



Water safety

Ensure summer is a fun and safe time for you and your family by following these simple water safety rules and always supervise children when they are playing in or around water.



For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

WATER SAFETY RULES

- > Supervising children around water means constant visual contact, not an occasional glance in their direction.
 - > Enrol your child in swimming lessons.
 - > Ensure fencing is secure around backyard pools. Toddlers can squeeze through the smallest spaces.
 - > Never leave children alone in a bath.
 - > Display signs showing resuscitation techniques near a pool.
 - > Always swim between the flags at the beach as it is the safest area and obey instructions given by lifeguards.
 - > Do not drink alcohol before or whilst swimming.
- > Always check the water depth and check for submerged objects before diving into rivers, creeks or dams.
 - > Always wear an approved life jacket while rock fishing and when in small boats.
 - > When fishing, always fish with another person.
 - > If you get caught in a rip, float with the rip and raise one arm for assistance.
 - > Remember water conditions can change rapidly. A body of water that was safe in the morning may be dangerous in the afternoon.
 - > Floating devices are fun to play with but take care on a windy day that you are not blown away from the shore.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: