

Stay safe in the water!

The hot summer has once again arrived. The summer holidays and weekends bring more opportunities for children and adults alike to go to the rivers and the sea to play in the water. But these places can be full of danger – so for this instalment, I'd like to go over what to be careful of when enjoying water activities.

Life jackets

Humans have limited buoyancy. Whether a child or an adult, be sure to wear a life jacket properly. Rivers have currents, and the sea has waves and tides, which even skilled swimmers have been known to drown in.

Calling for help

Water rescue operations to save a person from drowning carry a very high risk to the rescuer themselves, and it is common for them to become a secondary victim of the accident.

If you encounter someone drowning, first call for help from the people around you. Work together with them to make an emergency call to the fire department (if the accident is in a river) or the Coast Guard (if it is at sea).

- For river emergencies call 119 (Fire department)
- For sea emergencies call 118 (Coast Guard)



Take low risk action

Always assure your own safety before taking any action towards a drowning person, and start from the lowest risk operations. Such as:

- 1) Calling out to them
- 2) Throwing a buoyant object (life preserver, cooler box, PET bottle, etc.)
- 3) Throwing a throw-rope (rescue rope) or another long object

Make sure to take enough care in rivers and the sea, so you can enjoy a safe and fun summer!