

KNOW THE DANGERS

# BE WATERFALLSAFE



Beware of strong currents and undertows



Beware of slippery surfaces and avoid rock ledges



Beware of submerged objects



Beware of shallow water, do not dive



Avoid swimming alone



Ensure your safety, stay behind barriers and follow all safety signs



Water isn't suitable for drinking



Conditions regularly changing



# KNOW THE DANGERS

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## Danger

Ensure there is no **Danger** for: Yourself / Bystanders / Patient



## Response

Check for **Response** by talk and touch.



## Send for help

If unresponsive, **send for help** by calling 000.



## Airway

Open **airway** and ensure it is clear. If not, roll patient onto their side and clear airway.



## Breathing

Look, listen and feel for **breathing**. If not breathing normally, commence CPR.



## CPR

Start **CPR**. Give 30 chest compressions followed by 2 rescue breaths with head tilt.



## Defibrillation

Attach **Defibrillator** if available. Turn on and follow voice prompts.

When enjoying our Queensland waterfalls it is important to Be WATERFALLSAFE as there are hidden dangers you may not be aware of.

## SAFETY TIPS

- › Plan ahead and make sure are prepared prior to your trip to a waterway. Ensure you have checked the weather forecast prior to your departure and have told a friend or family member where you are going and when you are expecting to return.
- › Make sure you take supplies with you such as food and water, as water from the waterfall may not be suitable for drinking.
- › On arrival check conditions and read all signs displayed and comply with the warnings and information.
- › Take care near ledges and ensure you remain behind barriers as they are preventing you from falling over the edge.
- › Never dive or jump into the base of waterfalls as the water may be shallow and there could be submerged objects you can not see. Always carefully enter the water feet first.
- › Remember rocks surrounding the waterfall are often slippery even though they may appear dry.

# 8

**DROWNING DEATHS**

**RECORDED IN QUEENSLAND 'FALLS**

**IN THE PAST 5 YEARS**

# 23

**DROWNING DEATHS**

**DUE TO WATER ENTRY IN INLAND WATERWAYS**

**2012-2017**

\*INFORMATION ACCURATE AS OF 2016/17 SEASON

- › Following heavy rain do not swim as there will be large amounts of rushing water moving from the waterfall down stream.
- › Drinking alcohol before entering water increases the risk of drowning or injury. The effects of alcohol increase when you are in the sun for prolonged periods of time. Don't drink and swim.
- › Avoid swimming alone; make sure you take a friend with you in case you need help.
- › There are no lifeguards or lifesavers at our inland waterways and it may take some time for emergency services to reach you. So ensure you have a first aid kit with you and it is recommended that you learn basic first aid and CPR.
- › Supervise children when they are in and around the waterway.
- › Be SUNSAFE and ensure sunscreen is applied regularly, wear protective clothing, seek shade and remain hydrated.

