

BE SAFE AROUND WATER THIS SUMMER!



There is nothing quite like a refreshing dip in a swimming pool to really enjoy a hot Texas day. Hot weather is around a long time in Texas -- and recreation often involves water activities of one kind or another, so it is important for all family members to have a healthy respect for water... whether they are in it, on it, or just around it.

Experts insist that no one -- of any age -- should EVER swim alone. It only takes a minute for a serious accident to occur, so parents should never take their eyes off children around the water...not even for a second. Youngsters are naturally curious about a sparkling body of water -- anything from a giant puddle to a mighty ocean will do -- and this attraction often stays with us for life.

Minimize the risk that you or someone you love will be involved in an aquatic accident by following some simple, common sense rules.

- ◆ Learn how to float on your back and how to reach the side if you should ever fall into a pool. If you do, YELL FOR HELP immediately! Do not assume that someone saw you...yell until someone hears you and comes to help.
- ◆ Doors to pool areas should be locked and protected with audible alarms and out of reach locks.

- ◆ Keep rescue equipment and a telephone nearby whenever the pool is in use.
- ◆ Flotation devices ("floaties") will not keep a child safe in the water; don't rely on them.
- ◆ Insist that all who use the pool follow some strict rules: No running; no pushing others under water; no diving except in designated areas with adult permission and supervision. Not everyone is skilled at swimming. "Dunking" someone isn't funny...it is not only frightening but can be dangerous, as well.
- ◆ Anyone who supervises youngsters around water should learn CPR and be able to administer it at once. Seconds count in preventing death or brain injury -- which can occur in two to six minutes after oxygen is cut off from the brain.
- ◆ Diving into the shallow end of a pool can result in a paralyzing spinal injury. Simply do not allow diving from the side of the diving board, slide or other pool equipment, or diving through an inner tube or other pool toy.
- ◆ When boating or fishing from a dock, ALWAYS wear LIFE jackets! They are called that for a reason.
- ◆ Enjoy the water this summer! But remember, SAFETY FIRST! ◆