

KNOW THE DANGERS

BE RIP CURRENT SAFE



pals.pk

PAKISTAN
LIFE SAVING



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Waves contain the energy that generates currents at beaches identify a rip current and know how to get out of one with these following lifesaving tips:

PALS SAFETY TIPS

- Obey all instructions from the PALS lifesavers and lifeguards.
- Understand what RIP current is.
- RIPS are strong current that can quickly take swimmers from the shallows out beyond their depths.
- To reduce the chances of being caught in a RIP current, always swim near shore.
- Avoid channels of water that look different from the surroundings.
- If you caught in a RIP current and need help, stay calm, float and raise an arm to attract attention.
- Avoid channels of water that look different from the surroundings. A
- rip current can be choppy and foamier, or it can be a quiet gap in the line of breaking waves. It may be a slightly different color than the surrounding water.

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.

