

Memorize these 8 tips before going swimming to ensure your safety

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1. Warm up the body before getting into the water

The first rule that everyone needs to comply with before going to the water is to perform movements to activate joints and muscles to help us avoid cramps while in the water.



You should not exercise too much but just do morning exercises or run short distances of about 100m. After that, you should descend into the water slowly so that your body has time to adjust due to the ambient temperature and the difference in the water.

2. When bathing in the sea, it is necessary to observe and prevent the outflow of water and whirlpools



When taking a bath at any beach, you should spend about 5-10 minutes to observe the danger signs and identify the offshore flow.

Offshore currents are strong currents of water flowing from the shore towards the sea. The offshore flow is likened to a small river, formed when waves hit and brought sea water continuously to the shore, they gathered into a stream that swept all that fell into it far from the shore.

To avoid falling into areas with offshore currents, you should pay attention to:

1. Quiet waters, almost no waves often appear far off shore.
2. Which waters are darker, where the water is deeper.
3. Do not move near areas where debris / bubbles appear on the surface of the offshore flow and float into the sea.



The whirlpool is formed because this wave spills into the previous wave position, causing rotation. Meanwhile, it will move the sand in the seabed to another place and create a deep pool.

You should stay away from the whirlpool area because if you fall into that area, the vortices will grab and pull you straight to the bottom.

If you get caught up in the whirlpool, you need to calm down and let the whirlpool take you outside, then swim to the shore.

3. Do not swim too far from the shore, pay attention to dangerous warning signs



In remote waters, you will face big waves and unexpected risks that are hard to anticipate.

The advice for you is that you should not stay more than 15m away from the shore, in an area more than 5m deep so that if something goes wrong, the relief team members can quickly move to support and emergency.

In the rivers, lakes and areas of deep sea water, with whirlpools, all of them are marked with dangerous signs and banned from bathing. You should carefully observe and follow this sign.

4. Do not shower on the big wave

Before going to the beach, you should see the weather forecast to master the weather information on the sea that day. This will help you know whether or not you should swim.

You should not go to the beach on days with high winds, big waves or storms. If you find that the sea is unusually quiet, the water recedes or there are many flocks of flying birds, you should quickly go to shore and find a high place to shelter.

5. No swimming, bathing near cliffs, jetties, pillars

Cliffs, wharves . are places where the waves are quite strong and this is also the shelter of many mollusks that can attack you. Therefore, you should stay away from these areas to ensure safety, avoid unexpected accidents.

6. Never go swimming alone



When taking a bath or swimming, you should not go alone, so choose a crowded place to support each other when an incident occurs.

7. When problems occur, calm down

If something goes wrong, you need to be really calm to handle:

1. Holding her breath, closing her mouth, relaxing her body so that her lungs do not choke water but gradually rise.
2. Using your hands and feet to make a paddle, water fans push your head up out of the water and wait for people to save.
3. You can take advantage of the flow to swim into the shallower, move to the shore if you swim well.

8. Health attention before entering the country

The sunshine in the sea is quite strong, so you should not sunbathe too long before going into the water to avoid sunstroke, cold.

Immediately ashore when there are the following symptoms: dizziness, nausea, difficulty breathing, fatigue .

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2. How to effectively prevent car sickness without taking medicine
3. What to do to escape when being laid down in quicksand?

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