



# USAG – Fort Stewart Safety Gram

*Sustaining, Supporting, and Defending Safety Excellence*



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SG #13-06

## Swimming Safety

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Hanging out at the pool or the beach on a hot day is a great way to beat the heat. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death. Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines.

### Swimming Smarts

#### Four major causes of drowning are:

- ✓ Not wearing a life jacket
- ✓ Abuse of alcohol
- ✓ Lack of sufficient swimming skills
- ✓ Hypothermia



#### Know the Signs of Drowning:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs – Vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Ladder climb, rarely out of the water.

• **"Buddy up!"** Always swim with a partner, every time — whether you're swimming in a backyard pool or in a lake. Even experienced swimmers can become tired or get muscle cramps, which might make it difficult to get out of the water.

• **Know your limits.** Swimming can be a lot of fun — and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers.

• **Swim in safe areas only.** It's a good idea to swim only in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, riptides, sudden storms, or other hidden dangers.

• **Diving.** Do not dive in unfamiliar waters or where "no diving" signs are posted.

*Manage The Risk – Protect The Force*

*For additional information contact:*

*Your Unit Addition Duty Safety Officer (ADSO) or Collateral Duty Safety Person (CDSP), or*

*USAG Installation Safety Office: Fort Stewart Office @ 912-767-7880; Hunter Army Airfield Office @ 912-345-4905.*