



## BE WATER SMART! 注意水上安全!

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

与家人和朋友分享以下水上安全提示，  
以便于保护他们在水中和水边时的安全。



[www.royallifesaving.com.au](http://www.royallifesaving.com.au)

### GO TOGETHER 结伴同行

Never swim alone. If you get in trouble there will be someone to help.  
千万不要独自游泳。结伴同行可以确保在遭遇不测时会有人帮助您。



### FLOAT AND WAVE 漂浮挥手

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

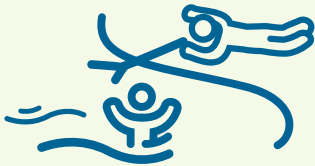
如果在水中遭遇不测，请仰卧漂浮在水中，用力挥手以便引起人们注意。



### REACH TO RESCUE 伸手救援

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

如果发现某人在水中遭遇不测，不要盲目跳入水中，应该使用一根木棍或扔一个救生圈。



### WEAR A LIFEJACKET 穿救生衣

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

乘船出海时，一定要穿救生衣，以免在发生事故时遭遇不测。



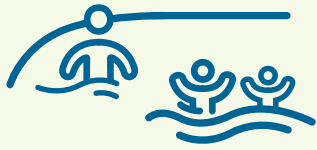
### READ THE SIGNS 注意标识

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

注意查看和阅读标识，了解在附近水面游泳是否危险。



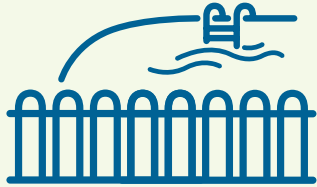
**SUPERVISE CHILDREN**  
监督儿童



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

在水中和水边时一定要时刻积极监督儿童，与其保持一臂之遥距离。

**FENCE THE POOL,  
CLOSE THE GATE**  
修建泳池围栏，  
关闭栅栏门



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

必须为家中泳池修建围栏，安装可以自动关闭和带锁定机制的栅栏门。  
要时刻关上栅栏门。

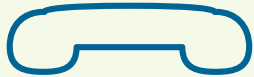
**LEARN RESUSCITATION**  
学会救生复苏



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

学习心肺复苏 (CPR) 技能，每年更新，做好准备，应付紧急情况。

**CALL FOR HELP**  
及时求救



**TRIPLE 000**  
三个零 (000)

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

立即拨打三个零 (000)，请求救护服务。不要挂机，保持电话开通。

**LEARN TO SWIM  
AND SURVIVE**  
学会游泳和生存能力



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

练习水上运动能力，学习游泳和水上安全技能，以便在安全的前提下尽情享受。

**Royal Life Saving Society – Australia**  
皇家救生协会 – 新南威尔士

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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