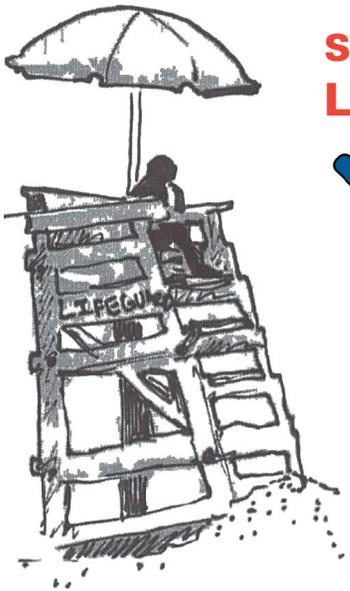


Sun & Heat Safety

- Use a high SPF sunscreen (15 or above).
- Wear loose fitting, light colored clothing, a hat & sunglasses with a full UVA/UVB protection.
- Drink plenty water or non-alcoholic and caffeine-free liquids.

Stings, Bites, & Cuts

- For all types of jelly-fish and man-o-war stings, remove tentacles using a glove or towel, rinse area using seawater and apply ice. Do not rub the area with sand! For any serious reaction, **call 9-1-1** and get the person to advanced medical care.
- Stingrays and many types of fish frequent shallow ocean waters and can thrust a sharp shaft into a foot or ankle.
- One good preventative action is to shuffle your feet while wading.
- Remember there is a high concentration of bacteria on objects in the water and near the beach. Clean even minor wounds well and monitor for signs of infection.



SWIM NEAR A LIFEGUARD



U.S.L.A.

UNITED STATES
LIFESAVING ASSOCIATION
www.usla.org

U.S.L.A.

UNITED STATES LIFESAVING ASSOCIATION

Our Purpose

We are America's nonprofit, professional association of beach lifeguards and open water rescuers. USLA works to reduce the incidence of death and injury in the aquatic environment through public education, national lifeguard standards, training programs, promotion of high levels of lifeguard readiness, and other means. The USLA accomplishes these goals through a variety of activities and in partnership with many other organizations with related goals.

Member Benefits

- Affiliation with America's water rescue professionals and drowning prevention advocates
- Subscription to American Lifeguard Magazine
- Lifeguard educational conferences
- Local, regional and national Board of Directors meetings
- Public education materials
- USLA decal and other items
- The latest information on open water rescue
- Networking among other open water rescuers

Membership is open to anyone. You don't have to be a lifeguard!

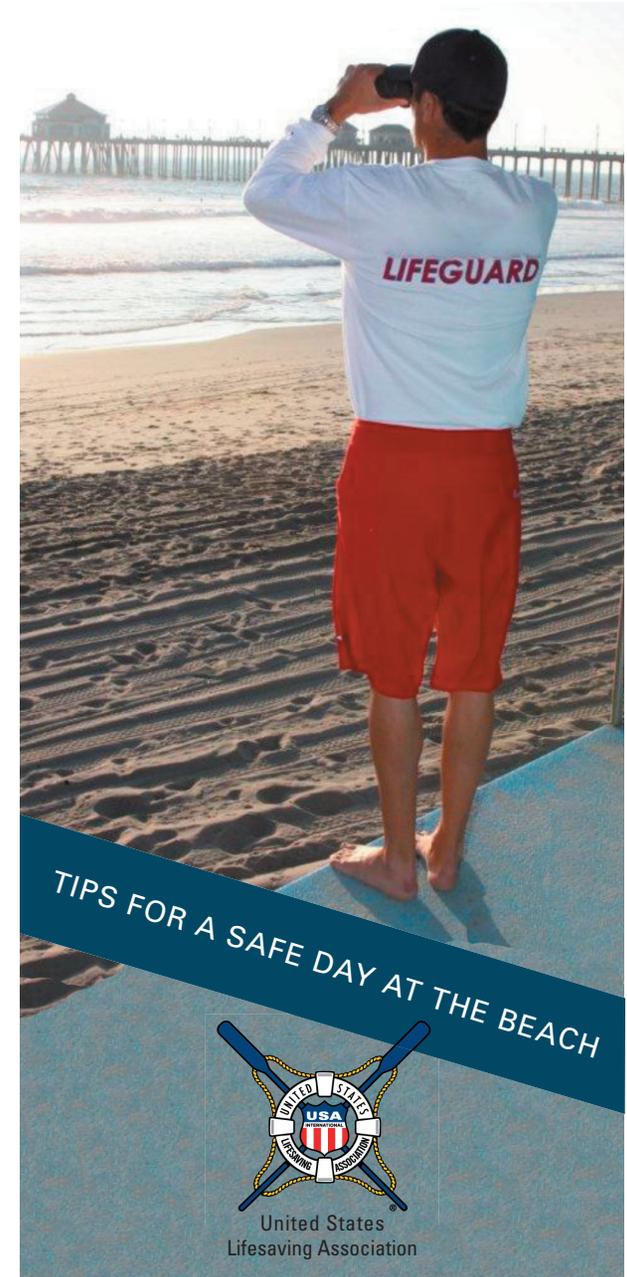
Additional Resources

Activities and resources offered to the public by USLA and affiliated agencies:

- Junior lifeguards
- Surf camps
- Public relation endeavors
- Teacher educational materials
- Promotional materials
- Collaboration with schools, museums, & health agencies
- Guest speaking engagements
- Beach and water safety materials and activities
- Lifeguard competitions
- Legislation related to aquatic safety

For more information go to: www.usla.org

Beach & Water SAFETY



United States
Lifesaving Association



Photo by NOAA

Rip Current Dangers

Rip currents can be killers. The USLA estimates that over 100 people die from rip currents on our nation's beaches each year. These are powerful currents of water flowing away from shore, through the surf zone, and past the line of breaking waves. Rip currents can occur at any beach with breaking waves, including the Great Lakes. The greatest safety precaution that can be taken is to recognize the danger of rip currents and always remember to swim at beaches with lifeguards. Please check with lifeguards for safest areas before entering the water.

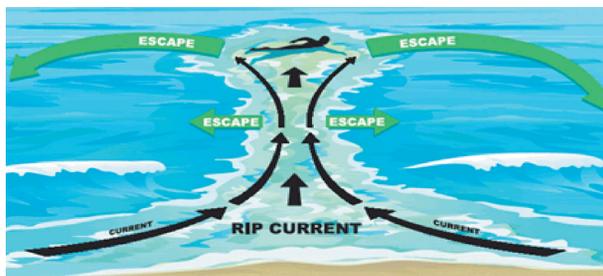
USLA'S TOP 10 SAFETY TIPS...

1. Learn to swim
2. Swim near a lifeguard
3. Swim with a buddy
4. Check with the lifeguards

Identifying a Rip Current

Look for any of these clues:

- A channel of churning, choppy water.
- An area having a notable difference in color.
- A line of foam, seaweed, or debris moving steadily seaward.
- A break in the incoming wave pattern.



Graphics by NOAA

None, one, or more of the above clues may indicate the presence of rip currents. Rip currents are often not readily or easily identifiable to the average beachgoer. Polarized sunglasses make it easier to see the rip current clues provided above.

For your safety, be aware of this major surf zone hazard!

5. Use sunscreen & drink water
6. Obey posted signs & flags
7. Keep the beach & water clean
8. Learn rip current safety
9. Enter water feet first
10. Lifeguards are your friends!

For more safety tips go to www.usla.org



How to Avoid & Survive Rip Currents

- If caught in a rip current, **remain calm** to conserve energy and think clearly.
- **Don't fight the current.** Swim out of the current in a direction following the shoreline.
- When out of the current, swim towards shore.
- If you are unable to swim out of the rip current, **float or calmly tread water.** When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself: **face the shore, wave your arms, and yell for help.**
- If you see someone in trouble, get help from a lifeguard. **If a lifeguard is not available, have someone call 9-1-1.** Throw the rip current victim something that floats and yell instructions on how to escape.

Remember, many people drown while trying to save someone else!

For more safety tips, teacher lesson plans, activities for kids, and much more, please visit: www.usla.org.