Reach or Throw, Don't Go

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A poster of the safe way to help someone in trouble in the water: shout and call 911, reach from solid ground, throw something that floats, and don't go in.

Poster · For parents, caregivers, camps, teachers, teens, faith communities

Help from land. Many people have died going in to rescue someone, and even lifeguards go in only with a flotation device.

1. **Shout and call 911.** Point at one person: "You, call 911."
2. **Reach** with a pole or rope from solid ground. If you start to be pulled in, let go.
3. **Throw** something that floats: a ring buoy, life jacket or cooler.
4. **Don't go in.** Keep calling out: "Help is coming!"

What you can do today: keep a pole and something that floats by your pool or dock. Learn more: reach or throw, don't go.

Sources

1. Water Safety, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html
2. What if someone else falls in?, Minnesota Department of Natural Resources. https://www.dnr.state.mn.us/safety/ice/saving.html
3. Swimming Safely at the Beach, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/beach-safety.html
4. Gulf Coast Rip Current Awareness, National Weather Service Tallahassee. https://www.weather.gov/tae/ripcurrentawareness
5. Social Media: Rip Currents & Beach Hazards, National Weather Service. https://www.weather.gov/wrn/rip-currents-sm

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