



# LIFESAVING TECHNIQUES



**ALWAYS DIAL 911 IN AN EMERGENCY SITUATION**

## REACHING ASSIST

SAFEST RESCUE TO MAKE.  
LIE DOWN AND REACH TO  
VICTIM WITH ANY RESCUE AID.



## THROWING ASSIST

TOO FAR AWAY TO REACH.  
USE BUOYANT AID OR ROPE.



## WADING ASSIST

SHALLOW WATER AND UNABLE  
TO REACH FROM LAND.  
WADE TO VICTIM AND REACH  
WITH RESCUE AID.



## ROWING ASSIST

VICTIM IS A DISTANCE AWAY.  
VESSEL IS AVAILABLE.  
TAKE CARE WHEN HELPING  
VICTIM INTO VESSEL.



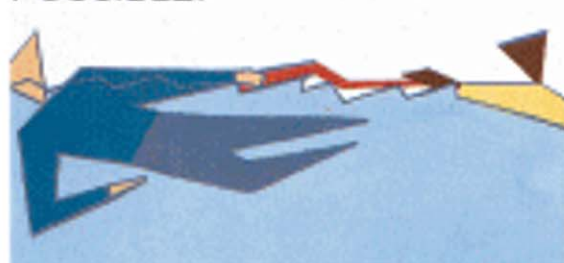
## SWIMMING ASSIST

TAKE SUITABLE RESCUE AID.  
CAREFULLY ENTER THE WATER.  
GIVE AID TO VICTIM AND  
MAINTAIN DISTANCE.



## TOWING ASSIST

MUST BE STRONG SWIMMER  
TO TOW VICTIM.  
USE TOWING AID IF AT ALL  
POSSIBLE.



IN CO-OPERATION WITH THE BERMUDA WATER SAFETY COUNCIL