

Beach Safety

1. Don't swim near piers. The currents may be very strong, even for the best of swimmers.
2. Don't dive headfirst into any unknown water.
3. Stay clear of boats. They take time to change direction, and may not see you.
4. Swim parallel to shore. If you swim out too far, you may be too tired to swim back.
5. Protect your skin and eyes from UV rays by wearing sunscreen and sunglasses.
6. Wear foot protection. Your feet can get burned from the sand or cut from glass in the sand.



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In the event that you spot a distressed swimmer, **DO NOT ENTER THE WATER**, but respond as follows:

1. **REACH** with an object such as a pole, stick, towel, etc.
2. **THROW** a flotation device such as a life jacket, ring buoy, rope bag, etc.
3. **GO** for help by calling **911**. Use a cell phone or phone at a nearby home.

**BE
WATER
SAFE!**

Emergency Call 911

GENERAL WATER SAFETY

Warmer weather means swimming and other water sports begin to rise in popularity. With the abundance of bodies of water in our area, drowning and injuries can occur. Drowning is the second leading cause of accidental death in the United States for persons 15-44 years of age.

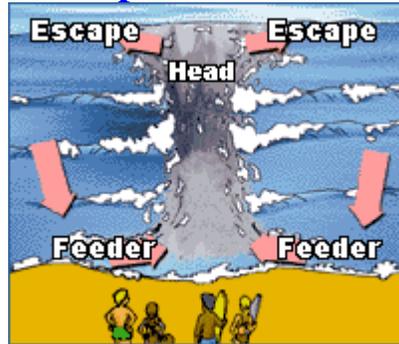
1. Learn to swim.
2. Always swim with a buddy.
3. Know your swimming limits and stay within them.
4. Obey posted warning signs.
5. Alcohol and swimming don't mix.
6. Always wear a Coast Guard approved life jacket when boating.
7. Know local weather and wave conditions.
8. Do not swim during lightning storms.
9. Know how to prevent, recognize, and respond to emergencies.
10. Learn CPR and First Aid

Signaling For Help

Whether you are in the water or on land, the universal sign for distress is the waving of one or both arms in the air. The intent should be to attract attention to yourself so someone can call for help.



Rip Currents



DANGER

A rip current occurs when water pushed to the shore by wave action moves back out to sea through a small channel or break in the surf. These currents normally dissipate just outside the breakers. If caught in a rip current, don't panic; swim parallel to the shoreline until out of the current, then return to the beach.

RIP CURRENTS CAN OCCUR ALONG LAKE ERIE'S SHORELINE, SO BE AWARE OF WAVE CONDITIONS.

CAUTION

Swimming in Lake Erie can be dangerous, and while these guidelines should be followed, they do not guarantee your safety.

CAUTION

HEAT EXHAUSTION is a serious medical condition that can occur at any time with prolonged exposure to the sun or heat. To prevent heat exhaustion, stay in the shade and drink plenty of fluids. If you suspect someone is suffering from heat exhaustion **CALL 911**.

CAUTION

HEAT STROKE is an even more serious medical condition than heat exhaustion, and occurs when the body begins to completely dehydrate after prolonged exposure to heat. Symptoms include extremely high body temperature accompanied by very little sweating. If you suspect that you or someone else is suffering from heat stroke **CALL 911**.

CAUTION

HYPOTHERMIA is a serious medical condition caused by a significant drop in body temperature. Violent shivering develops which may give way to confusion and a loss of body movement. It can occur any time of year when swimming in Lake Erie and surrounding bodies of water. To prevent hypothermia, wear a wet suit or limit the amount of time immersed in cold water. If you suspect someone may have hypothermia **CALL 911**.

If you fall in the water, in any season, it's important to remember:

- Wear your life jacket! This helps hold heat into the core areas of your body, and enables you to easily put yourself into the **HELP** (Heat Escape Lessening Posture) by drawing limbs into your body; keep armpits and groin areas protected from unnecessary exposure.
- Don't discard clothing. Clothing layers provide some warmth that may actually assist you in fighting hypothermia.

