

WATER SAFETY

A nonprofit 501.c.3 organization.

Health Tips for healthy living.

June, 2008

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Richmond Area Health Center

Tips to keep you and your family safe

If you like the water then you're living in the right state. From the mountains to the seacoast, Maine offers a wide variety of water-related activities for you and your family to enjoy this summer. It only takes a moment, however, for water accidents to happen. So whether you like to putter around in a pontoon boat or raft over river rapids, use these tips to keep your self and your loved ones safe.

- ◆ Learn to swim. Know the swimming skills of people that you're with and make sure that you know who can and cannot swim. The American Academy of Pediatrics says that most children are ready for swimming lessons at the age of four years.
- ◆ Enter the water feet-first unless you're in an area specifically marked for diving. When swimming in rivers, lakes, or the ocean always enter feet-first - you don't know what's down there.
- ◆ Always wear a floatation device or life-vest when boating, including when you're paddling in canoes and kayaks.
- ◆ Pay attention to the weather and get out of the water at the first signs of bad weather. If you're planning a trip that includes water activities then check the forecast in advance. Be aware of marine advisories and plan your activities accordingly.
- ◆ NEVER drink alcohol and engage in water sports such as boating, swimming, or water-skiing.
- ◆ Protect your skin with sunscreen, hats, and light cover-up clothing. Protect your eyes with sunglasses or goggles. Protect your feet with footwear that will shield your soles from hot sand and rocks or debris that could cut your feet when walking on the beach or in the water.
- ◆ Never let children play unsupervised in or around water.
- ◆ Keep a portable phone near the pool in case of emergencies. Put pool toys away when no one is using the pool so the toys won't attract children.
- ◆ Learn CPR, especially if you are going to be supervising children near or in the water. Contact your local Red Cross chapter, community center, community college, or health center to see where and when classes are being offered.
- ◆ Check your equipment. Make sure rafts, boats, jet-skis, tubes, and pool toys are in good shape before taking them in the water.
- ◆ Be sure all licensing is up to date for boats and other personal watercraft. Know the local laws and regulations for their use and abide by them.

12 locations to serve you:

Bethel Family Health Center – Bethel
Bingham Area Health Center – Bingham
Belgrade Regional Health Center – Belgrade
Lovejoy Health Center – Albion
Madison Area Health Center – Madison
Mt. Abram Regional Health Center – Kingfield
Richmond Area Health Center – Richmond
Rangeley Region Health Center – Rangeley
Strong Area Health Center – Strong
Strong Area Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
Western Maine Family Health Center – Livermore Falls

HealthReach Community Health Centers

