



As the weather heats up, so does the activity in area waters. Global Medical Response (GMR) reminds you to be safe when swimming.

Things to keep in mind when swimming:



Never swim alone



Swim only in designated swimming areas



Only use approved flotation devices; do not rely on toys or inner tubes



Watch small children near water



Don't take chances by overestimating your swimming skills



Never dive into rivers or lakes; each year nearly 3,000 people are paralyzed as a result of diving into shallow water or hitting an unseen underwater obstruction