

DANGERS IN AND AROUND WATER

- ❖ Water can be very dangerous.
- ❖ In South Africa, every year, many people are seriously hurt or die in water bodies.
- ❖ **A water body** is a natural or man- made area such as a river, a dam or a swimming pool.
- ❖ Some of these accidents could have been avoided if more people knew how to act around water and what to do if they or somebody else is in danger in water.
- ❖ One of the most important ways you can be safe near or in water is to **learn to swim as soon as you can.**
- ❖ Even good swimmers can drown or have accidents in or near water therefore it is important to obey the following rules to make water a safe place for you and everyone else.

GENERAL SAFETY RULES:

1. Never swim alone.
2. Never swim where nobody can see you.
3. Swim where there could be sharp objects in the water.
4. Never swim in fast flowing rivers.
5. Never swim after you have eaten – wait an hour.
6. Never swim when you are sick, cold or tired.
7. Never swim during a thunderstorm.
8. Never leave small children alone in or near water.
9. Never dive or jump into shallow water – always find out how deep it is first.
10. Do not play wildly in or around water.
11. Do not use blow up arm bands or floating toys which are leaking air.



WAYS TO BE SAFE AROUND A SWIMMING POOL:

1. Do not swim if an adult is not watching.
2. Do not run, play games or ride a bicycle around a pool.
3. Never scare or push anyone into the pool or hold anyone down under the water.
4. Do not play pool games that make you shout 'help' when there is not a real emergency.
5. Do not dive in or jump in where people are swimming.
6. A swimming pool should be fenced in and have a child-proof lock on the gate.

WAYS TO BE SAFE AROUND WATER AT HOME:

1. Always have an adult present when the bath is filling up and a young child is going to bath.
2. A rubber mat on the bath can stop slipping.
3. Always empty buckets with water or put a lid on them.
4. Plastic inflatable pools should be emptied and packed away after each use.



SAFETY IN DAMS AND RIVERS:

- ❖ Many children drown yearly in rivers and dams. What can you do to stay safe?
 1. Read and obey signs that warn of danger.
 2. Be careful in rivers even if the water looks calm. There may be strong currents underneath that could wash you away.
 3. Do not use inflated or blown up car tubes or airbeds. If the wind starts blowing unexpectedly you could be blown away.

WHAT TO DO IF YOU ARE IN DANGER:

1. Keep calm
2. Raise one arm in the air and call for help
3. Tread water or float.
4. Try to find something that floats to hold onto.

WHAT YOU CAN DO IF YOU SEE SOMEONE IN DANGER:

1. Call loudly for an adult.
2. Don't jump into the water.
3. Throw something towards them to help them such as a life jacket, a ball, the plastic lid of a cooler box etc.
4. Lie on your stomach and use a broom or long stick to try to reach the person.



Complete the following.

1. Look at the picture below.
2. Identify and write down six dangers that are shown in the picture.
3. Write down six safety rules that will prevent the dangers you found in question 2.

