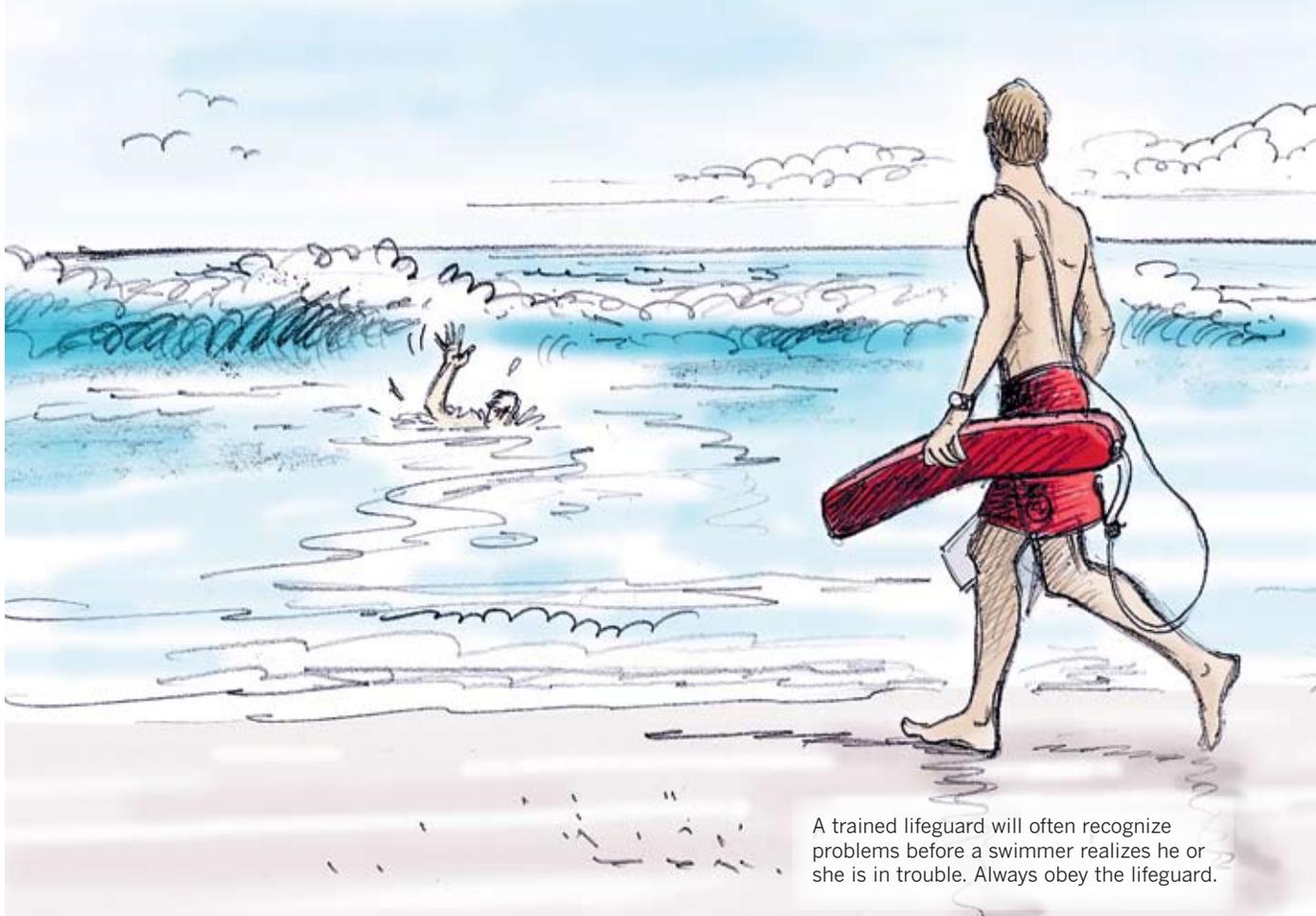


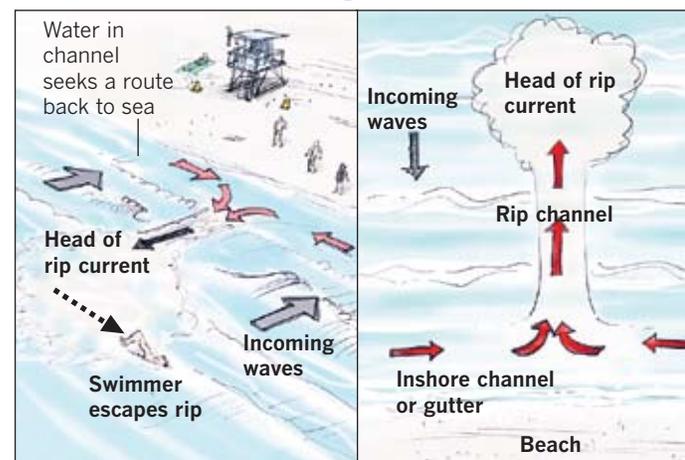
Summer beach safety

Make your visit to the beach a safe one. Take some time to familiarize yourself with the ocean's hazards. Check with lifeguards for advice on tides, ocean conditions and safety. Don't overestimate your swimming ability; currents and uneven bottoms make the ocean very different from a swimming pool. Children can drown in moments, so adults should watch them constantly. Here's a look at the beach and some things to watch out for.

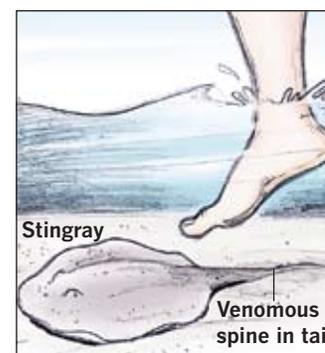


A trained lifeguard will often recognize problems before a swimmer realizes he or she is in trouble. Always obey the lifeguard.

Hazards in the surf and along the shore



Rip currents: Powerful channels of water that can pull swimmers from shore, rip currents look like choppy brown rivers flowing out to sea. Swimmers should not panic or exhaust themselves by swimming against these currents; rather, they should escape the current by moving parallel to the shore.



Stingrays: These marine animals sometimes like to bury themselves in the sand. Shuffle your feet to scare them off. If stung, seek medical attention.



Fire rings: Red-hot coals can smolder for up to 24 hours. They also may contain sharp debris, so keep children away from them.

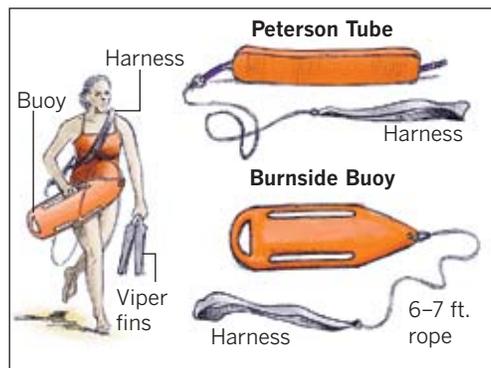
Lifeguards: There to help



Always swim near an open lifeguard tower. Swimmers in trouble should wave to the lifeguard for help. Lifeguards have binoculars, buoys and first aid kits.



The guard in the tower is backed up by trucks equipped with rescue boards, a backboard for spinal and neck injuries and first aid supplies. Boats, personal watercraft and all-terrain vehicles can also respond to emergencies on the beach or in the water.



The Peterson Tube is a flexible buoy that can be attached around a victim's chest. The Burnside Buoy is a hard plastic float with handles; it can be maneuvered between the victim and a hard surface like rocks or piers.



Hitting bottom: Even small waves pack tremendous power. Serious neck and spinal cord injuries leading to paralysis or death can result when waves hurl a person into the bottom or if a swimmer dives headfirst into shallow water. For more detailed safety tips, visit the Project Wipeout website sponsored by a Newport Beach hospital at: www.hoaghospital.org/projectwipeout.html