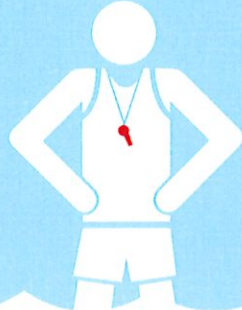




American
Red Cross

Water Safety Tips

Swim in designated areas supervised by lifeguards.



Always swim with a buddy.



If you go boating, wear a life jacket!



Install and use barriers around your home pool or hot tub.



Here are just a few tips to think of before jumping in.

"Buddy up!" Always swim with a partner, every time.

Get skilled. Speaking of emergencies, it's good to be prepared. Learning some life-saving skills, such as CPR and rescue techniques, can help you save a life.

Know your limits. Swimming can be a lot of fun — and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers.

Swim in safe areas only. It's a good idea to swim only in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, rip currents, sudden storms, or other hidden dangers. In the event that something does go wrong in a pool lifeguards are trained in rescue techniques. Swimming in an open body of water (like a river, lake, or ocean) is different from swimming in a pool. You need more energy to

handle the currents and other changing conditions in the open water.

Be careful about diving. Diving injuries can cause permanent spinal cord damage, paralysis, and sometimes even death. Protect yourself by only diving in areas that are known to be safe, such as the deep end of a supervised pool. If an area is posted with "No Diving" or "No Swimming" signs, pay attention to them.

Watch the sun. Sun reflecting off the water or off sand can intensify the burning rays. You might not feel sunburned when the water feels cool and refreshing.

Drink plenty of fluids. It's easy to get [dehydrated](#) in the sun, particularly if you're active and sweating. Keep up with fluids — particularly water — to prevent dehydration. Dizziness, feeling lightheaded, or nausea can be signs of dehydration and overheating.



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