BEACH SAFETY

SafeTips from the Naval Safety Command

Whether you're swimming, sunbathing or simply enjoying the view, staying safe at the beach is essential. Avoid serious risks and ensure your time by the water remains enjoyable with these precautions:

- Protect your skin by limiting sun exposure between 10 a.m. and 2 p.m. and applying sunscreen with SPF 15 or higher.
- Drink water regularly, even if you don't feel thirsty, and avoid alcohol or caffeine.
- Know the signs of heat stroke, including hot, dry skin, confusion, rapid pulse and shallow breathing; call 9-1-1 if they occur.
- Wear sunglasses that block at least 90% of UV rays to protect your eyes.
- Wear foot protection to avoid burns from hot sand or cuts from sharp objects.
- Avoid diving into shallow water, especially with incoming waves, and never stand with your back to the waves.
- Never jump or dive from cliffs, piers, jetties or bridges.
- Stay clear of boats; they may not see you or can't change direction quickly.
- Swim parallel to the shore to avoid swimming too far out and becoming too tired to return.
- Be cautious of cold ocean water, as it can lead to hypothermia if you swim too far.
- Always swim in designated areas and observe lifeguard warnings and beach warning flags about dangerous conditions like rip currents.