

Your Red Cross + Urges You To

PRACTICE

WATER SAFETY

All Summer Long

Every year hundreds of lives Children and Adults are snuffed out through drownings. Carelessness or lack of knowledge of the inherent dangers in all aquatic sports is often the cause.

On this page your local Red Cross offers a variety of suggestions on water safety. Follow them and enjoy a carefree summer of fun in the water and the sun.

+ WATER SAFETY WEEK JUNE 1st - JUNE 7th

Once a year, the Country's attention is focused directly onto Water Safety during Water Safety Week. Water Safety Week is held annually during the first week of June.

The Water Safety Service continues to grow as Canadians, and particularly residents of Halton Hills, take a greater interest in recreation activities, especially in aquatics. The number of drownings continues to grow at an alar-

ming rate - the predominant causes being swimming and boating accidents.

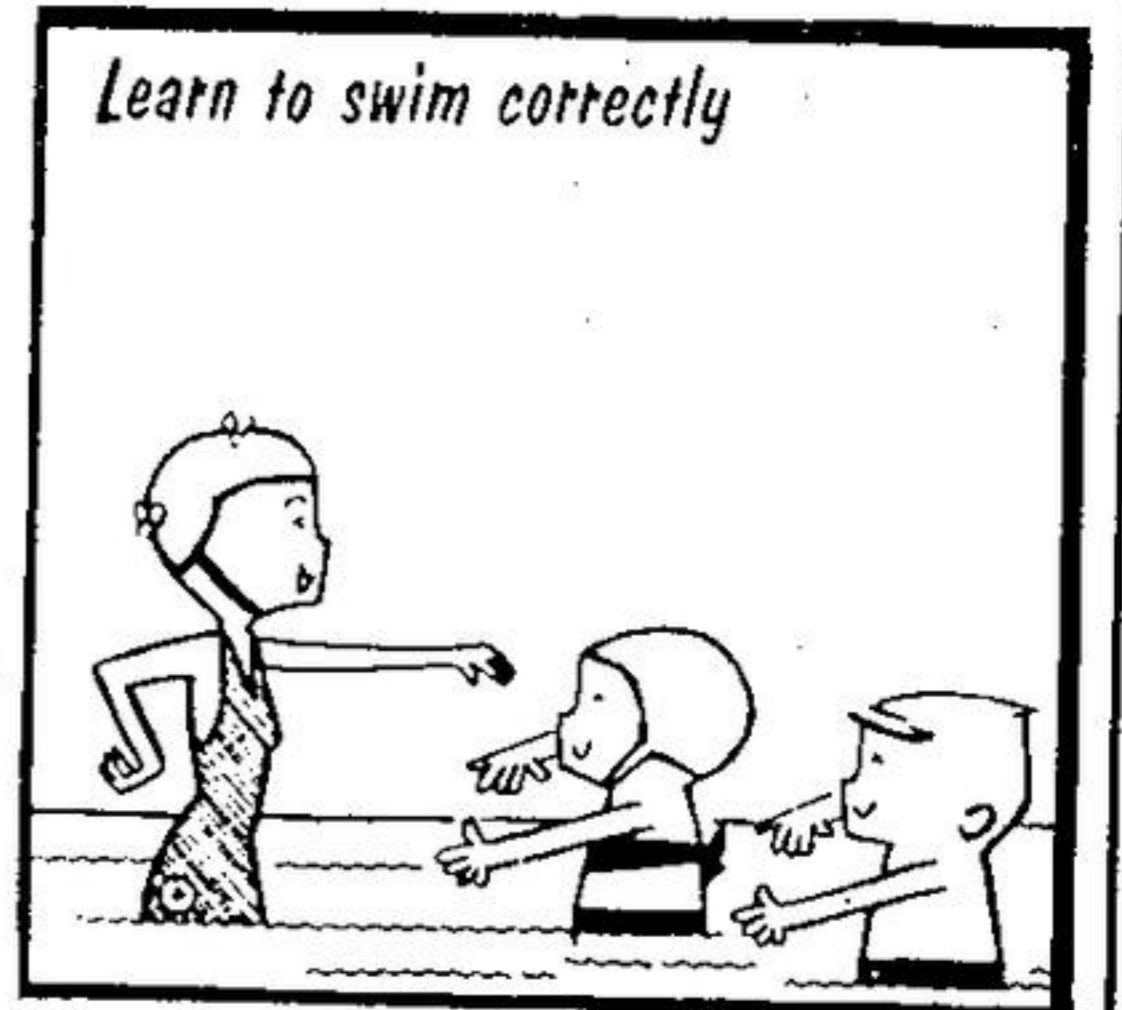
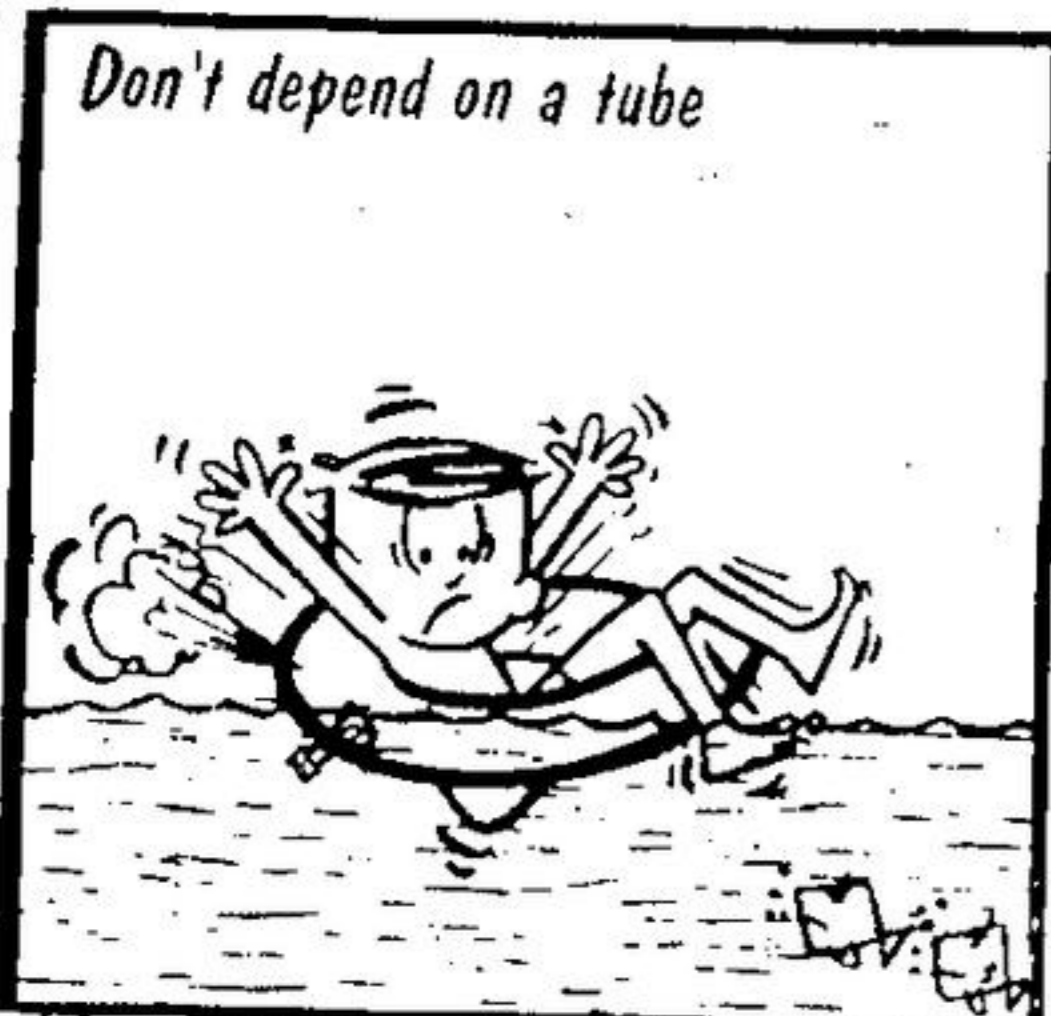
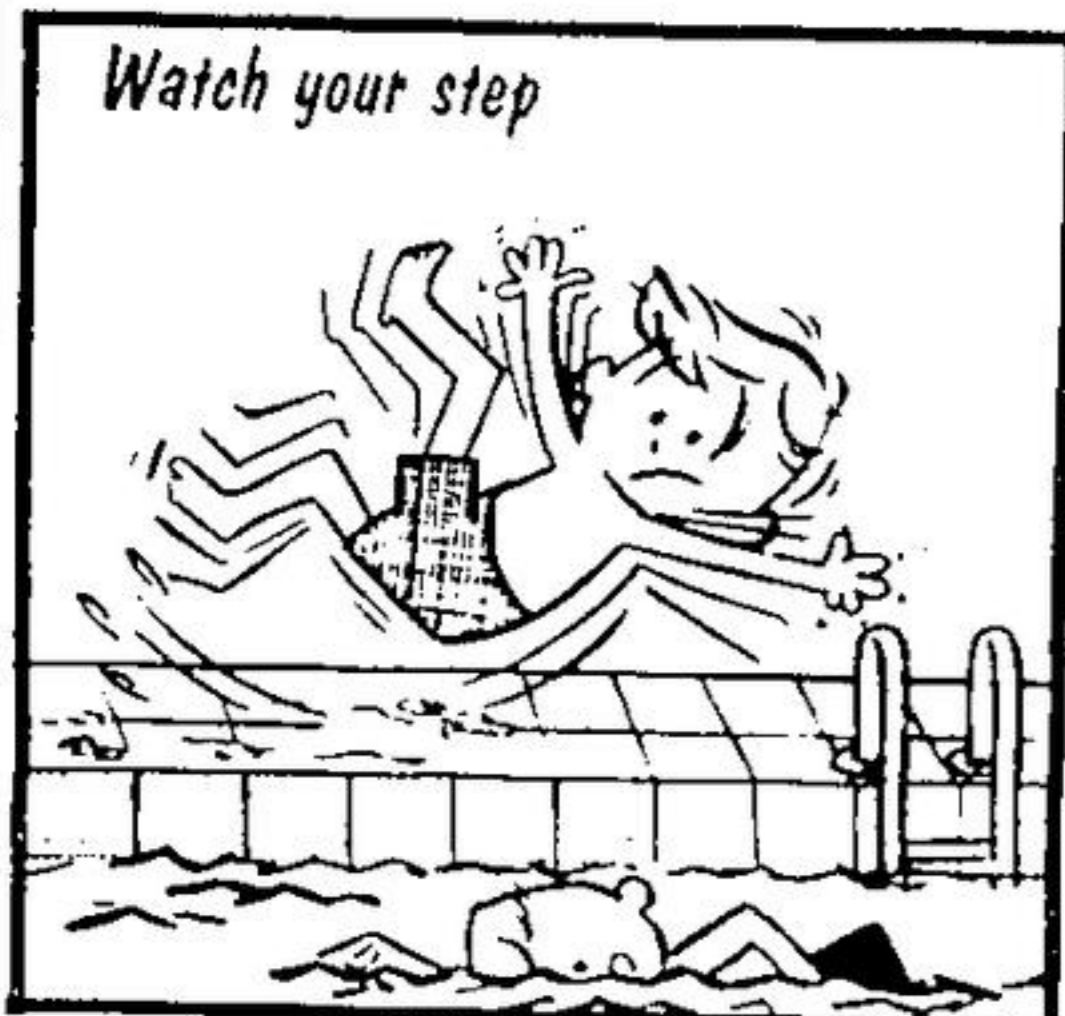
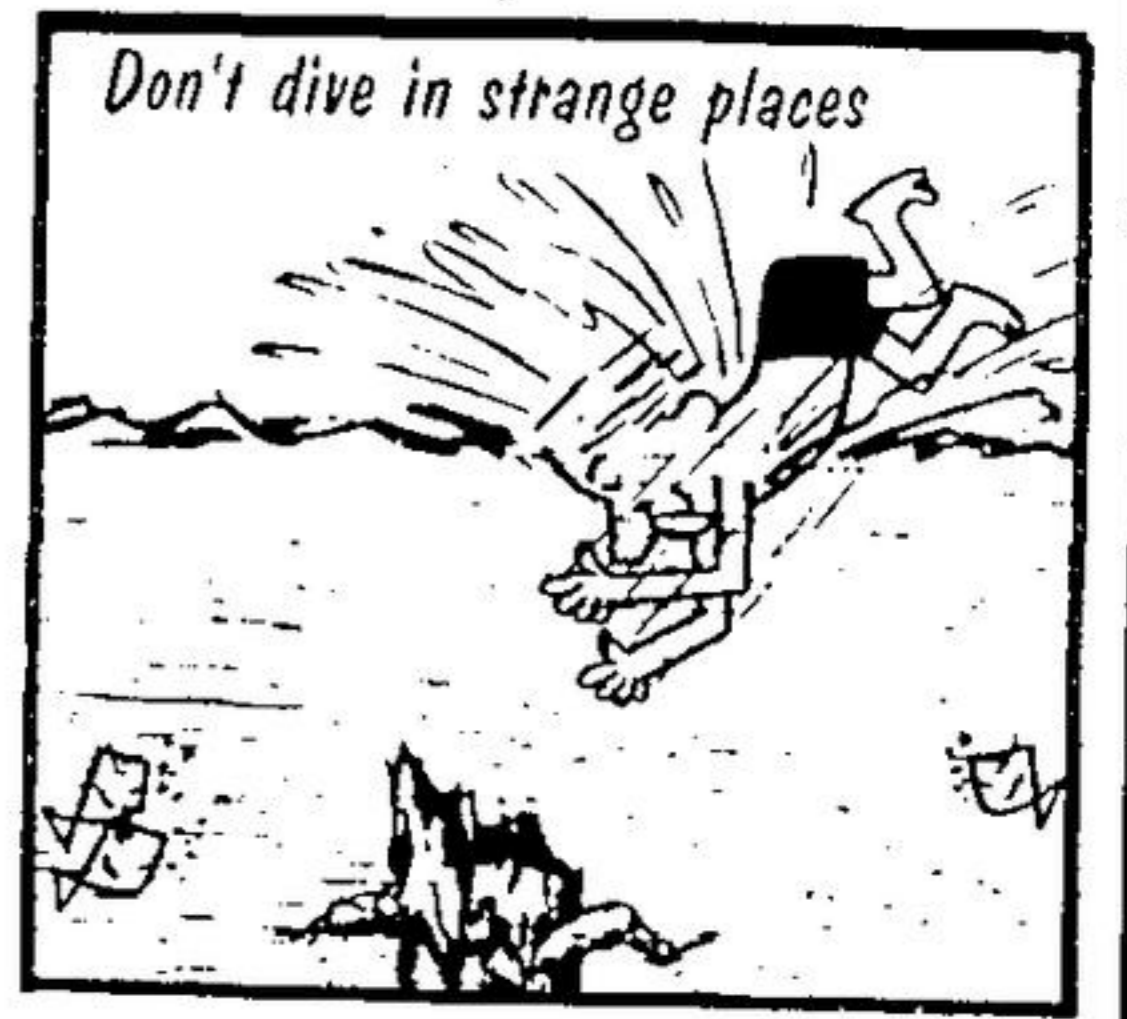
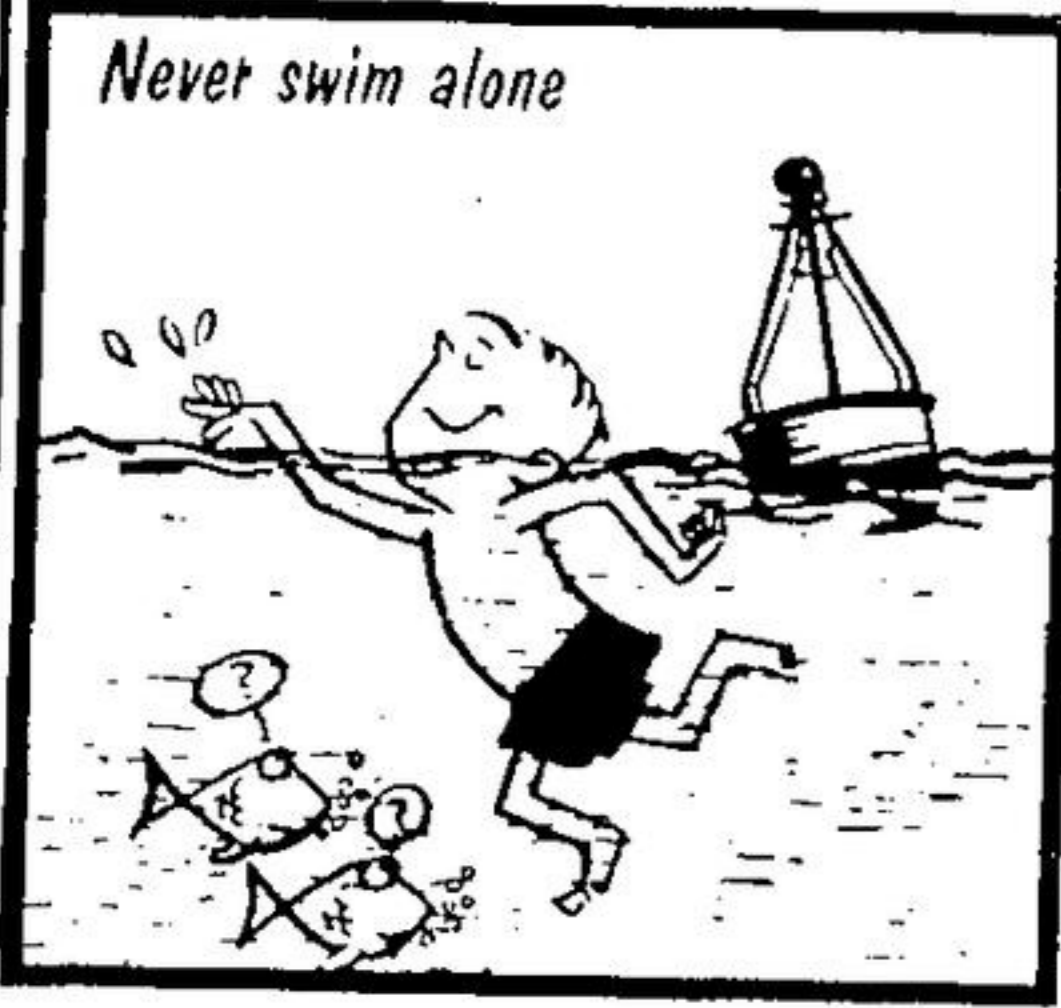
With this in mind, then, the Water Safety Committee in Halton Hills, in co-operation with the Recreation Dept. for the Town of Halton Hills, has developed a water safety program for all members of the family during Water Safety Week, June 1 - 7th.



A RING BUOY SHOULD BE AVAILABLE AT YOUR POOL OR DOCK. LEARN TO THROW IT PROPERLY; THEN PRACTICE.



INVESTIGATE UNKNOWN WATER BEFORE YOU DIVE IN. ENJOY SAFE WATER SPORTS THE RED CROSS WATER SAFETY WAY.



+ RESCUE BREATHING (MOUTH-TO-MOUTH) **+**
THE CANADIAN RED CROSS SOCIETY

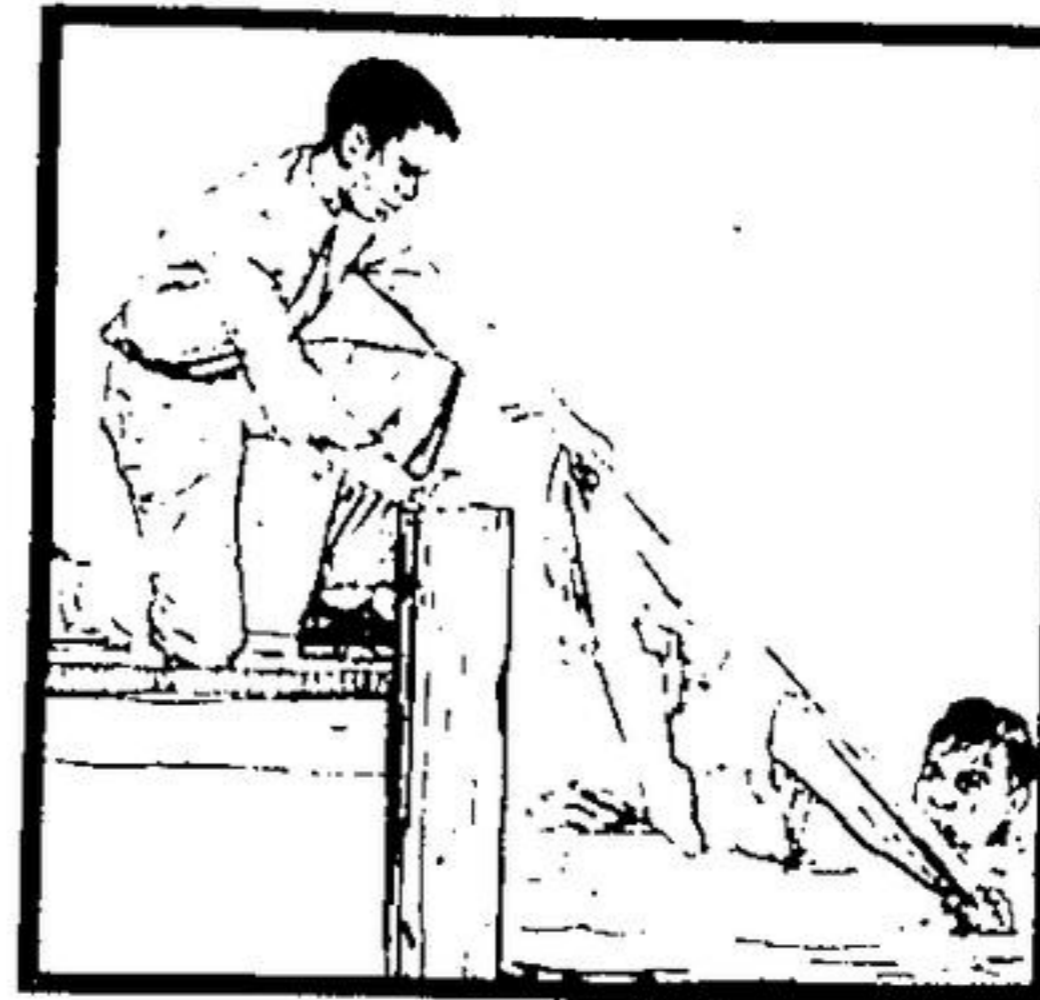
Start immediately. The sooner you start, the greater the chance of success.

REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE IF AIR PASSAGES ARE NOT OPEN. Check neck and head positions, CLEAR mouth and throat of foreign substances.

For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.

USE RESCUE BREATHING when persons have stopped breathing as a result of DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.

Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.



HAVE FUN BUT DO IT SAFELY



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