



Beach & Water Safety Tips

Water Safety

Learn To Swim: sign your children up today for swim lessons.

Always Swim Near A Lifeguard.

Never Swim Alone or When Lifeguards Are Off Duty.

Don't Fight the Current: If you are caught in a rip current, don't fight it by trying to swim directly to shore. Instead, swim parallel to shore until you feel the current relax, and then swim to shore. Most rip currents are narrow and a short swim parallel to shore will bring you to safety.

Leash Your Board: Surfboards and body boards should be used only with a leash. Leashes are usually attached to the board and the ankle or wrist. With a leash, the user will not become separated from the floatation device. Consider a breakaway leash to avoid leashes becoming entangled in underwater obstructions.

Don't Float Where You Can't Swim: Non-swimmers often use floatation devices, like inflatable rafts, to go offshore. If they fall off, they can quickly drown. No one should use a floatation device unless they are able to swim.

Don't Dive Headfirst, Protect Your Neck: Check for depth and obstructions before diving, then go in feet first the first time; and use caution while bodysurfing, always extending a hand ahead of you.

Life Jackets = Boating Safety: Children should always wear a life jacket. Have young children or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket. Be sure the life jacket is the right size.

At Home, You're the Lifeguard: Drowning is the leading cause of accidental death in many states for children age one and two. A major reason for this is home pools. Many of these deaths occur in the few moments it takes a parent to answer a telephone or doorbell. NEVER leave a child alone anywhere near a pool. Make sure it is completely fenced, that the fence is locked, and that there is no access from the home to the pool. Don't let your child or a neighbor's child get into the pool when you're not there.

Learn CPR.

Keep a Portable Phone at Poolside.



Sun Safety

Wear Sunscreen at All Times and Reapply Frequently: Use water-resistant sunscreen that blocks both UVA and UVB rays with a sun protection factor of at least 30. Apply sunscreen 30 minutes before going outside so it has time to work and reapply as directed on the label.

Hats & Sun Glasses: Wear a hat with a brim that shades the face and back of the neck and ears. Wear UV protective sunglasses.

Sand Safety

Keep sand out of a child's mouth and wash hands thoroughly after digging.

Being buried in sand looks like fun but children and others have suffocated when sand holes collapsed or cave in.

Wear shoes to prevent cuts and bruises or burns if the sand is hot.

Creature Safety

Teach children what jellyfish look like in and out of the water and instruct them not to touch them or walk on them. If a sting occurs, have vinegar ready to take the sting out.

Sources:

United States Lifeguard Association, American Red Cross, American Academy of Pediatrics

**Kids Will Be Kids.
So We Will Be Ready.**

■ ■ **Community Medical Center**
■ ■ **Barnabas Health**

For more information, please call 1.888.724.7123 or visit www.barnabashealth.org.