

KNOW THE DANGERS

BE BEACH SAFE



pals.pk

PAKISTAN
LIFE SAVING



PAKS RESCUE

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When you're enjoying at the beach it is important to "Be BEACHSAFE" no matter what you are doing as there are hidden dangers you may not be aware of:

PALS SAFETY TIPS

- Always swim between the PALS red and yellow flags
- Swim along the beach rather than deeper into the Sea
- Listen to advice from PALS Lifeguards
- Follow the advice of the PALS safety signs
- Always swim with a friend and under adult supervision
- Never run and dive into the water
- Never swim under the influence of alcohol or drugs
- Don't float where you can't swim
- Don't depend on flotation devices as you can lose them
- Swim only at PALS Lifeguard patrolled beaches

These safety tips are provided by PALS Lifeguards in accordance with international standards on Aquatic Safety.

250+ cases of drowning every year along the beaches of Karachi. PALS has been able to contain this drowning rate to 'near zero' since 2004 to date.

