



BE SAFE

At Journeys by Westway Travel we consider our customers safety to be of paramount importance.

However, it is worth noting that health and safety standards in many countries can differ greatly from those we enjoy at home and can often be of a lower standard than we are used to. However, we can confirm that all of the suppliers we utilise meet local and national safety standards as a minimum.

*Nevertheless, we are continually working with our 3rd party suppliers to maintain and improve safety standards wherever possible. Through our risk assessment process and **Be Safe** programme, we actively seek good practice in health and safety and we do our best to ensure that our holidays are safe and trouble free.*

We want you to have an enjoyable time so we ask that you take extra care, use your common sense and refer to any safety information we provide as well as any local safety advice.



BE SAFE

We want you to have an enjoyable time but please remember, that when you are traveling you should exercise more care than you do at home. Part of the enjoyment of foreign travel is experiencing a different way of life and cultures but it may also mean experiencing different safety and hygiene standards than those you are normally used to

At Journeys by Westway Travel safety is of paramount importance. Consequently, we are continually working with our suppliers to endeavour to maintain and raise safety standards as much as possible. We will do our best to ensure that your travels are safe and trouble free but we do ask that you take that little bit of extra care whilst you are away.

Here Are Some of Our Thoughts:

Flight Safety

- Do not place flammable liquids, lighters, matches, gasses or aerosols in your suitcase
- Always carry medication in your hand luggage
- Keep your passport safe and have a photocopy with you just in case
- Pay attention and follow any in flight safety information
- To avoid DVT, drink plenty of water and follow simple exercises or occasionally move around the cabin

Transport Safety

- In vehicles always wear a seat belt if one is provided.
- Unfortunately, we cannot guarantee that vehicles will be fitted with seat belts on every seat in all countries.
- Remain seated on board at all times when the vehicle is in motion
- In vehicles never place luggage in the aisles or footwells
- Ensure you know where your nearest Emergency exit is.
- Check the location of the fire extinguisher, first aid kit and break glass hammer.
- Follow any safety instructions provided by any local guide/driver

Road Safety

- Traffic in some countries travels on the opposite side of the road to what you may be used to, so ensure you look both ways before crossing the road.
- In many countries vehicles do not automatically stop at crossings
- Often paving can be uneven and loose with kerbs higher than at home. Please take more care whilst walking around cities and tourist areas
- Crash Helmets are often not provided with mopeds and motorbikes overseas – we do not recommend you hire these vehicles.

Fire Safety

- Ensure you know where your nearest fire exit is
- Check the location of the nearest fire extinguisher
- Study the fire instructions in your room
- Identify how to raise the alarm if a fire occurs
- If a fire occurs, leave immediately, do not stop to collect your effects
- Proceed to an assembly point well away from the building

Glass Safety

- Glass doors and windows may not be toughened glass
- Take care in bright sunlight, it may not be obvious doors/windows are closed
- Check to see if anti-collision stickers are in place at adult & child height

Balcony Safety

- Never lean over, sit or climb on the balcony
- Do not climb or stand on balcony furniture
- Keep all balcony furniture away from the wall/railings
- Supervise children on balconies at all times
- Alcohol and balconies do not mix!

Pool Safety

- Familiarise yourself with the pool and its layout, deep and shallow ends
- Make a note of the depth markings and any hazards
- Most pools do not have life guards, so please take care
- Shower before entering the pool
- Do not swim, if suffering from an upset stomach
- Observe pool rules and information signs at all times
- Do not swim at night, even if it is lighted. Observe pool opening times
- Do not swim immediately after a meal or when drinking alcohol
- Pool surrounds can be slippery, don't run around them
- Observe No Diving signs at all times
- Never jump or dive from raised pool features
- In the event of an emergency ensure you know how to raise help

Food Safety

- In order to avoid the possibility of stomach upsets
- Make sure your food has been thoroughly cooked
- Hot food should be hot, cold food should be cold
- Avoid any uncooked food, except fruit and vegetables, (notably those you can peel or shell yourself)
- In many countries you should only drink bottled water and ensure the seal is intact when purchasing
- The tap water can be used for brushing your teeth, unless advised otherwise
- Avoid ice in drinks as this can cause upset stomachs in hot climates.
- Avoid purchasing food from street vendors, we cannot vouch for the health and safety of the food and drinks they provide.

Personal Safety

- Avoid walking in poorly lit areas
- Be aware, stay away from situations where you do not feel comfortable
- Avoid carrying too much money and/or valuables
- Use of a money belt is encouraged at all times
- Ensure your room is left secure when you go out
- Place all valuables in a safety deposit box, where available or with reception
- Never leave windows or balcony doors open
- Ensure your main luggage can be locked when left unattended in rooms, carriages, luggage rooms etc.
- Do not take any valuable jewellery/watches etc. away with you.
- Please follow any specific local advice that may be provided

Sun Care

- Ensure you have adequate protection for your type of skin, high factor sunscreens should be utilised initially.
- Re-apply sunscreen frequently
- Stay out of the sun during the hottest time of the day
- Drink plenty of water to avoid dehydration
- At the first sign of burning, cover up and get out of the sun
- Take a sunhat, sunglasses and lip salve
- Beware, you can still burn, dehydrate and get sunstroke in the shade or in the water.

Insurance

- Ensure your group have appropriate insurance for your travels and that it covers any activity you intend to undertake.
- Avoid activities or excursions that are not recommended by us as they often lack public liability insurance and have unchecked safety standards.
- Any accident or injury should be reported immediately to the supplier and a report obtained.

Foreign Office advice

- We recommend you check the latest Foreign Office advice for the country you are travelling to prior to departure. www.fco.gov.uk
- Check out the Know Before You Go programme on the FCO website
- We will advise you of any significant changes in advice before travel or whilst you are overseas.

Malaria Advice

- Keep mosquito's from biting, especially at night
- Take appropriate anti-malarial drugs
- Use insecticide within your accommodation
- Sleep under bed nets (pref. treated with insecticide)
- Use a strong DEET based mosquito repellent
- Wear long trousers and long sleeved shirts at night

Travel Health advice

- We recommend you check out any specific health advice for the country you are travelling to either via your GP or the following website: www.nathnac.org or www.fitfortravel.nhs.uk

In the unfortunate event that you do experience a problem we ask that you contact us as soon as reasonably possible.

Email: assistance@westwaytravel.co.uk

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