



SHALLOW

WATER

BLACKOUT



How to avoid

Let's
Talk

WATER
SAFETY

SHALLOW

WATER

BLACKOUT

Never hyperventilate

Never ignore the urge to breath

Never swim alone

Never play breath-holding games

NO repetitive underwater laps. One lap, breathe

Shallow water Black out: How it Happens

Prolonged underwater breath holding can be deadly, here's what happens

1 Hyperventilation

Over breathing either consciously, or as a result of overexertion, artificially lowers carbon dioxide levels.

2 O₂ Drops

As the breath hold begins oxygen is metabolised and carbon dioxide levels increase. As the breath hold continues the body becomes starved of oxygen

3 Unconsciousness

Under normal circumstances increased carbon dioxide would trigger a breath, but because CO₂ levels were so low on submersion (due to hyperventilation) there is not enough to intake a breath, the swimmer loses consciousness

4 Drowning

Once the swimmer loses consciousness, the body reacts and forces a breath. That causes the lungs to fill with water and without an immediate rescue a drowning death is all but certain



DANGER



**No long underwater
breath holding.**

**Prolonged repetitive breath
holding can be deadly.**

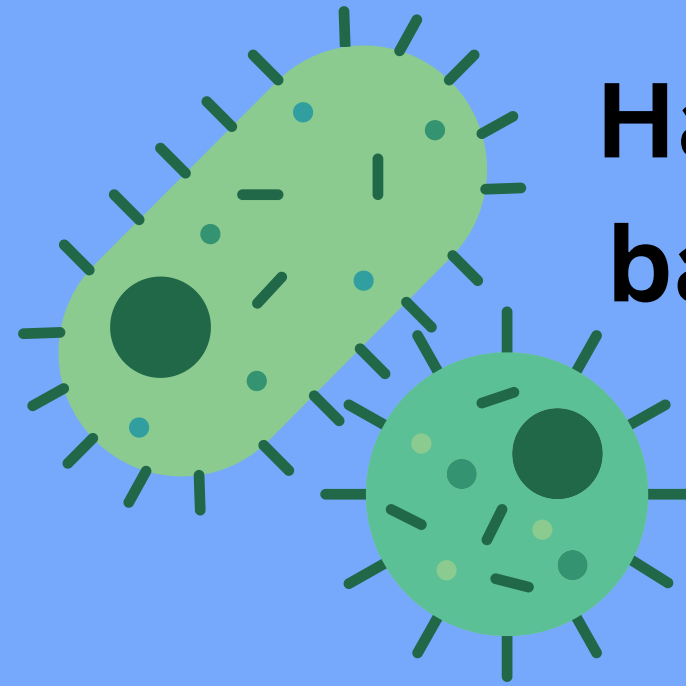
**Doing so tells your body not to
ask for oxygen, which can cause
you to pass out and drown.**

STAY OUT OF FLOODWATERS

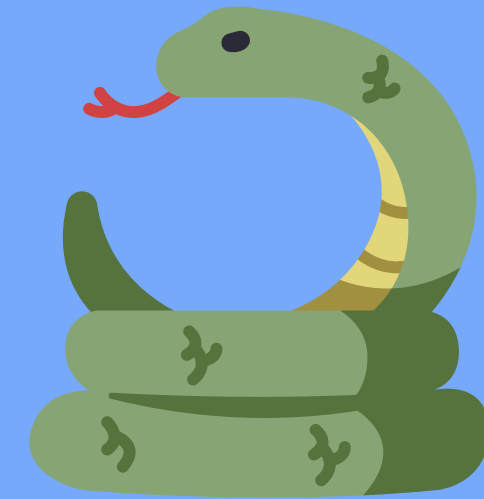
Floodwaters hide dangers that can cause sickness, injury or even death



**Dangerous
chemicals**



**Harmful
bacteria**



**Animals
and
Insects**



Sewage



**Sharps objects
and
debris**



Live Wires





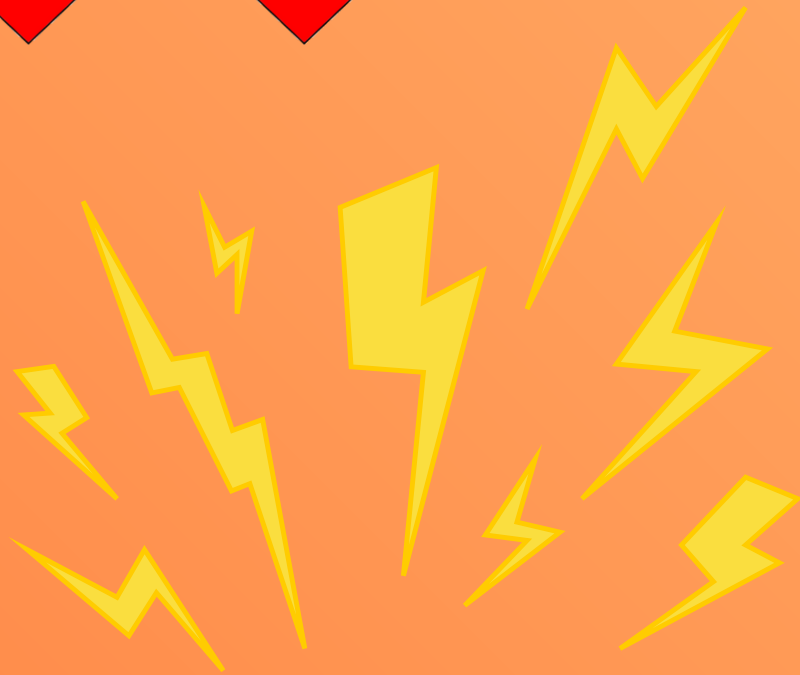
You might think the chances of **lightning** striking your **pool** are slim

But if it were to happen it would produce an electric current just as serious as if an electric cord had been dropped into the water.

Even if the **lightning** doesn't strike the water it could still **strike** the pool equipment that is connected to it, which makes the risk the same.

One of the most dangerous places you can be in a lightning storm is in a body of water.

WATER AND ELECTRICITY DO NOT MIX



One of the most dangerous places you can be in a lightening storm is in a body of water



If water meets an extension cord it can produce an electric current causing electrical shock



Radios, televisions, mobile phones, power tools, and computers can cause electrical shock if they fall into the water

