Australia Day 2016: Stay Safe Mate!

Hosting a barbecue or pool party this Australia Day? Follow these simple tips to protect yourself from common Aussie mishaps.

Handle with care: Protect your family’s health and your own—always wash your hands before preparing food, keep raw meat separate from cooked and ready-to-eat foods, and do not leave perishable food sitting out between 5° and 60°C (the perfect temperature range for bacterial growth).

Who’s playing lifeguard? Whether you’re at the beach or pool, have a designated supervisor in your group at all times (even when you think no one is swimming!). Installing a pool fence that conforms to AS 1926 is an extra precaution to take.

Sausage sizzle safety: Before throwing anything on the barbie, check for leaking gas, look for any degradation on the hose and make sure your gas cylinder is no more than 10 years old.

Have fun in the sun: Stay hydrated, wear a hat and sunnies, and apply a Broad Spectrum SPF 50+ sunscreen certified to AS/NZS 2604.