



Swim between the flags, Cylinder Beach, North Stradbroke Island

Our diverse natural beauty, exciting cities and warm, friendly people make Australia the place to enjoy the perfect holiday. Whether enjoying our fabulous restaurants, shopping and nightlife, the splendour of our bushland, or simply soaking up the sun on one of our many long, white beaches, there are some simple safety tips that you should follow to ensure your visit to Australia is as enjoyable as possible.

## Your safety on the road

If you wish to drive in Australia you must know the rules of the road. Some of these include:

- Hold a current, valid driver's licence issued in your country of residence and carry it with you at all times when driving.
- All occupants of a vehicle must wear seatbelts at all times.
- All vehicles travel on the left side of the road.
- Always travel no faster than the signed maximum speed limit.
- The driver of the vehicle is not permitted to use a hand-held mobile telephone whilst driving.
- Avoid drinking alcohol before driving. (Australia has strict laws on 'drink driving' and police actively enforce them).
- When crossing the road look in both directions.
- When planning each day of travel spend some time to calculate how long it will take to drive between destinations. Share the driving and stop for a rest at least every two hours.
- In country areas road conditions can vary from bitumen surfaces to gravel and dirt. Be careful of potholes, soft road edges, narrow bridges and dusty roads.
- You may come across water on the road. Roads may be covered in water which appears shallow but can have a current strong enough to sweep your vehicle away. Wait until the water level drops or use an alternative route.
- Allow plenty of room before you overtake road trains (large vehicles that can be more than the length of 10 cars!) and be prepared for them to sway a little as you overtake.
- Australian wildlife and livestock often graze on the roadside and can stray onto the road.
- Always carry a current road map.

# Safety in Queensland



Hiking, Carnarvon Gorge National Park



Campfire - Ravensbourne



Sun safety, Gold Coast

## Your safety in the outback

- Inform family and friends or the local police of your travel plans. The local police can also provide helpful advice on facilities and road conditions.
- Make sure your vehicle is in good working order and has been serviced recently.
- Use a four wheel drive vehicle on unsealed roads in remote areas. Take extra care.
- Always carry a spare tyre, tools and water. If travelling to remote areas off major highways take extra food, water, fuel and tyres. Do not overload your vehicle and never carry spare fuel inside an enclosed vehicle.
- If you have trouble with your vehicle, stay with your vehicle because it will provide you with shade and protection from the heat. Wait for help to come to you.
- Hire appropriate emergency communication equipment, such as a satellite phone and an Emergency Position Indicating Radio Beacon (ie EPIRB) device.
- Obey road closure signs and stay on recognised routes.
- During daylight hours always drive with your headlights on low beam, as outback conditions can make it difficult to see oncoming vehicles.

## Your safety in the water

- At the beach always swim between the red and yellow flags – not outside them. The flags mark the safest place to swim and the area where lifesavers and lifeguards patrol.
- Many surf beaches in Australia have dangerous currents, called rips. These are powerful currents of water that can drag you along. If you get caught in a rip, stay calm, float with the

current and raise your hand, or swim across it, not against it.

- If you are unsure of the beach surf conditions check with a lifesaver.
- Always wear a shirt, hat, sunglasses and sunscreen lotion. The sun in Australia is very strong.
- Read and obey the warning signs on beaches, beach access points and at waterways.
- Always swim with others. Children should always be accompanied by an adult who can swim.
- Never swim under the influence of alcohol or drugs, or in darkness.
- Be particularly careful of marine stingers in coastal waters of northern Queensland.
- Never jump or dive into shallow water, a rock pool, creek, lake or river due to submerged rocks and logs.
- Know your health limitations when considering diving, swimming (or other active pursuits).
- Take care when exploring reefs to avoid damage to marine life.

## Your safety at the beach

- Some of Australia's finest beaches can be found and explored in Queensland. Gold Coast and Sunshine Coast beaches are all well patrolled and safe to swim in all year round.
- For your own safety, swim between the red and yellow flags. The flags mark the safest place to swim and the area where lifesavers and lifeguards patrol
- During the warmer months, marine stingers may be present in coastal of Northern Queensland waters. Beaches usually have warning signs when this situation exists. Go to [www.marinestingers.com.au](http://www.marinestingers.com.au) for more information.

## Your safety in nature

- Be prepared if you plan to spend some time in the outdoors walking or hiking.
- Always tell someone where you are going and what time you expect to return. Let them know when you return safely.
- Be prepared for unexpected changes in weather.
- Check the length and degree of difficulty of your planned walk. Consider using a local guide when taking long or difficult walks.
- Drink plenty of water.
- Wear sturdy shoes and socks, a hat, sunscreen lotion, comfortable clothing and insect repellent.
- Read maps and signs carefully, stay on the track, stay behind safety barriers and stay away from cliff edges.
- Do not feed or play with native animals.
- Visit the ranger station or park information centre to obtain details on the best places to visit and any additional safety information for that park.
- Limit your use of fire.
- Cigarette butts cause bushfires.
- Always extinguish campfires with water, not dirt or sand.

## Clothing

Casual lightweight clothing is generally worn in Queensland. Sandshoes are also recommended if intending to reefwalk. Swimsuit, hat and sunscreen are essential all year round in Queensland.

[www.queenslandholidays.com.au](http://www.queenslandholidays.com.au)

**IN AN EMERGENCY,  
TELEPHONE 000.**