



Eddie Amezcua

July 10, 2023

Boating

Children should wear life jackets at all times when on boats, docks or near bodies of water

Adults and kids should be warned of the dangers of boating even as a passenger when under the influence of alcohol, drugs, and even some prescription medications

Account for all passengers before starting the engine and wear your emergency cut-off switch at all times

Open Water Swimming

If possible don't swim alone

Currents in rivers and creeks can be fast moving and unpredictable

Keep within your fitness and swimming capabilities

Keep a close eye on kids

CPR

33 drownings occur each day, a third which are fatal

If performed immediately, could double or triple a victim's chance of survival

The American Heart Association has a one-minute video that shows how to properly perform CPR