

# SAFETY TIPS: SWIMMING SAFETY



As the weather heats up, so does the activity in area waters. American Medical Response (AMR) reminds you to be safe when swimming.

## Things to keep in mind when swimming:



Never swim alone



Swim only in designated swimming areas



Only use approved flotation devices; do not rely on toys or inner tubes



Watch small children near water



Don't take chances by overestimating your swimming skills



Never dive into rivers or lakes; each year nearly 3,000 people are paralyzed as a result of diving into shallow water or hitting an unseen underwater obstruction

For more information visit [amr.net/safety](http://amr.net/safety)

[www.amr.net](http://www.amr.net) | 855.267.0911

