



Stay safe around water this summer

December is the start of summer, and for many Australians, this means days at the beach, by the pool, along the river, or at the lake. Aussies love water, but recent years have seen the number of drownings increase, with a peak in Summer 2018/19, up 51% from the previous year.



With record high temperatures expected this summer, Royal Life Saving Australia have warned that numbers may increase this year, and are urging the community to be safe - seek out patrolled water areas and only swim between the flags.

Who is drowning?



90% of coastal drownings are young Australian males aged 29-35. Poor swimming ability, risky behaviour, and drug and alcohol use are the main contributing factors to incidents in our waterways.

Look after yourself

- ▶ Only swim in patrolled areas
- ▶ Never dive into an area that you are unfamiliar with
- ▶ Avoid drugs and alcohol when swimming
- ▶ Don't go into the water unless you know how to swim
- ▶ Stay within your physical capabilities, don't take the risk!
- ▶ Be proactive about water safety – enrol yourself in swimming classes.

Did you know? In 76% of cases where someone has attempted a rescue, the rescuer drowned while the other person survived.

Looking after others

- ▶ Never put yourself in danger
- ▶ Only attempt a rescue if you have the skills to do so
- ▶ Learn CPR so you are prepared in an emergency
- ▶ Take extra care when children or babies are around water
 - Never leave your child alone in or around the water
 - Don't assume lifeguards can see everything
 - Always remain within an arms-length of your child, providing "touch supervision"

It only takes a moment for tragedy to strike, but awareness of the risks around water can help keep you and the people around you safe this festive season.

St John Ambulance Action plan



Danger: Check for danger - ensure scene is safe



Response: Check for response – ask name, squeeze shoulders



Send: Send for help – call 000 for an ambulance



Airway: Open mouth – look for foreign material



Breathing: Check for breathing – look, listen, feel



CPR: Start CPR – 30 compressions, 2 breaths



Defibrillation: Apply defib (AED) ASAP and follow voice prompts

End of year burnout

The Christmas break is a great time to put work aside, focus on family and friends, and for many of us, catch up on some lost sleep from the past few weeks or months. In fact, the holidays are often the wake-up call we need to realise how little sleep we've been getting.

Sleep psychologist Professor Dorothy Bruck says the average amount of sleep in adults is 7.2 hours, but when we let adults sleep until they can't sleep any more, the average is 8.3 hours. This shows that a lot of us are potentially missing out on adequate sleep during our normal routines, which can lead to burnout throughout the year.

Can the holiday season make you feel tired?

Even with additional time to get more sleep through the night, we still may end up feeling tired during the holiday season. This may be due to a few factors that tend to accompany the festive season.

Alcohol

Drinking alcohol can impact your quality of sleep for some time after you've consumed it. It may help you get to sleep and be settled for the first part of the night, but the second part of the night is much more disrupted. To minimise this, try leaving some time – ideally a few hours – between having a couple of drinks and going to bed.

Diet

The holiday season is a time when we tend to eat a lot more food than normal, whether it is the big Christmas lunch at home, or work events with everything supplied. We also may try a wider variety of foods, some of which may disagree with us. Discomfort in your digestive system can disrupt your quality of sleep, with sugar and chilli being the main culprits. Sugar intake over Christmas may rise, which leaves us with a sugar high that can leave you feeling stimulated rather than sleepy. Try to limit the intake of sugary foods to a few hours before bed for a better night sleep.

Afternoon siestas

It may be one of the nicest parts of being on holiday; enjoying that afternoon nap on the couch. Without the pressure of a looming afternoon work deadline, or perhaps just a higher state of relaxation, staying awake all day when you're on holidays can be more difficult than usual. Having a long nap during the day can leave us less sleepy at night, resulting in restlessness in those early hours of the morning. It is best to limit your day time sleep to no more than 20 minutes, which is enough to refresh the system but will limit the disruption of your night time sleep patterns.

Refined sugar-free chocolate chip cookies

Makes 12

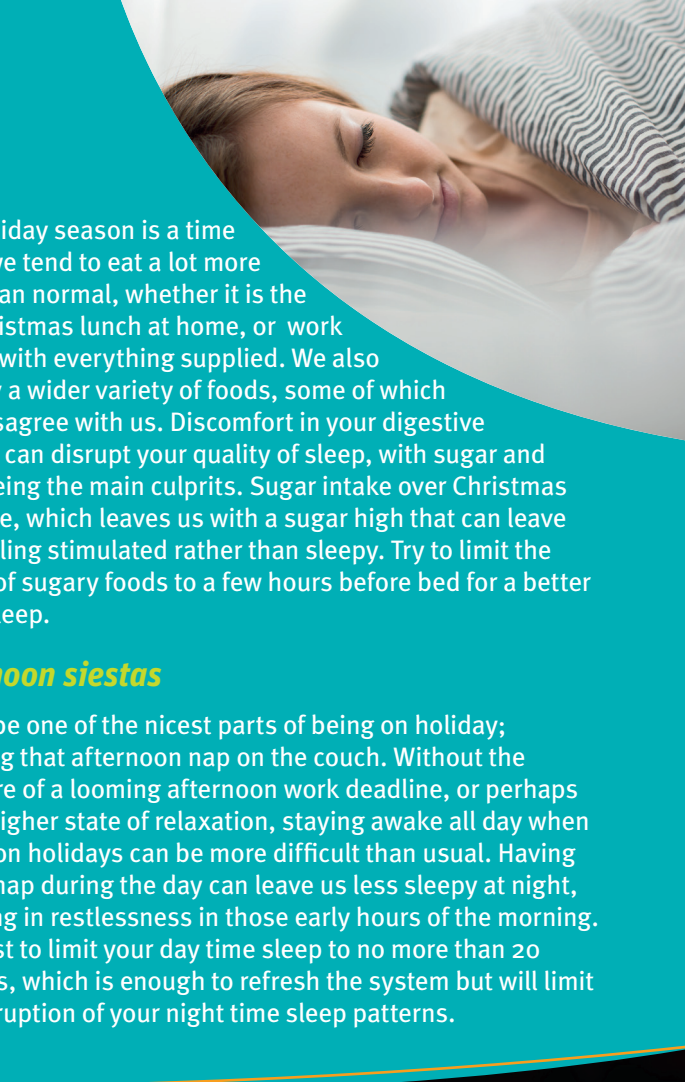
40 min prep time, 15 min cooking time

Ingredients: (Serves 4)

- ▶ 125g unsalted butter, melted
- ▶ 60ml (1/4 cup) maple syrup
- ▶ 1 egg
- ▶ 1 tsp vanilla extract
- ▶ 225g (1 1/2 cups) plain flour
- ▶ 1 tsp cornflour
- ▶ 1/2 tsp baking powder
- ▶ 1/4 tsp ground cinnamon
- ▶ 75g sugar-free chocolate, coarsely chopped

Method

- ▶ Combine the butter, maple syrup, egg and vanilla extract in a large bowl.
- ▶ Sift in the flour, cornflour, baking powder and cinnamon. Stir until a soft dough forms. Stir in the chocolate. Cover with cling wrap and refrigerate for 30 minutes.
- ▶ Preheat oven to 180°C (160°C fan-forced). Line two baking trays with baking paper.
- ▶ Roll one teaspoon of cookie dough and place on the prepared trays. Flatten each with a fork. Bake for 10-12 minutes or until golden on the edges.
- ▶ Transfer to a wire rack to cool completely then enjoy in moderation.



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