

BRAIN TALK

June 2016 Volume 8 Issue 6



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.



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.



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

