# Five steps to save the drowned

Call

Shout for help aloud

Call

Dialing 119 · 110 · 112

Row

Utilizing large Boat gears <Lifebuoy>

> 4 Throw

Throw objects afloat

Stretch

Use extended objects

## Ten Steps to avoid drowning

- The swimming area must be legally approved and equipped with lifeguards and safety equipment
  - Avoid dangerous actions
    Do not dive into the water
  - Be extra cautious when swimming in lakes and streams
    As water levels and currents can change drastically
  - Do not be alone
    Always keep an eye on your companions and their locations
  - Warm up before entering the water Do not wear jeans while swimming

## Ten Steps to avoid drowning

- Do not engage in rough play or pranks in the water
- If you are feeling tired or unwell, do not swim or play in the water
- 8 Do not stay in the water for too long
  Aware of the risk of hypothermia
- Check the weather forecast Do not swim if the weather conditions are poor
- 10 Improve your swimming and floating skills
  If you accidentally fall into the water, stay calm and relax

# 水上安全標誌-允許標誌

### Water Safety Signs – Permitted Signs



游泳 SWIMMING



水肺潛水 SCUBA DIVING



衝浪 SURFBOARD RIDING



滑水 WATER SKIING



釣魚 FISHING



# 水上安全標誌-警告標誌

### Water Safety Signs – Warning Signs



水深危險 BEWARE OF DEEP WATER



小心強勁暗流、激 流 BEWARE STRONG UNDERCURRENT

OR RIP



小心突降陡坡 BEWARE SUDDEN DROP-OFF



小心水母 BEWARE OF STINGERS



小心鯊魚 BEWARE OF SHARKS



# 上安全標

台北市水上救生志工協會 TAIPEI WATER LIFESAVING VOLUNTEER CLUB

### Water Safety Signs – Prohibited Signs



禁止游泳 SWIMMING PROHIBITED



禁止水肺潛水 SCUBA DIVING PROHIBITED



禁止衝浪 SURFBOARD RIDING PROHIBITED



禁止滑水 WATER SKIING PROHIBITED



禁止釣魚 FISHING PROHIBITED



禁止浮潛 SKIN DIVING (SNORKLING)PROHIBITED



禁止浮潛及潛水 SKIN DIVING(SNORKLING) & SCUBA DIVING PROHIBITED



禁止跳水 DIVING PROHIBITED



禁止射魚 SPEAR FISHING PROHIBITED