

# MEDIA STATEMENT



25 January 2016

## 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.