

Identifying Water Emergencies & Knowing When Someone Needs Your Help

Water or aquatic emergencies like drowning due to multiple reasons can happen to anyone when someone goes swimming or near water bodies. A person can drown in water because of not knowing how to swim, having cramps underwater, having a heart attack underwater, high tide in the sea, etc.

What must you do to save someone from a drowning accident if that happens in front of you?

Stay alert of your circumstances!

Keep your senses sharp (hearing/watching) people drowning or in distress.

Identify when a victim is drowning and when they might need your help



Recognize the sign of someone in trouble and shout for help



Rescue and remove the person from the water



Call emergency medical services



Begin rescue breathing and CPR



Use AED if available and transfer care to advance life support

Use the tips mentioned in the chain of drowning survival above to be a Good Samaritan and save lives!

Identify the person's distress with their position in the water body



Distressed Swimmer



Drowning Victim -- Active



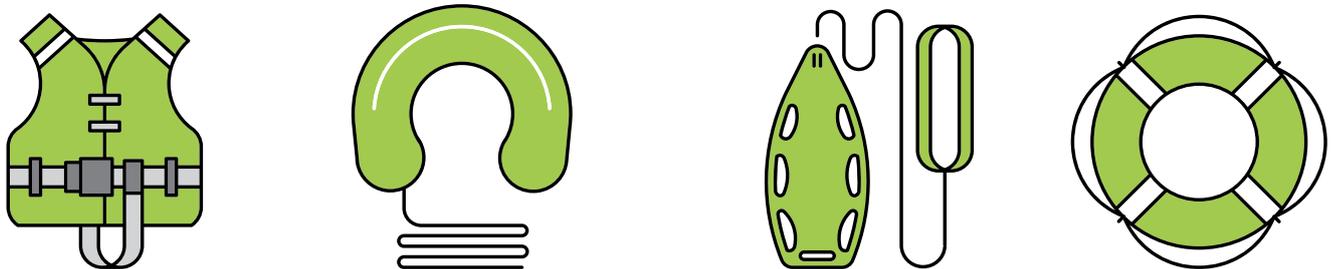
Drowning Victim -- Passive

Decide to act and call for immediate help!

Firstly, you have to manage to get the person out of the water body. You can shout out for help or drag that person yourself out if you know swimming. Next, you must check if the person is breathing or not. If not, then you must start giving them CPR and call 911 immediately.

Ensure that there is no crowd surrounding the person, or it might hinder their breathing when they are back in their senses.

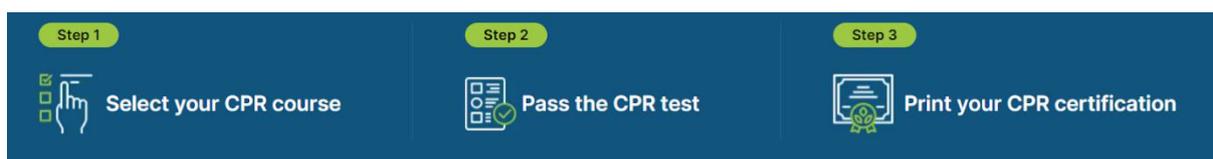
 **Pro Tip:** Use throwing assist items to take the person out of the water, if you don't know swimming and are still somehow conscious to grab onto those things.



A variety of items can be used for a throwing assist

Learn CPR & First Aid skills and be a hero in someone's life

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