BRAIN TALK

PRINCE ALBERT PARKLAND HEALTH REGION

Swim Smart—Boat Smart—Enjoy Summer

Did you know most drowning's in SK have happened in our lakes and rivers while swimming & boating?

Help prevent drowning with S.P.L.A.S.H.E.S.

Supervision: Watch children around water
- Lifejackets, PFDs, arm floats, inner tube, inflatable toys are not a substitute for adult supervision.

Protection: Get trained and wear sun protection
- Teach kids/teens/adults to swim! Learn first aid/CPR.
- Wear sunscreen, a hat and protective clothing. Drink plenty of water to help keep you safe from sunstroke.

Lifejackets/PFDs: Wear your lifejacket
- Inexperienced, weak or non-swimmers should wear a lifejacket or PFD when near the water.
- All boaters must wear a lifejacket when on the water.

WEAR IT

Awareness: Check it out before you go
- Before entering the water– check the water depth and watch for hazards.
- Plan ahead - always tell someone where you are going and when you will return
- Monitor the weather & environment for any changes.

Safe Boating and Fishing: Be a safe boater
- Alcohol and boating don't mix. Boating while impaired is dangerous and illegal.
- Have safety equipment on board (an extra lifejacket/PFD, a radio, flashlight, flares, first aid kit) & don't overload your boat.

Pleasure Craft Operator Card / Carte de conducteur d'embarcation de plaisance
JANE BOATER
boat-ed.com   Canada

Help: Learn when and how to get help
- Learn to swim & take a first aid and CPR course. Know how to call 9-1-1.
- If in trouble in the water, call for help, roll on to your back, kick your feet, move your arms and aim toward shore.

Education: Learn how to be safe teach others
- Discuss water safety information and wise choices around the water.
- Learn to recognize the dangers and how to protect yourself.

Security: Secure your pool – no matter what size
- Fence it in. Cover it up. Empty it.

It takes just seconds for the unthinkable to happen.

Resources: Parachute Canada; Life Saving Society of Canada

Do you see what I see?

Saskatchewan North Acquired Brain Injury Outreach Team
..... A joint initiative of......
For more information please call: 1-306-765-6470

SGI