



# THE 10 COMMANDMENTS OF EFFECTIVE LIFEGUARDING

**L**EAVE CELL PHONES, MAGAZINES AND ALL OTHER DISTRACTIONS AT HOME.

**I**NFORM OTHER LIFEGUARDS OF WEAK OR PROBLEMATIC SWIMMERS.

**F**INE-TUNE SKILLS REGULARLY; TAKE IN-SERVICE TRAINING SERIOUSLY.

**E**DUCATE SWIMMERS OF THE DANGERS OF BREATH-HOLDING.

**G**UARD WHILE ON DUTY; SECONDARY RESPONSIBILITIES ARE FOR LATER.

**U**PHOLD POOL RULES CONSISTENTLY AND FAIRLY.

**A**LWAYS BE RESCUE READY; HAVE PROPER ATTIRE AND RESCUE EQUIPMENT.

**R**ECOGNIZE, RESPOND TO AND RESCUE A SWIMMER IN LESS THAN 20 SECONDS.

**D**RINK PLENTY OF FLUIDS, EAT RIGHT & GET PLENTY OF SLEEP BEFORE A SHIFT.

**S**CAN AREA OF RESPONSIBILITY FROM BOTTOM TO TOP EVERY 10 SECONDS.

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