

KNOW THE DANGERS

BE POOL SAFE



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PAKISTAN
LIFE SAVING



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Swimming pools and paddling pools can be beneficial for kids. Swimming is not only fun, it is terrific exercise. Here are following tips for keeping kids safe:

PALS SAFETY TIPS

- No running! You could slip or trip — hurting not just yourself, but someone else as well.
- Mark water depths conspicuously. Use a safety float line where the bottom slope deepens.
- No one should ever swim alone.
- When using water slides, always go feet first.
- Before diving or sliding, check to be sure that other swimmers are out of the way.
- Keep rescue devices and first aid supplies near the pool.
- Never swim after drinking alcoholic beverages, eating, or taking medications.
- Never push others into the pool.

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.

