

Regional Group Information

An up to date list of the many New Zealand BDSM groups can be found online at BDSM.GEN.NZ

www.bdsm.gen.nz

Wax and Ice Play

- Very hot wax can cause first, second and even third degree burns, start high, and test on your own arm first
- Wax splatters, use a drop cloth
- Ice should be partially melted before insertion to avoid cuts

Sensation Play

- If you use oils or deep heat, know how to neutralize them
- Be careful when tickling, excess laughter can cause asthma attacks and other breathing problems, making it difficult to use a safeword.

While these are just brief points, they are important. If any of them don't make sense to you then research the subject and find out why they are there. Take a first aid course and know what to do in an emergency.

Better to learn from the experience of others, than to make mistakes of your own. Sometimes the mistakes can be serious.

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Presents...



Basic Play Safety

A BDSM information guide

● A free for distribution brochure

BDSM Play Safety

BDSM Play Safety covers a huge amount of areas and in reality there is no way we could cover them all in a satisfactory way in this brochure. What we will attempt to do is provide a list of hints for you to use as a starting point. The most important hint of all is to use common sense, think about what you are going to do during a scene and be aware of all the possible outcomes. Have a first aid kit as part of your toy bag.

General

- Check for health issues, asthma, heart conditions, diabetes, allergies
- Negotiate beforehand, know what your play partners limits are
- Establish a safeword
- Be careful when exchanging fluids especially semen, use protection where possible
- Don't try everything at once
- Avoid playing while under the influence of drugs or alcohol

Bondage

- Never tie anything around the neck
- Don't leave a bound person alone, even for a minute
- Watch out for joints, especially the wrists
- Handcuffs pinch nerves and damage tendons, avoid them
- Check circulation often, if a hand is becoming numb or blue, it's too tight.
- Gags can be fun, but don't put anything loose in the mouth
- When using gags be sure the bottom can breathe from their nose clearly
- If you use tape, watch out for allergies
- Don't hang people by their wrists

Humiliation Play

- Be aware that your subject might freak out
- Avoid known triggers

Meeting People

- Meet in a public place
- Have a safety net set up, safe calls etc.
- Make sure people know where you are going, and when you're likely to be back
- It is not advised to play on the first meeting

Impact Play

- Start slow and work up
- Avoid wrapping the tails of a flogger
- Canes can cut the skin, be careful
- Practice on a pillow or similar object first
- Don't hit the neck or backbone
- Avoid the lower back and kidney area
- The bottom is the safest place to hit