

Instructions to avoid drowning Drowning is the third leading cause of unintentional injury deaths worldwide, accounting for 7% of all deaths. And all over the world, drowning accidents are the first cause of death for children under the age of five, and despite the instructions and warnings not to swim at certain times due to the waves and other factors, some people neglect these instructions and swim against the current, which leads to severe results that do not benefit regret. Children often pay the tax because of swimming in places not designated for them, and the absence of the parents' conscious and healthy eyes all the time, ignoring the saying, "The child may drown in an inch of water." In addition to the foregoing, some may pay the tax due to the competition, flaunting and long-distance swimming in the depth of the sea, which may lead to a muscle effort that cannot return to the beach. Regardless of the causes of drowning, the most important element is in prevention and in making swimming for fun and sport and not for painful memories. Basic advice Here are some tips that you should adhere to while swimming:

- o Follow safety instructions while swimming when visiting beaches or swimming pools.
- Swimming in safe places where the savior is available.
- Not to swim right after eating.
- Do not smoke before swimming.
- Not to let the child rest or play with water alone.
- o Wear a swimming jacket or other safe and auxiliary means.
- Not swimming alone.
- o Wearing a swimming dress and not swimming in full dress.

Emergency advice The first minutes play an important and vital role in saving any injured person. Therefore, we should act wisely, without emotion, and contact the emergency department directly on the number "999" in order to gain time. It is estimated that there are at least 388,000 drowning deaths each year around the world. Children, males and individuals who have more access to water are considered to be the most vulnerable to drowning. Here are the steps that can be taken to save a drowned person: – If the victim is in a conscious position and asks for help, and if you are not good at swimming, do not try to jump in the water, but rather seek help directly and try to help the drowner by the available methods