathing difficulties, palpitations or chest tightness get them to the emergency department urgently.

Tides

To avoid getting cut off by rising water please check local tidal information. Watch the tide's direction while on the beach and make informed decisions around water.

Your Dog At The Beach

Remember, keep your dog on a lead and clean up after fouling.



Children Wandering Off

Always supervise children at the beach. Before you go to the beach, agree a meeting place in case of separation, explain to your child that they should never wander off or go swimming on their own and that if they do get separated or lost go to the agreed meeting place or tell a lifeguard.

What to do if a child does go missing:

- Calmly check your surroundings first.
- Ensure other children remain monitored.
- Contact the lifeguards or police and keep them informed.
- Let all searchers know once the child is found.

Preventative tips:

- Get your child to wear recognisable clothing.
- Write your child's name and your contact details on a wristband with a permanent marker for your child to wear.

14 Steps and Beach Bye Laws

To learn the 14 steps to safe enjoyable swimming or to see the Cork beach bye laws. Go to the following links.

14 Steps: <http://www.iws.ie/education/posters-leaflets.303.html>

Bye Laws: <http://www.corkcoco.ie/co/pdf/640037765.pdf>



Further Education For Schools

Cork County Council provide an education service regarding water, road and farm safety.

To register for a school visit and to gain a new flag for your school email caroline.casey@corkcoco.ie today.

Scan the QR code above to view a video of the education service featured on Nationwide.



www.corkcoco.ie - www.iws.ie

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Water Safety Development Officer Cork County Council

ILLUSTRATED AND DESIGNED BY DOGROSEMEDIA 0872544050



CORK COUNTY COUNCIL

BEACH
SAFETY GUIDE



Going To The Beach?

For your safety please check the conditions at the beach before you leave on our facebook page:



www.facebook.com/CorkcocoBeachLifeguards

Lifeguard Times Of Duty

Weekends only: June

Full Time: July and August

First two weekends: September

The Lifeguard times of duty on Cork beaches are: 10.30am to 7pm

Know Your Flags At The Beach



RED FLAG

Danger! No swimming



RED AND YELLOW FLAGS

Lifeguards on duty. Swim between these, close and parallel to the shore.



**BLACK AND WHITE
CHEQUERED FLAGS**
Surfing area.



www.visitcork.ie

Cork Beaches With Lifeguards



Communication with Lifeguards

If you hear a whistle please look in the direction of the beach as the lifeguards are alerting you to something. The Lifeguards wear red and yellow and are there for your safety so keep an eye out for them and follow their advice. If you get into difficulties, raise your hand in the air and shout for help.



SIGNAL TO COME IN AND STAY AT WAIST DEPTH

Inflatable Beds

The use of inflatable beds is not permitted on Cork beaches.

INFLATABLE BEDS NOT PERMITTED

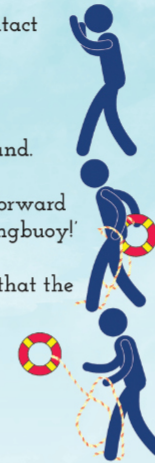


Visit Cork County

For more information on places to explore, things to do, events accomodation and special offers in Cork go to: www.visitcork.ie

How To Use A Ringbuoy

- Stand back from the edge and establish voice contact with the person, shouting 'kick your legs'.
- Look for the nearest ringbuoy (yellow box).
- Stand on the end of the rope or hold it in your hand.
- Holding the ringbuoy, swing back, then release forward with an under arm throw, shouting 'ringbuoy! ringbuoy!'
- Aim to land the ringbuoy beyond the person, so that the ringbuoy can be pulled into their grasp.
- Instruct the person to hold the ringbuoy. Slowly pull them to land, reassuring them.
- Get others to help you.

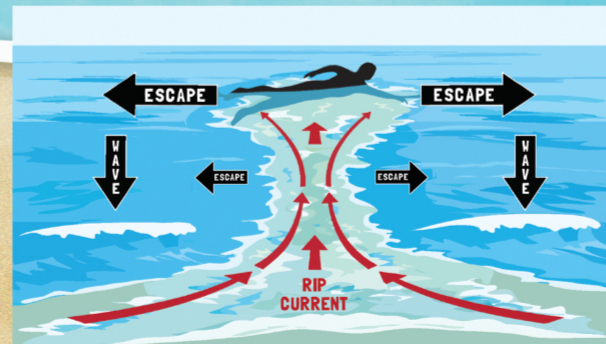


Rip Currents

When waves break strongly in some locations and weakly in others, this can cause circulation cells which are seen as rip currents: narrow, fast-moving belts of water travelling offshore. Rip currents can sweep even the strongest swimmer out to sea.

To identify a rip current look out for these:

- A channel of churning, choppy water.
- An area having a notable difference in water colour.
- A line of foam, seaweed, or debris moving seaward.
- A break in the incoming wave pattern.



How to escape a rip current:

- Never try to swim against the rip.
- Swim parallel to the beach until free of the rip.

Channels/Rivers and Sand Dunes

Channels/ivers are sections of water flowing into the sea. There are permanent currents often by piers and head lands. Sand dunes are areas of uneven ground and shifting sands.



CHANNEL/RIVER
Dangerous Currents



SAND DUNES
Shifting sands and uneven ground

Walls and Pipes

Around walls and pipes there can be currents. They also have slip, trip and fall hazards.



WALL



PIPE

Water Quality

Water sampling is done on a fortnightly basis during the bathing season. The results of the tests are available on the notice boards at the beach and on <http://splash.epa.ie/#> For further information on beaches please see: www.corkcoco.ie under services and beaches.