

GOT RISK?

District *Safety* Gram PEOPLE-MISSION-SAFETY



Boat Safe!

With the summer, comes many opportunities for outdoor leisure activities. Boating can be a great way to have fun outside on the water. When having fun it is still important to be safe. Here are a few tips to keep you and others safe and out on the water instead of back on the shore.

Keeping it safe on the Water:

- **Life Vests:** Life Vests are an important piece of equipment on a boat, and are necessary by law. Even if you are a strong swimmer, you can still drown. People may not realize what is going on and fall off a boat. Worse still, they could hit their head or become disoriented and be unable to swim. A life vest helps ensure the wearer will float even if they are not conscious.
- **Go With a Buddy:** Bringing someone along when you take to the water, is about more than just socializing and having a good time. It is also a good safety practice. If something were to happen on the boat, such as an injury or some other form of Murphy's Law, having a second person with you is smart and safe. Going with a buddy also breaks down the work necessary and reduces the need to run around taking care of things.
- **Avoid Alcohol:** When boating, the sun and wind have a tendency to fatigue the body faster. Alcohol works as a depressant and slows down the body further. Slower reaction times, poorer decision making, and slower recovery after falling off of a boat, make alcohol and boating two things that don't mix.
- **Be Prepared:** Being prepared means knowing your boat and what is going on with it. Make sure everything is in working order on the boat. Make sure you and other passengers know where everything is stored, from life vests, to flares to extra fuel. Make sure everyone is familiarized with how the boat operates before taking off. Being prepared also means checking to make sure there is enough fuel, the required numbers of life vests are on board, a first aid kit is available, and any other supplies necessary are onboard. Preparation should be taken to avoid excessive heat exposure as well. This includes the use of sun block, light clothing, and rehydrating regularly.

Being safe while boating is being smart while boating. There is no reason to leave safety to chance. Boating safely not only keeps you out of trouble; it keeps others out of trouble.

