

Be Safe Around Water Be Safe: A Comprehensive Guide to Water Safety for Children and Adults

Water is essential for life, but it can also be dangerous. Drowning is a leading cause of preventable death for children and adults. In the United States, an average of 3,536 people die from drowning each year. Of these deaths, 68% are children.



Be Safe around Water (Be Safe!) by Bridget Heos

★★★★☆ 4.2 out of 5

Language : English

File size : 3170 KB

Screen Reader : Supported

Print length : 24 pages



The good news is that drowning is preventable. By taking simple precautions, you can help reduce your risk of drowning and keep yourself and your loved ones safe around water.

This comprehensive guide provides essential water safety tips and techniques for children and adults. We'll cover everything from swimming safety to boat safety to water sports safety.

Swimming Safety

Swimming is a great way to cool off on a hot day, but it's important to be aware of the risks involved. Before you go swimming, be sure to:

* Choose a safe swimming spot. Look for a beach or pool with a lifeguard. * Swim with a buddy. Never swim alone. * Check the water depth before you dive in. * Don't swim if you're tired or under the influence of alcohol or drugs. * Wear a life jacket if you're not a strong swimmer.

If you do get into trouble in the water, don't panic. Stay calm and try to float. If you can't float, try to swim to shore or call for help.

Boat Safety

Boating can be a fun and relaxing way to spend a day on the water, but it's important to be aware of the risks involved. Before you go boating, be sure to:

* Take a boating safety course. * Check the weather forecast before you go out. * Wear a life jacket at all times. * Don't overload the boat. * Don't drink and drive a boat. * Be aware of the hazards in the water, such as rocks, logs, and other boats.

If you do get into trouble on the water, stay calm and call for help.

Water Sports Safety

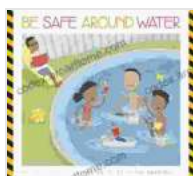
Water sports such as kayaking, canoeing, and paddleboarding can be a great way to get exercise and enjoy the outdoors, but it's important to be aware of the risks involved. Before you participate in any water sport, be sure to:

* Wear a life jacket. * Check the weather forecast before you go out. * Be aware of the hazards in the water, such as rocks, logs, and other boats. * Don't go out in rough weather. * Paddle with a buddy.

If you do get into trouble on the water, stay calm and call for help.

By following these simple water safety tips, you can help reduce your risk of drowning and keep yourself and your loved ones safe around water.

Remember, water safety is everyone's responsibility. By working together, we can prevent drowning and make our waterways safer for everyone.



Be Safe around Water (Be Safe!) by Bridget Heos

★★★★☆ 4.2 out of 5

Language : English

File size : 3170 KB

Screen Reader : Supported

Print length : 24 pages

FREE

DOWNLOAD E-BOOK



Unveiling the Timeless Allure of Danish Modern: Where Art Meets Design

Danish Modern: A Fusion of Art and Function In the annals of design history, Danish Modern stands as a testament to the enduring power of...



The Most Comprehensive PCOS Diet Cookbook for a Healthier You!

If you're one of the millions of women with PCOS, you know that managing your symptoms can be a challenge. But it doesn't have to be! This PCOS diet...