



# HAZARDS OF A WATER ENVIRONMENT



**ALWAYS DIAL 911 IN AN EMERGENCY SITUATION**

## GENERAL SAFETY

1. NEVER SWIM ALONE.
2. NEVER DRINK ALCOHOL AND SWIM.
3. KNOW YOUR OWN LIMITS.
4. KEEP AN EYE ON WEAKER SWIMMERS.
5. "DANGEROUS TOO'S": TOO TIRED, TOO FAR FROM SAFETY, TOO MUCH SUN, ETC.
6. DIVING FROM ROCKS CAN BE HAZARDOUS.

## SWIMMING POOLS

1. SWIMMING POOLS SHOULD BE FENCED AND GATED.
2. CHILDREN SHOULD NEVER BE LEFT UNATTENDED AROUND A POOL.
3. SWIM IN A POOL ONLY IF YOU CAN SEE THE BOTTOM AT THE DEEPEST POINT.

## MAN-O-WAR

**DO NOT TOUCH!**  
BALLOON-LIKE FLOAT,  
MASS OF STINGING  
TENTACLES.



### TREATMENT

1. REMOVE TENTACLES.
2. DOUSE AREA WITH VINEGAR.
3. SHAVE AFFECTED AREA.
4. APPLY HOT COMPRESS.
5. MONITOR VICTIM FOR SHOCK.

## RUNBACK

GRAVITY PULLS WATER OUT.  
AFFECTED BY BEACH ANGLE.  
ALSO CALLED "UNDERTOW"

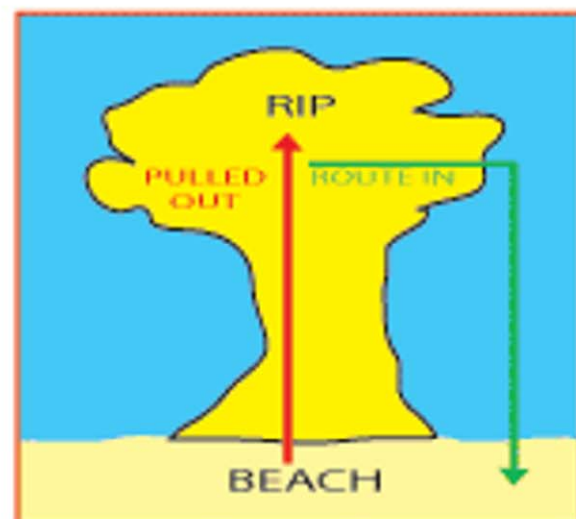


## RIP CURRENTS

SANDY BAND OF WATER  
CAN PULL SOMEONE OUT,  
NOT UNDER.

### ESCAPE FROM A RIP

1. DO NOT PANIC
2. ALLOW THE RIP TO PULL YOU OUT.
3. SWIM PARALLEL TO SHORE
4. ONCE OUT OF THE RIP RETURN TO SHORE.



SPONSORED BY THE LIFEGUARD DIVISION OF THE BERMUDA PARKS DEPARTMENT