

Health & Safety on The Coast

This sheet has been produced using information from the RNLI 'On The Beach: Your Guide to a Safe and Fun Time at the Seaside' leaflet and NHS Snake Bites online advice

Sun Safety

- **Sunscreen** – slop on SPF 30+ broad-spectrum, UVA 4 star+ rated, waterproof sunscreen every 2 hours. Waterproof sunscreens should not be used on children under 3 years as it can stop them sweating and lead to overheating.
- **Sun Hat, Sunglasses, Shoulders, Shade** – wear a sun hat, use sunglasses with UV protection, cover your shoulders or use a UV protective suit and seek shade, particularly during the hottest time of the day 11am - 3pm when UV penetration is at its strongest.

Stings and Bites

Weever-Fish

These are plain-looking fish that sometimes nestle in the sand, in water just a few centimetres deep. A weever-fish will raise a sharp spine on its back in self-defence if trodden on. Place the affected area in water as hot as you can stand. Test the water first so as not to scald the person who has been stung.

Jellyfish

If you are stung by a jellyfish, do not rub as this will cause the pain to increase. Lightly spray the area with sea water and apply a cold compress if available. **If severe or life threatening symptoms are present, seek medical attention immediately.**

Adder

Adders are the only venomous snake found in the wild in the UK and can bite in self-defence if they are disturbed or provoked. They are rather reclusive creatures, but you may come across one sunning itself on a path in warm weather. If you are bitten by an Adder try to remain calm, keep the area that has been bitten as still as possible, remove jewellery or watches from the limb, loosen clothing if possible and **seek immediate medical attention.**



Rip Currents

Rips are strong currents that can quickly take swimmers from the shallows out beyond their depth. If you find yourself caught in one:

- Stay calm – don't panic
- If you can stand, wade don't swim
- Keep hold of your board or inflatable to help you float
- Raise your hand and shout for help
- Never try to swim directly against the rip or you'll get exhausted
- Swim parallel to the beach until free of the rip, then make for shore



If you see someone in difficulty, never attempt a rescue.
Call **999** or **112** and ask for the Coastguard



For more information visit: <http://www.RNLI.org.uk/beachsafety>
<https://www.nhs.uk/conditions/snake-bites/>

Porth Ceiriad

Swimming and Sunbathing at Porth Ceiriad

As with any beach always take care when in the water and keep an eye on any young children or non-swimmers who are with you. It is also advisable to avoid swimming within 50m / 164ft of the far headland during adverse weather conditions as the surf and currents can be strong in this area.

When choosing a spot to sit/sunbathe make sure you don't settle too close to a vertical cliff face as rock-falls can occur.

Safety Equipment at Porth Ceiriad

There is a life belt on the flight of steps from the beach and an emergency telephone at the top of the flight of steps from the beach.

Porth Ceiriad General

There are no fires of any kind allowed on Nant-y-Bîg land, and we discourage fires on the beach. If you do decide to have a fire on the beach please ensure any wood you burn doesn't contain nails or staples as these will be left behind and may cause injury to others. Please bring all your litter (including disposable BBQ's) up from the beach and dispose of it responsibly, there are bins located in the area by the Nant-y-Bîg Office both for recycling and general waste. If you plan to come up from the beach after 8pm please respect other campers and keep noise levels to a minimum.