

## How to Prevent Water Accidents

Throughout Japan, there are many beautiful beaches, rivers and lakes that throng with leisure visitors every year. However, as carelessness and reckless behavior could turn enjoyable moments spent in such locations into an irreversible tragedy, be sure to heed the following precautions.

- Do not go into the water for a swim if you have not had enough sleep or are not feeling well, and never swim after drinking alcohol, as doing so is extremely dangerous.
- At beaches, the water may appear safe at a glance, but might be dangerous. For example, in some places, the water may suddenly deepen, the tide may be fast, or water bikes may run around on the surface. Therefore, never venture into areas where no swimming is allowed.
- Use extra caution when swimming in a river, as it could be dangerous. There are apt to be places where the current is fast or the water suddenly deepens.
- Pay attention to the weather and natural phenomena (tides, waves, the movement of water near the drain outlet in the case of pools), and even when it rains, never take shelter under a bridge (the water level of rivers rises rapidly).
- Do not venture into restricted areas to fish. Not only is it dangerous to do so, but you could be also charged for violating the Minor Offense Act. Enjoy fishing in accordance with the rules, and absolutely do not go fishing on days when the weather is stormy.
- Do not go to check on the beach or river when a typhoon is approaching, or when it is raining heavily.

Do you know the UITEMATE technique that has garnered worldwide attention for having saved children's lives from the tsunami following the Great East Japan Earthquake? If you think you are in danger of drowning, UITEMATE teaches you to remain calm, lie spread-eagle on the water face up, and keep floating in this position until rescue arrives. You should keep this in mind in case of emergency. Also remember that even if you see someone drowning, it is extremely dangerous to dive into the water to attempt to save that person by yourself. Before you do anything, call for help.

## 水の事故を防ぐために

日本各地には美しい海辺や河川、湖があり、毎年多くのレジャー客で賑わいます。しかし、不注意や無計画な行動によって、楽しい時間が取返しのつかない悲劇を招いてしまうこともありますので、以下のことに充分注意しましょう。

- 睡眠不足・体調不良の時の海水浴場での遊泳はやめましょう。またお酒を飲んだ後の遊泳は大変危険です。絶対にやめましょう。
- 海は、安全に見えても急に深くなっていたり、潮の流れが速かったり、水上オートバイなどが走っている所があり危険です。遊泳禁止区域には絶対立ち入らないことが大切です。
- 河川は、水の流れが速い所や急に深くなっている所が多く危険なので遊泳には注意が必要です。
- 天候・自然現象（潮流、波、ブールの場合は排水口などの水の動き）に注意し、雨が降っても橋の下では絶対に雨宿りはしない（河川の水は急に増えるので）。
- 立入り禁止場所に侵入して釣りをするのは大変危険。立入り禁止場所に無断で侵入すると軽犯罪法違反に問われます。ルールを守って楽しい釣りを。また、天候が荒れた日の釣りは厳禁です。
- 台風が近づいている時や大雨の時には、海や川の様子を見に行くことはやめましょう。

東日本大震災の津波から子供の命を救ったことで海外でも注目されている「UITEMATE（浮いて待て）」を知っていますか？ 溺れた時に、慌てずに水面に大の字になって仰向けで浮いた状態で救助を待つ方法です。万一の時のために覚えておいてください。またもし溺れている人を見つけたら、1人で飛び込んで助けに行くのは大変危険です。まず助けを呼びましょう。