

On the road

- Reserve enough time for the journey. Also account for breaks.
- The least tired drives – never under the influence of alcohol.
- Check the condition of the vehicle, the tyre pressure in particular.
- Pack your luggage in the boot and tie it down, if necessary. Reserve the passenger area for passengers only.
- Be flexible in traffic.
- Make sure that the passenger seat belts and any safety equipment are appropriately secured.

Arriving at the cottage

- Make sure that the smoke alarms work. A smoke alarm should be located at least in all bedrooms, the living room and at exits.
- Show your guests how to exit the cabin in an emergency.
- Make sure that the fire extinguishing equipment is in working order.

- Make sure that everyone knows the address of the cottage and that the coordinates are available.

Outdoors

- Keep pathways in the yard easily accessible and well-lit.
- Keep a phone with you when you go outside.
- Wear sturdy outdoor footwear of the right size and with good grip.

Performing cottage chores

- Make sure that your cottage chores are relative to your physical condition and state of health.
- Use safety equipment.
- Plan your chores to ensure that you do not fall or hurt yourself.
- Only use undamaged tools.
- Enjoy a beer only after completing your chores.



Safety check for the cottage

Checklist for a safe stay at the cottage.

Working remotely at the cottage

- Check that your working environment is safe.
- Check that the charger cords are intact.
- Change your working position now and then.
- Take regular breaks.

Around the grill or open fire

- Keep children away from grills and open fires.
- Do not light an open fire while a forest fire warning is in effect.
- When you light an open fire, you are responsible for keeping an eye on it and putting it out.
- Regularly check the condition of gas grill hoses and valves.
- Protect your grill from the wind.
- Make sure that the grill stays firmly in place and is located in a fire safe area.
- Allow the embers to fully die out before closing the dampers.

With children

- Explain to the children where they can move on their own.
- Make sure that no one can fall into rain barrels or wells.
- Consider other possible risk factors, such as rocks or trees.

At the beach and on the water

- Keep constant watch of children by the water.
- Do not go swimming on your own.
- Swim along the shoreline so that you can stand up in the water at all times.
- Do not dive into unknown waters.
- Keep a piece of rescue equipment available.
- Always wear a lifejacket when on the water.
- Alcohol should not be consumed while on the water.

Other notes

- Check that the cottage has appropriate first aid equipment.
- Take good care of your underlying health needs.
- Check that you have your prescription medication and other necessary non-prescription drugs with you.
- Ensure that you have the 112 Suomi mobile app if you are using a smartphone. Make sure that you know how to use the app.
- Make sure that you can call for aid in case of an accident even when you are alone at the cottage.

Save on your phone

- **emergency number 112** or **the 112 Suomi mobile app** if you are using a smart-phone. Can you use the app?
- **Poison Information Centre 0800 147 111 24 h** (free of charge)
- number of a health centre, health counselling or hospital emergency services
- numbers of family members



People only have one life

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Do you have sufficient first aid equipment at your cottage and do you know how to use it?

When you light an open fire, you are responsible for keeping an eye on it and putting it out.

Always wear a lifejacket when on the water.

Alcohol should not be consumed while on the water.