



LIFESAVING TECHNIQUES



ALWAYS DIAL 911 IN AN EMERGENCY SITUATION

REACHING ASSIST

SAFEST RESCUE TO MAKE.
LIE DOWN AND REACH TO
VICTIM WITH ANY RESCUE AID.



THROWING ASSIST

TOO FAR AWAY TO REACH.
USE BUOYANT AID OR ROPE.



WADING ASSIST

SHALLOW WATER AND UNABLE
TO REACH FROM LAND.
WADE TO VICTIM AND REACH
WITH RESCUE AID.



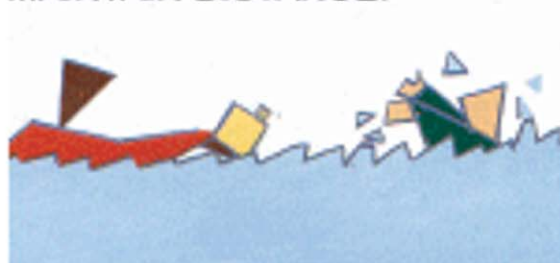
ROWING ASSIST

VICTIM IS A DISTANCE AWAY.
VESSEL IS AVAILABLE.
TAKE CARE WHEN HELPING
VICTIM INTO VESSEL.



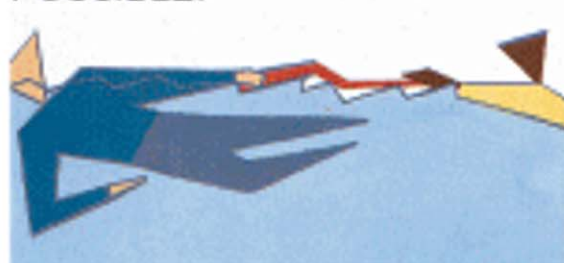
SWIMMING ASSIST

TAKE SUITABLE RESCUE AID.
CAREFULLY ENTER THE WATER.
GIVE AID TO VICTIM AND
MAINTAIN DISTANCE.



TOWING ASSIST

MUST BE STRONG SWIMMER
TO TOW VICTIM.
USE TOWING AID IF AT ALL
POSSIBLE.



IN CO-OPERATION WITH THE BERMUDA WATER SAFETY COUNCIL