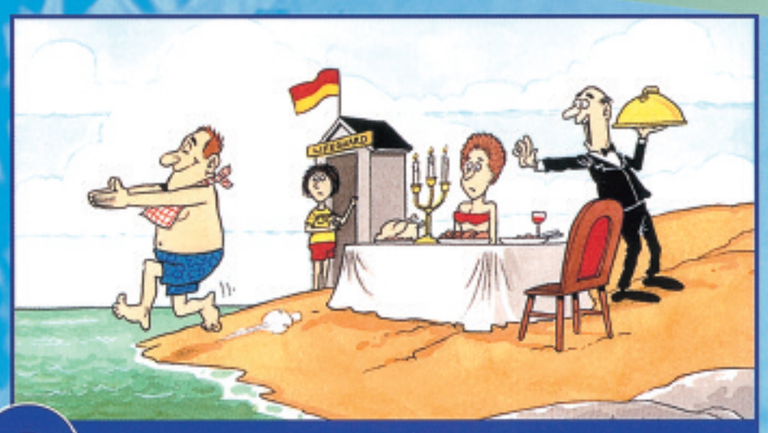
Water Safety

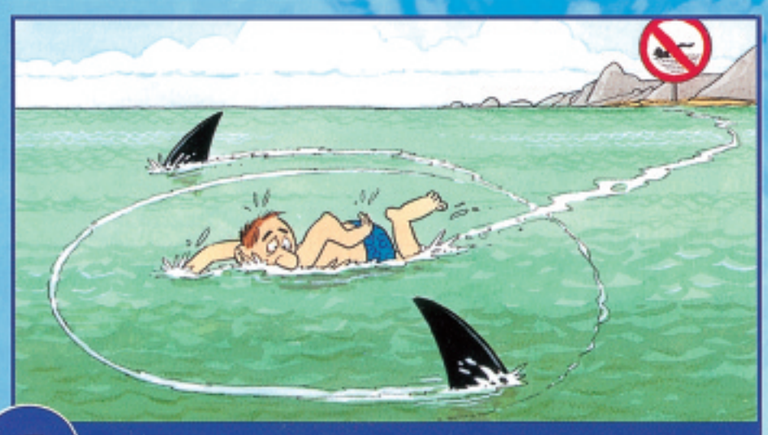
14 Steps to Safe and Enjoyable Swimming

1 Don't swim alone.

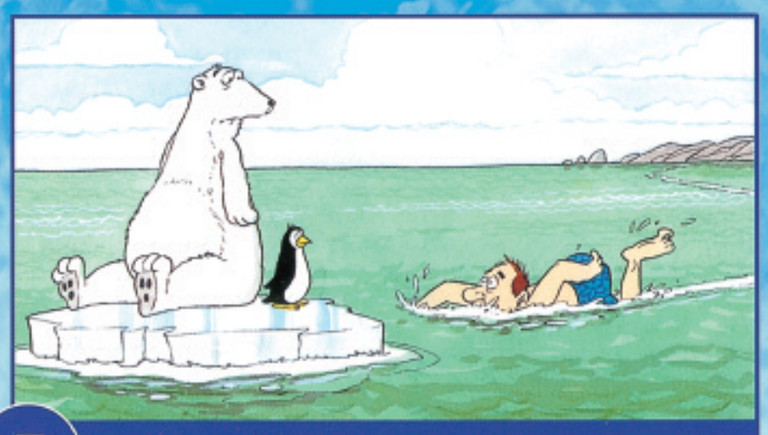


2 Don't swim just after eating.

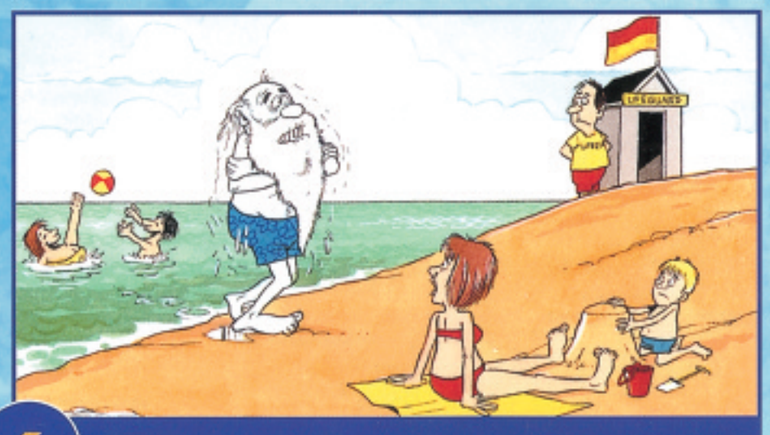
3 Don't swim when you're hot or tired.



4 Don't swim in strange places.



5 Don't swim out after anything drifting.

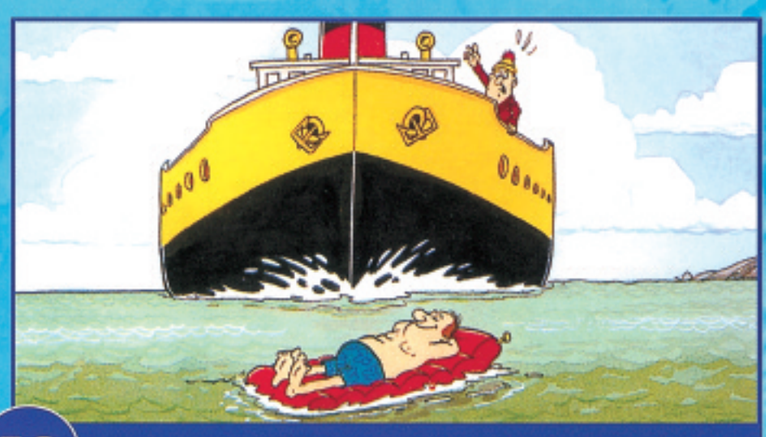


6 Don't stay in the water too long.

7 Don't swim out to sea.

8 Swim parallel and close to the shore.

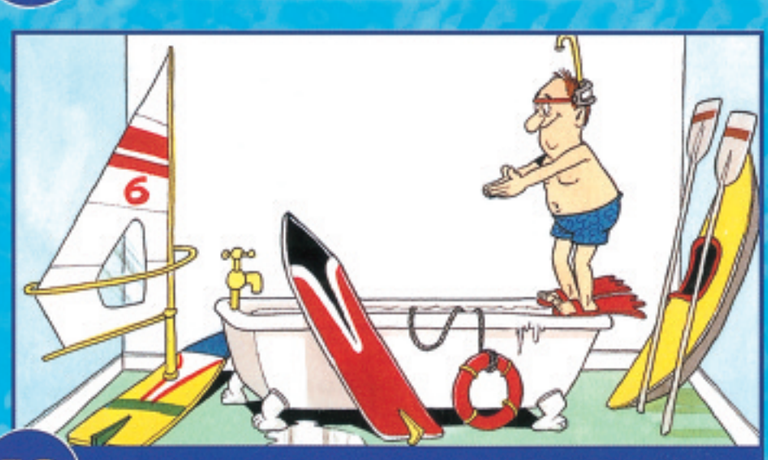
9 Do what the Lifeguard tells you.



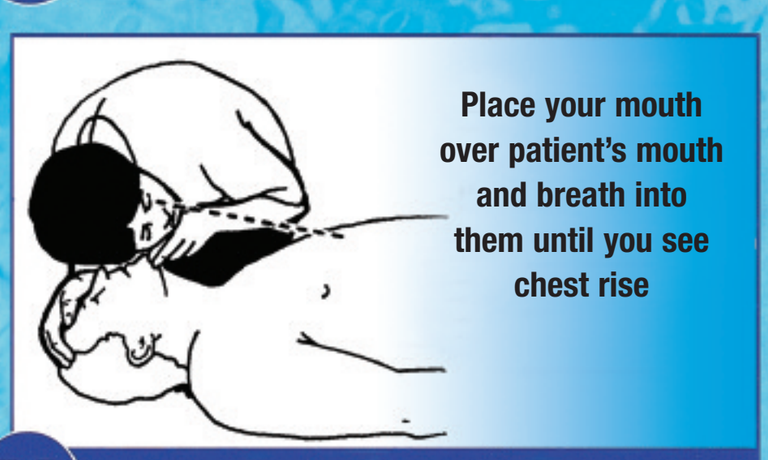
10 Never use air mattresses.

11 Pay attention to signs on the beach.

12 Don't be a bully.



13 Learn to use equipment before trying it out.



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

14 Learn Basic Life Support.

REMEMBER THESE RULES - ENJOY YOURSELF - COME HOME SAFELY

Sábháilteacht Uisce na hÉireann
IRISH WATER SAFETY

Irish Water Safety
Sábháilteacht Uisce na hÉireann

Irish Water Safety is the statutory and voluntary body established to promote water safety in Ireland.
Tá Sábháilteacht Uisce na hÉireann ina bhord deonach reachtúil a bunaíodh le sábháilteacht uisce a chothú in Éireann.

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