



# Humboldt Bay Fire

Serving the City of Eureka and Greater Eureka Area since 2011

## General Water Safety PSA

This is Battalion Chief Bill Reynolds with Humboldt Bay Fire. We are fortunate to live in an area with a multitude of different bodies of water to enjoy. From lakes to rivers to the ocean, each presents unique opportunities to enjoy different recreational activities for families to enjoy. However, each can present their own unique hazards that can cause un-necessary and preventable tragedies. Following these simple rules can help safe yours or a loved ones life:

- Learn to swim! Check community resources about classes that may be available.
- Remember that rivers and other water may have currents that are deceptively strong. Be aware of your surroundings and your abilities when entering water with current. If caught in a dangerous current, don't try to swim against it. Swim across the current towards the shore.
- Children enjoy the water too, but it is imperative that parents and caretakers exercise care in making sure children are observed and kept safe. For younger children, practice "Reach Supervision" by staying within an arm's length reach.
- When jumping into water from rocks and other platforms, make sure you know what you are jumping into before taking the plunge.
- Watch for the dangerous "too's" – Too tired, too cold, too far from safety, too much sun, and too much strenuous activity
- Realize that depending on where you are enjoying the water, there may not be a lifeguard on duty. Professional help may be a long ways away in rural areas, so don't put yourself in a position to need help beyond your capabilities.
- All non-swimmers and weaker swimmers should wear a Coast Guard approved life jacket. Inflatable float toys and other recreational devices may not be adequate to protect life as they may deflate, shift position, or slip out from under a person in need.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Take the time to learn basic first aid and CPR so that should an accident happen, you are more prepared to help save a life!

These are just some tips to help you and your family has a safe and enjoyable time at the water. Simple common sense goes a long ways towards ensuring that everyone comes home with great memories. For more information on water safety, call Humboldt Bay Fire at (707) 441-4000.