







Are you
summer
ready?

57 per cent of drowning deaths last year involved people aged 45 and over.

This spring we urge you to check in with yourself and your family so you can safely enjoy a water way of life this summer.

-  **Learn the risks** Understanding the risks and knowing how to assess dangers will help your family make smarter choices around water.
-  **Chat with your doctor** Consult your doctor before getting back in the water, especially if you have any medical or mobility issues. Talk to your doctor and know your physical limitations, especially if you're on medication.
-  **Learn how to save a life** Make sure your first aid and CPR is up to date so you're prepared if an accident happens. This is particularly important in remote and rural areas where help may be far away.
-  **Get active** The health and social benefits are there for us to enjoy - our entire lives.

 drowningprevention.org.au
#AreYouSummerReady



Scan the code for more details on how you can get ready for summer.



ROYAL LIFE SAVING
NSW | ACT | TAS