

# ON DUTY

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SWIMMING

MONITOR



**In an EMERGENCY dial 112 from a  
cell phone or 10177 from a landline**

# Do a first aid course and learn how to safely do rescue breaths with compressions in the event of a drowning



**Call  
emergency  
number**



**Check vital  
signs**



**Check  
breathing**



**Give rescue  
breaths**



**Perform  
CPR**



**Turn on  
side**