



Customer Focus on Loss Control

Innovative Safety and Health SolutionsSM

Swimming Safety

The long lazy days of summer are great for lots of great swimming and fun.

Do not let your summer become a tragedy because of careless swimming or water play.

Drowning is the number three cause of death in the United States.

All it takes is one careless moment for an accident to happen.

Swimming Safety Tips

- Monitor small children constantly. They can go under in a second.
- Never swim alone. Always swim with someone.
- Look before you leap. The water may be shallow or contain objects which can trap or hurt you. This is especially important at lakes or ponds where murky water or weeds may obscure the bottom.
- Never drink alcohol before swimming.
- Cold water slows muscle movement and diminishes swimming ability. Do not stay in cold water too long.
- Keep pool areas maintained properly and free of clutter.
- Be aware of other swimmers to avoid collisions.
- If you feel tired or sick, or if you begin to get a cramp, go directly to shore. Get out of the water while you are able to.
- Never swim in unfamiliar or restricted waters.
- Remain in shallow water if you are not a strong swimmer.
- Be aware of currents or undertow in rivers or at the ocean.
- Never swim in an electrical storm.

Following these good sense tips will keep your summer days fun and safe.

