

Are they watching? Yes No  
Can they see the head? Yes No  
Can they see a mouth or nose? Yes No  
Is her mouth under water? Yes No  
Is she drowning? Yes No



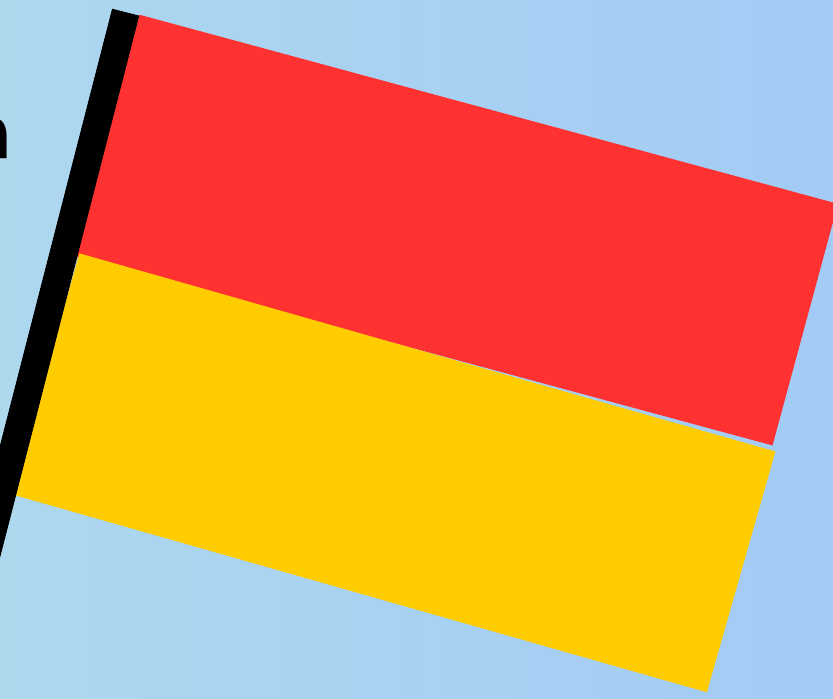
# Staying safe at the beach



**Swim safe**  
**Swim sober**



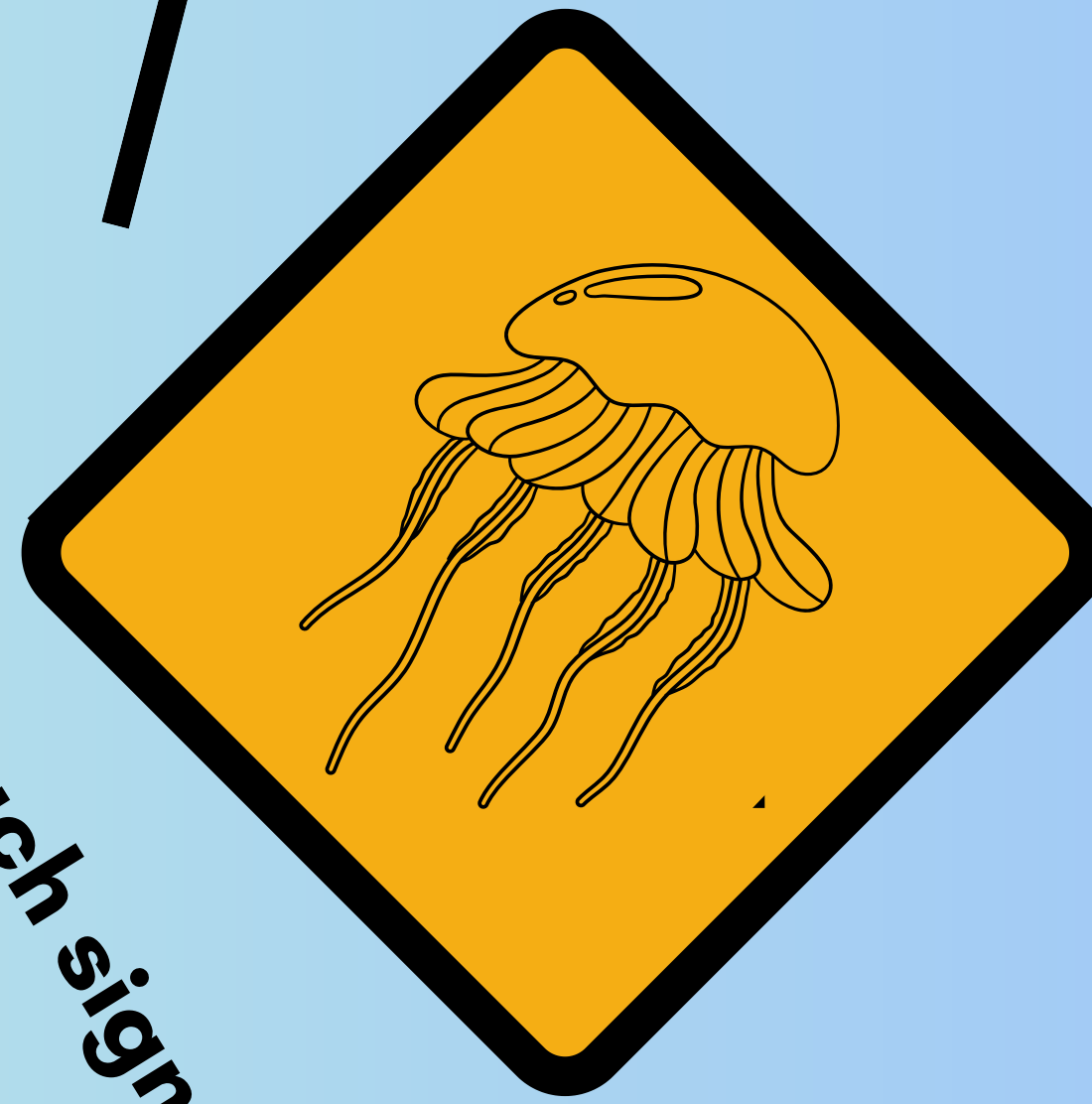
Swim between  
the red  
and yellow  
flags



**Be Sun  
Safe**



Understand beach signs



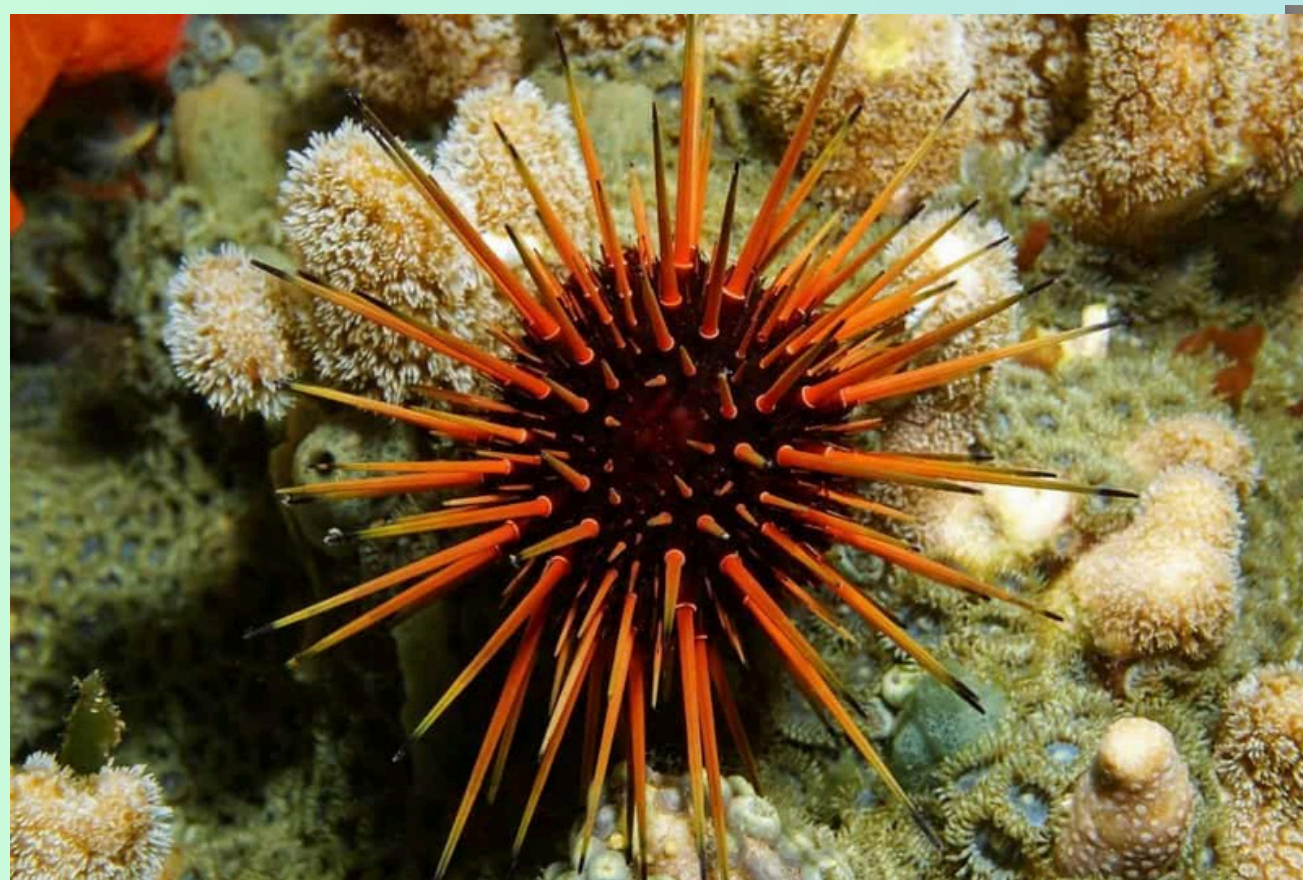
**Always swim  
with a buddy**

**In an emergency,  
call 000**



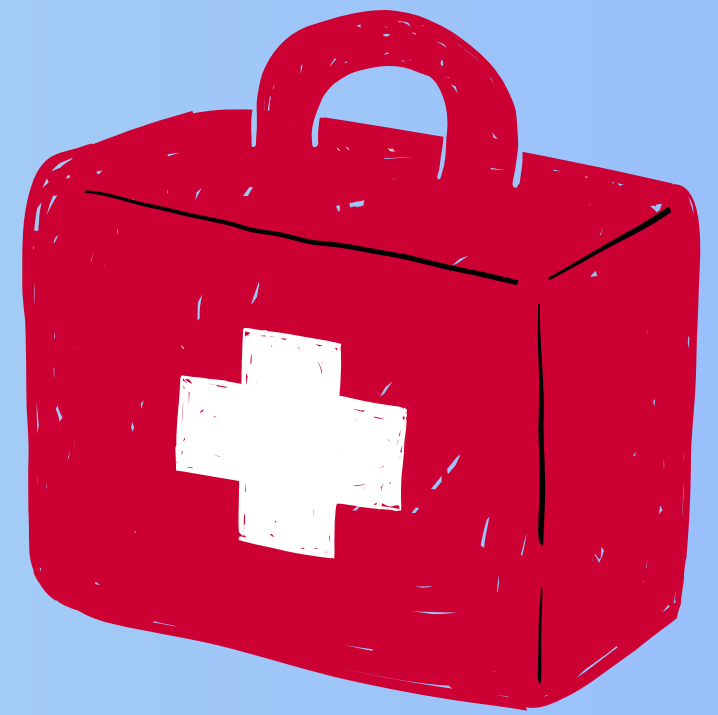


# Beach Dangers





# Beach First Aid



## Injury

## Example

## Treatment

**Jellyfish Stings**

**Bluebottle contact**

**Rinse with hot water  
(or seawater), No rubbing**

**Cuts from rocks  
or shells**

**Sharp coral**

**Rinse wound, apply pressure,  
cover with bandage**

**Sunburn**

**Lack of sun protection**

**Move to shade, apply aloe  
vera or a cool cloth**

**Heat Exhaustion**

**Too much sun/heat**

**Rest in shade, cool  
water, fan the body**

**Stingray Stings**

**Stepping on one**

**Immerse in hot water,  
seek medical help**

**Dehydration**

**Not drinking enough**

**Give small sips of water,  
rest in shade**

**WATCH ME  
AROUND  
WATER**

**NOT YOUR  
PHONE**

Let's  
Talk

**WATER**  
SAFETY

