

Be LAKE-WISE

Keep Calm and Swim On

1

RECOGNIZE THE SIGNS
of someone in trouble

2

PROVIDE FLOTATION

3

RESCUE AND REMOVE
the person from the water without
putting yourself in danger

4

PROVIDE EMERGENCY CARE
and seek medical services,
if needed.

5 SIGNS OF DROWNING

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- Facing shore
- Mouth at water level
- Head tilted back
- Body vertical
- Climbing ladder motion



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