



BE WATER SMART! 戲水智囊!

Share these Water Safety tips with your family and friends to keep them safe when in and around water.

與您的家人和朋友分享這些水上安全指南，
以確保他們在水里和水外的安全。



www.royallifesaving.com.au

GO TOGETHER

一起下水



Never swim alone. If you get in trouble there will be someone to help.

絕不單獨下水。如果您陷入困境，起碼有人可以伸出援手。

FLOAT AND WAVE

浮起和揮手

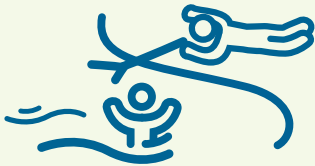


If in trouble in the water, stay calm, float on your back and wave to attract attention.

如果您在水中陷入困境，從容面對，背部朝下，讓身體浮在水面上，然後揮手引起注意。

REACH TO RESCUE

伸手營救



Don't jump in if someone is in trouble in the water, reach with a stick or throw a buoyant aid.

如果某人在水中求救，不要跳入水中。伸出長棍或向他拋救生圈。

WEAR A LIFEJACKET

穿上救生衣



Wear a lifejacket when going boating – these can save lives when an accident occurs.

乘船出遊時謹記穿上救生衣 – 意外發生時，這將救您一命。

READ THE SIGNS

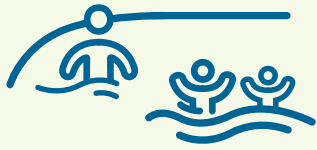
閱讀標牌



Look for and read signs that may alert you to dangers and inform you where you can swim.

找尋和閱讀標牌。它們將警惕您存在的危險和告知您可以戲水的地方。

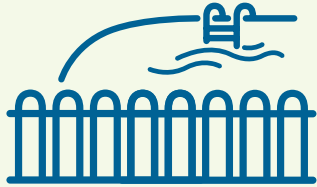
SUPERVISE CHILDREN
監管兒童



Always actively supervise children when in and around water.
Keep within arms' reach.

時時在水中和水外監管兒童。確保他們在您的雙臂的可達範圍內。

**FENCE THE POOL,
CLOSE THE GATE**
**把游泳池圍起來，
把閘門關上**



Home pools must be fenced with a self-closing and latching gate.
Always keep the gate closed.

必需使用自動關閉和鎖定閘門把居家游泳池圍起來。時時把閘門關上。

LEARN RESUSCITATION
學習復甦法



Be prepared for an emergency by learning resuscitation (CPR) and update your skills annually.

學習復甦法 (CPR)，為意外未雨綢繆，並每年更新您的技術。

CALL FOR HELP
呼叫求助



TRIPLE 000

Phone Triple Zero (000) immediately and ask for an ambulance.
Stay on the phone, don't hang up.

即刻撥打三條 0 (000) 以呼叫救護車。不要掛斷電話。

**LEARN TO SWIM
AND SURVIVE**
學習游泳和求生



Be a good water sport – learn swimming and water safety for safer participation and a lifetime of fun!

是一個很好的水上運動 - 學習游泳和水上安全以確保更安全的水上活動與永久的樂趣！

Royal Life Saving Society – Australia
皇家救生協會

ACT (02) 6260 5800	SA (08) 8210 4500
NSW (02) 9634 3700	TAS (03) 6243 7558
NT (08) 8927 0400	VIC (03) 9676 6900
QLD (07) 3823 2823	WA (08) 9383 8200

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

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Traditional Chinese