



Wear a life jacket around water or if you go boating

Always swim between the flags

Take a swim with a friend or family member, never swim alone

Ensure everyone in the home knows how to swim well

Really important to know CPR

Secure your pool

Always check the safety signs

Family and pets are so important to us, never leave them unattended

Exercise to build up your muscles and endurance in the water

Temperature of the water is important. Cold water can tax the body and make it difficult to swim well. Hot water in spa's can also have an effect.

You should NEVER swim if you have been drinking alcohol or if you have taken medication that alters your medical status



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