



JACKSON BUREAU OF FIRE SAFETY

FIRE DISTRICT No. 1 & 3

FIRE SAFETY INFORMATIONAL BULLETIN

2004-008



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**EMERGENCY
DIAL
9 1 1**



SWIMMING SAFETY

It's fun to swim, but never swim without an adult around to watch you. Even if you are a great swimmer, it is always best to have an adult around for extra safety.

When you are swimming, keep these tips in mind.

- Never swim during a storm or when there is lightning.
- Never swim alone. Always use the buddy system.
- Swim only in safe, guarded areas.
- Know how deep the water is.
- Don't dive or jump into water that is not at least 12 feet deep.
- Don't run around a pool, push people in or dunk other swimmers.
- Don't chew gum or eat food while swimming, diving or playing in the water.
- Take swimming lessons.
- Be extra careful in the ocean and don't run into the waves, which can knock you down.

Rivers are very dangerous for swimming. It is best to stay out of them.

Life Jackets

Life jackets are an important part of water safety. They are made to keep your head above water. Make sure your life jacket is in good condition. Ask an adult how to wear a life jacket the right way.

