

# 7 steps to preventing a fall around the water

1

Keep physically active

2

Strengthen your legs and feet

3

Eat well and maintain a healthy diet

4

Watch out for slippery surfaces or unstable banks

5

Stay mentally alert around the water

6

Wear suitable footwear

7

Check in with your GP



**ROYAL LIFE SAVING**  
NSW | ACT | TAS



[drowningprevention.org.au](http://drowningprevention.org.au)