

# SURVIVING SUMMER

**BE PREPARED IN  
AN EMERGENCY**



*A community information  
initiative brought to you by*

**Lee Evans MP**

**Member for Heathcote**



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# A Message from Lee

**Summer in Australia is a fantastic time but also carries a timely warning of the seasonal challenges our communities can face each year.**

Preparation and planning is the key to surviving a summer which potentially brings bush fires, storms and flooding. These unpredictable events can be devastating – even deadly.

The “Surviving Summer ... Be Prepared in an Emergency” publication may assist you in planning and preparing for a looming danger.

A few steps taken now might be the difference in the event of a real emergency.

There are some excellent resources available and I have listed many of those inside.

I have also included information about staying safe at some of our most popular attractions in the Royal National Park.

Many bush walkers have experienced trouble when visiting places such as Figure Eight Pools and also Wedding Cake Rock.

It is important to take advice, be well prepared on these trips and heed the warning signs. Check alerts before you set out at [www.nationalparks.nsw.gov.au/things-to-do/lookouts/figure-eight-pools](http://www.nationalparks.nsw.gov.au/things-to-do/lookouts/figure-eight-pools)

It is also timely to once again wish all members of the emergency services the very best in their endeavours to protect our communities. Their contribution, as we have seen on so many occasions over the years, is invaluable.

I wish everyone well during the Christmas and New Year period – enjoy your time with family and friends and remain safe whether travelling or staying at home.



**Lee Evans MP**  
**Member for Heathcote**



## ***KIDS IN HOT CARS CAN DIE***

Never leave children alone in a car. Children in locked cars have died from dehydration. On a typical Australian summer day, the temperature inside a parked car can be 30°- 40°C hotter than outside the car. That means that on a 30°C day, the temperature inside the car could be as high as 70°C. If you have to leave the car, even for a short time, take the children with you.

When travelling ...

- ◆ Have plenty of cool water or fluids on hand.
- ◆ Consider travelling in the cooler hours of the day.
- ◆ Plan to stop every two hours so all passengers can stretch.
- ◆ On every trip, short or long, take the time to check your children's safety by re-checking the fit of their restraints and harnesses.

# Stay safe at the Royal

The Royal National Park is one of the most popular and spectacular local tourist destinations. But there are various and many dangers. Being prepared and well-informed when visiting is important.

- Figure Eight Pools is located south of Burning Palms Beach, a 6km return walk from the nearest carpark.
- Access to the pools is only possible at low tide, and when surf conditions are calm and flat.
- Visiting requires extreme caution. Check local conditions at [www.bom.gov.au](http://www.bom.gov.au)
- Lifeguards do not service this isolated area. Beaches have strong rips and currents.
- Take extreme caution when approaching the rock platform. Never turn your back on the ocean.
- Download the Emergency + app. It helps emergency services locate you using GPS.
- There is limited mobile phone reception.

Important – if there is no mobile coverage on any network, you will not be able to reach the emergency call services via a mobile phone.

## Figure 8 Pools safety checklist

### DO THIS:

- Check the tides, wave size and weather
- Look at a map
- Decide if you're fit enough to walk 3-4 hours
- Tell someone when you are going and when you get back

### TAKE THIS:

- 2 litres of water per person, and supplies
- Hat and sunscreen
- Fully charged mobile phone
- A small first aid kit
- Closed-in shoes. The track is steep, rocky and slippery

### KNOW THIS:

- Many people have been injured here
- Surf conditions change quickly
- No or limited phone coverage
- Emergency access restricted; call Triple Zero (000)

More information: [nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au)



The bush fire season started early this year as a consequence of a very dry winter.

In early September, a fire started near Kurnell on Father's Day burning out 350 hectares of bush land near the Kamay Botany Bay National Park. In late September, a bush fire started at the southern end of the Royal National Park, burning out 210 hectares.

September was the driest month on record which led to an increase in fire activity. More recently, much needed Spring rain arrived during late October and early November, reducing the fire danger. The outlook from the Bureau of Meteorology for November to January is for above average minimum and maximum temperatures. There is a 60% chance of rainfall exceeding the median during this period.

When considering broader climatic conditions, we should not lose sight that it only takes one dry, hot and windy day to significantly increase the bush fire danger.

Around 90% of homes are destroyed during a bush fire from burning embers. These embers can ignite combustible materials that are on and adjacent to a home.

If you and your home are well prepared, you stand a better chance of surviving a bush fire.

Join with everyone else in ensuring that your home and family are protected. More information [rfs.nsw.gov.au](http://rfs.nsw.gov.au)

*Source – RFS Inspector Scott Deller, District Coordinator & 2IC, Sutherland Shire*

## FOUR SIMPLE STEPS

Preparing for a bush fire is easier than you think. It's your responsibility to prepare yourself, your home and your family. There are four simple steps to get ready for a bush fire:



### 1. DISCUSS

what to do if a bush fire threatens your home.



### 2. PREPARE

your home and get it ready for bush fire season.



### 3. KNOW

the bush fire alert levels.



### 4. KEEP

all the bush fire alert numbers, websites and the smart phone app.



## HOW TO MAKE YOUR HOME SAFER

There are some simple things you can do around your home to prepare it for a bush fire. You need to prepare well beforehand as leaving it to the last minute is too late.

Here are simple things you can do before the season.



### 1. TRIM

Trim overhanging trees and shrubs. This can stop the fire spreading to your home.



### 2. MOW

Mow grass and remove the cuttings. Have a cleared area around your home.



### 3. REMOVE

Remove material that can burn around your home (e.g. door mats, wood piles, mulch, leaves, paint, outdoor furniture).



### 4. CLEAR

Clear and remove all the debris and leaves from the gutters surrounding your home. Burning embers can set your home on fire.



### 5. PREPARE

Prepare a sturdy hose or hoses that will reach all around your home. Make sure you've got a reliable source of water.



## KNOW THE BUSH FIRE ALERT LEVELS



### ADVICE

A fire has started. There is no immediate danger. Stay up to date in case the situation changes.



### WATCH & ACT

There is a heightened level of threat. Conditions are changing and you need to start taking action to protect you and your family.



### EMERGENCY WARNING

An Emergency Warning is the highest level of Bush Fire Alert. You may be in danger and need to take action immediately. Any delay now puts your life at risk.

# Be prepared for storms and floods

Preparing for the storm season means trimming branches, updating your emergency kit, securing loose objects in the yard, cleaning gutters and downpipes, and having a home or business storm plan. Also, check your insurance policies are up to date.

## BEFORE STORM

- Listen to local radio for updates.
- Shelter and secure pets and animals.
- Shelter or cover vehicles.
- Disconnect electrical appliances.
- Tape or cover large windows.

## DURING STORM

- Stay inside, stay clear of windows.
- Shelter in the strongest part of the house.
- Listen for storm updates.
- If outdoors find emergency shelter (not under a tree).
- If driving, stop clear of trees, power lines or streams.
- Avoid using the telephone (lightning danger).

## AFTER STORM

- Check house for damage.



Never enter floodwaters. This includes walking, riding, playing or driving through floodwater. Entering the water is the leading cause of death during floods. The water is deeper and flowing faster

than anticipated and carries more hazards such as snags and debris. Emergency services personnel close roads and advise people to stay away from rising water ... it is important to heed their advice in times of emergencies.

## HAVE A FLOOD PLAN

Many areas in the electorate are prone to flooding. Seek advice on your area ... it could help save property and lives. Put together a home or business Floodsafe plan.

### FLOOD WARNINGS

- Listen to local radio/TV for updates; prepare to act.
- Check your neighbours know of the warning.
- Stack furniture, possessions above likely flood level.
- Move garbage, chemicals, poisons, to a high place.
- Secure objects that could float and cause damage.
- Protect/relocate valuable stock and equipment.
- Move livestock to high ground.
- Check your car and fill it with fuel.
- Check emergency kit and fresh water stocks.

### IF YOU NEED TO EVACUATE

- Listen to emergency services. Advise someone of your intentions to leave of your own accord.
- Empty freezers and refrigerators.
- Collect and secure personal and family valuables etc.

## NSW SES ON SOCIAL MEDIA



[www.facebook.com/NSW.SES](https://www.facebook.com/NSW.SES)



[twitter.com/nswses](https://twitter.com/nswses)



[www.youtube.com/user/NSWSES](https://www.youtube.com/user/NSWSES)

**Mobile Apps:** Floodsafe and Stormsafe apps are now available from the Apple App Store and Google Play and provide valuable information on the Smartphone platform.

These complement our websites:

**FLOODSAFE** [www.floodsafe.com.au](http://www.floodsafe.com.au)  
and

**STORMSAFE** [www.stormsafe.com.au](http://www.stormsafe.com.au)



# At the beach ...

## SEVEN SUMMER SAFETY TIPS



### Swim between the flags

For your nearest patrolled beach check the BeachSafe app or Surf Life Saving NSW website

### Read the safety signs

Ask a patrolling Lifeguard or Lifesaver for more information



### Never swim under the influence

Drugs and alcohol impair your judgement. DON'T RISK IT!



### If you need help raise your arm

Attract attention and stay calm



### Swim with a friend

Look out for each other, and always supervise children around the water



### Be Sun Safe

Slip on a shirt, Slap on sunscreen, Slip on a hat, Slide on sunglasses and Seek shade. Drink plenty of water to keep hydrated



### In an emergency dial 000 Police

Stay calm, speak clearly and give your exact location



SURF LIFE SAVING  
NEW SOUTH WALES



[beachsafe.org.au](http://beachsafe.org.au)



# Dial 000 in an EMERGENCY

**THE FASTEST WAY TO GET HELP IN AN EMERGENCY IS TRIPLE ZERO (000).**



## WHEN TO CALL 000

- Is someone seriously injured or in need of urgent medical help?
- Is your life or property being threatened?
- Have you just witnessed a serious accident or crime?

If you answered YES call Triple Zero (000). Triple Zero calls are free.

## WHEN YOU CALL 000

- Do you want Police, Fire or Ambulance?
- Stay calm, don't shout, speak slowly and clearly
- Tell the operator the exact location
- Listen to the operator
- Don't hang up

**STAY FOCUSED, STAY RELEVANT, STAY ON THE LINE**

## Save the app that could save your life



Be prepared and download the *Emergency+* app now by using your smartphone to scan these codes. The app can help determine your GPS coordinates to pass onto emergency services if an incident occurs. You can get the app for Iphone or Android at:

<http://emergencyapp.triplezero.gov.au> or scan the qrcode at left.



## Social Media and the NSW RFS



Facebook – [www.facebook.com/nswrfs](http://www.facebook.com/nswrfs)



Twitter – [www.twitter.com/nswrfs](http://www.twitter.com/nswrfs)



YouTube – [www.youtube.com/nswrfs](http://www.youtube.com/nswrfs)

**Mobile Apps and Mobile Site:** If you have a mobile device such as an iPhone, iPad, Android, tablet or smart phone, current fire information is available in a number of ways.

### MOBILE APPS

**Fires Near Me NSW** – Providing fire information on bush fire incidents in NSW; **Fires Near Me** – Providing fire information from participating fire agencies; **MyFirePlan** – Bush Fire Survival Plan App. A mobile and smartphone version of the Bush Fire Survival Plan; **firesnearme.com** – To access our mobile device site, visit [www.firesnearme.com](http://www.firesnearme.com)

• While these applications and services can be useful sources of information on fire incidents and conditions, they are reliant on having access to data services. Therefore, the NSW RFS encourages you to not rely solely on these applications and services and use a range of sources for information.



More detailed information is available at [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

**1800 679 737**

PREPARE

ACT

SURVIVE

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