

Your Firefighters Want You to Have a Safe Summer



Water Safety Tips

Each year, approximately 6,000 people drown in the United States. Drowning is the **SECOND** leading cause of accidental deaths for persons 15-44 years of age.

Please remember:

- Never swim alone.
- Never rely on toys such as inner tubes and water wings to stay afloat.
- Don't take chances by over estimating your swimming skills.
- Swim only in designated swimming areas.
- Children have a natural curiosity and attraction to water. Keep an eye on children at all times when around pools, lakes, rivers and oceans.
- Keep pools secure using gates, fences and/or pool covers.
- Swim in areas supervised by a lifeguard.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination.
- People of all ages and experience should wear a life jacket when swimming in streams and rivers. Ocean swimming should be restricted to beaches with life guards.
- With drowning, there is no cure.

The CAL FIRE San Bernardino Unit proudly serving
the communities of Highland and Yucaipa.



For more information, visit: www.fire.ca.gov