Drowning Resuscitation Top 4 Tips You Should Know

My experience is most people say they can swim and they are safe in the water etc, but many of them overestimate their swimming ability. If you think you are a good swimmer, ask yourself - when was the last time you actually swam any distance worth mentioning? When was the last time you swam in open water? When was the last time you swam in the sea?

The bottom line is people get into trouble in the water all the time, with the most common victims being young children, reckless adults and those overestimating their ability. If you or your family spend anytime around lakes, rivers or the ocean, I think it is vital that you know some basic drowning resuscitation. You can start by checking out the post below by 'The Survival Doctor'. Also remember to be vigilant with kids in paddling pools in the backyard this summer!

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(Image from: bekjackeric)