



10



Never use inflatable toys.

11



Pay attention to signs on the beach.

12



Never bully others or make them take risks.

13



Learn to use equipment before trying it out.

14



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

Learn Basic Life Support.



Irish Water Safety

The statutory body established to promote water safety in Ireland.

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Steps to Safe Swimming





Steps to Safe Swimming

1



Swim with others, never alone.

2



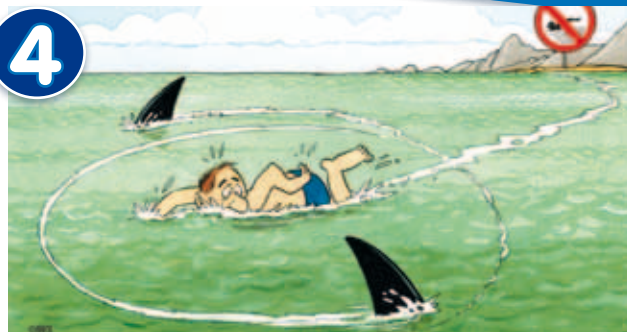
Don't swim just after eating.

3



Never swim in the dark or when you are hot or tired.

4



Avoid swimming in strange places.

5



Never swim out after drifting objects.

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



Obey Lifeguards and swim between the Lifeguard Flags.

Remember these rules: Enjoy yourself: Come home safely!