

Water Safety

14 steps to safe and enjoyable swimming



1 Don't Swim alone.



2 Don't swim just after eating.



3 Don't swim when you're hot or tired.



4 Don't swim in strange places.



5 Don't swim out after anything drifting.



6 Don't stay in the water too long.



7 Don't swim out to sea.



8 Swim parallel and close to the shore.



9 Do what the Lifeguard tells you.



10 Never use air mattresses.



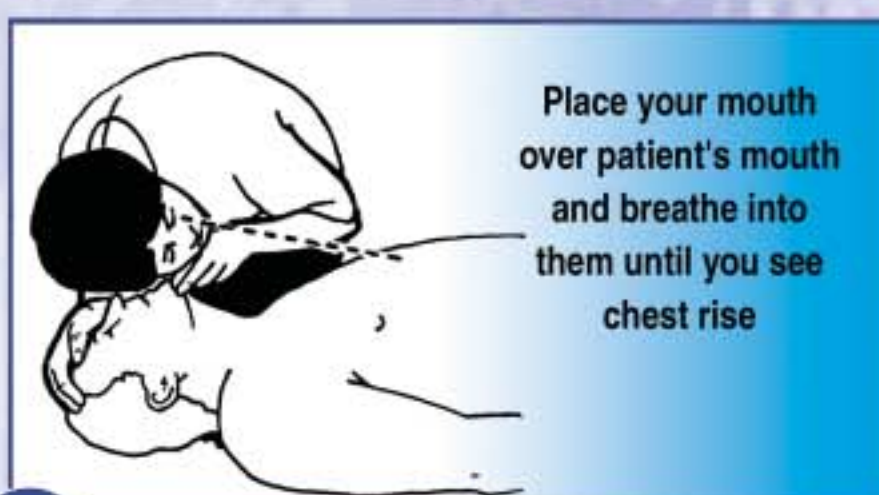
11 Pay attention to signs on the beach.



12 Don't be a bully.



13 Learn to use equipment before trying it out.



14 Learn Resuscitation.

Place your mouth over patient's mouth and breathe into them until you see chest rise

REMEMBER THESE RULES

ENJOY YOURSELF

COME HOME SAFELY



Irish Water Safety
Cumann Sábháilteacht Uisce

Irish Water Safety is the statutory body established to promote water safety in Ireland.
13 Cumann Sábháilteacht Uisce has board members & committees in all 26 counties in Ireland.

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