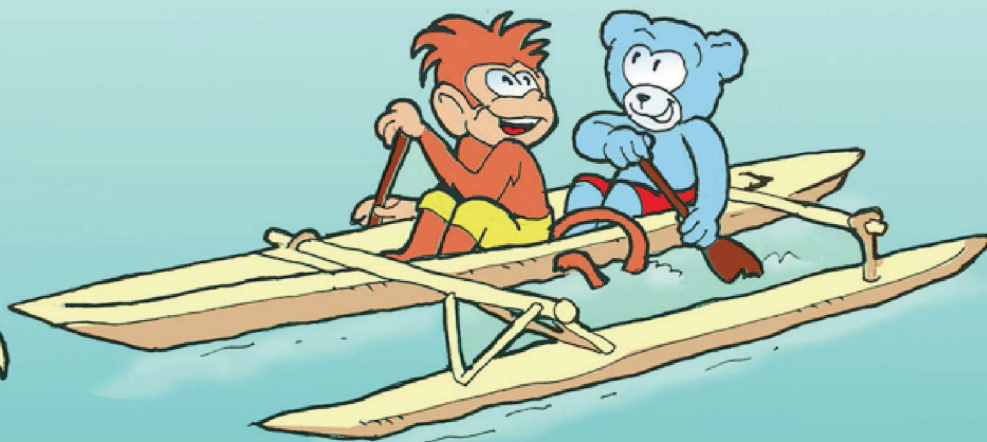


BEARY



In Polynesia



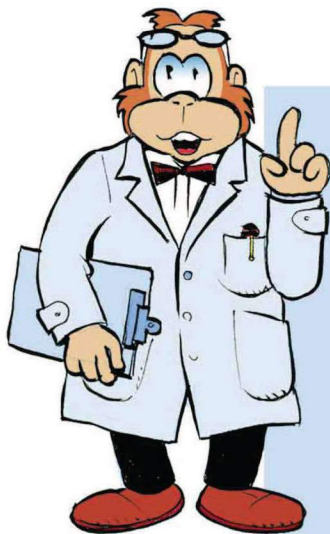
International Federation
of Red Cross and Red Crescent Societies
Global First Aid Reference Centre



Beary and sun protection



Beary and sun protection



Dr. Sam KnowItAll Advice

An efficient sun protection requires an anti UV T-shirt, adapted sunglasses, hat and sun lotion (SPF 50 advised). The lotion efficiency starts after 15 mins of application. Renew application after bathing.



Perfect Holiday



Wonderful is this picnic on the beach

We had a good meal



... and now I will take a swim

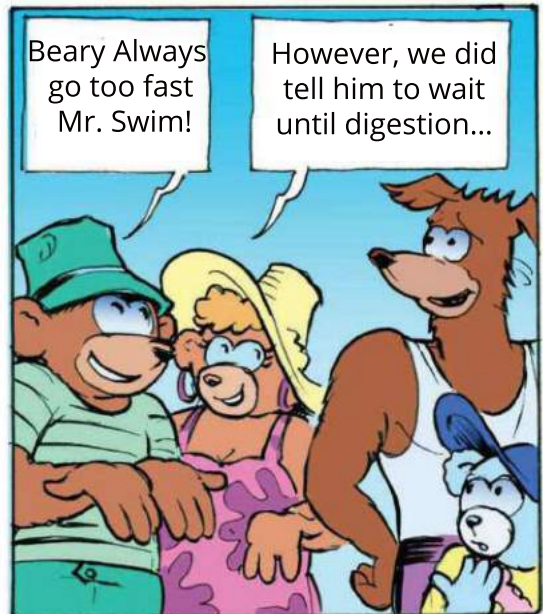
Wait Beary!



Hey you! Where are you running so fast?



Hum... Good morning Mr. Lifeguard



Beary Always go too fast Mr. Swim!

However, we did tell him to wait until digestion...



It's important you get into the water progressively in order to avoid thermal shock



By wetting your body

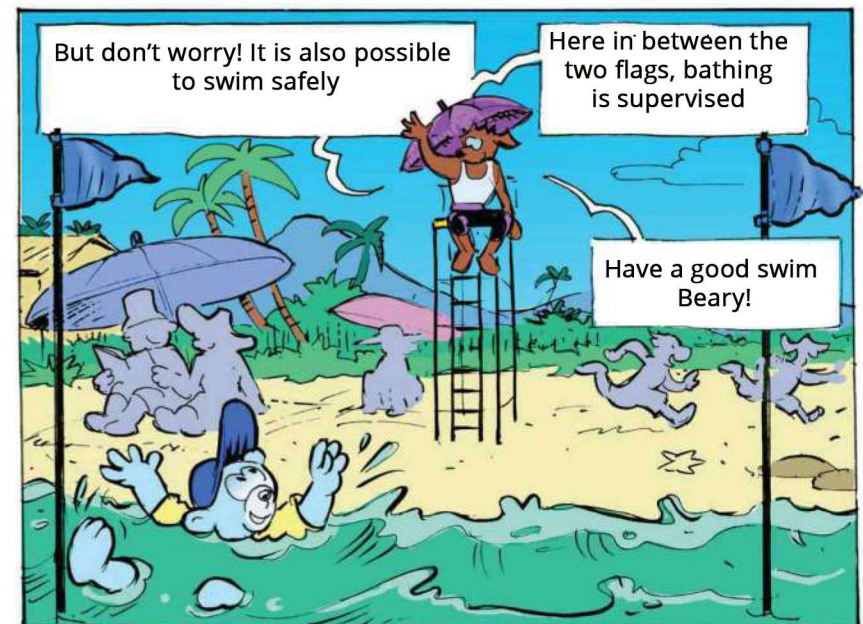
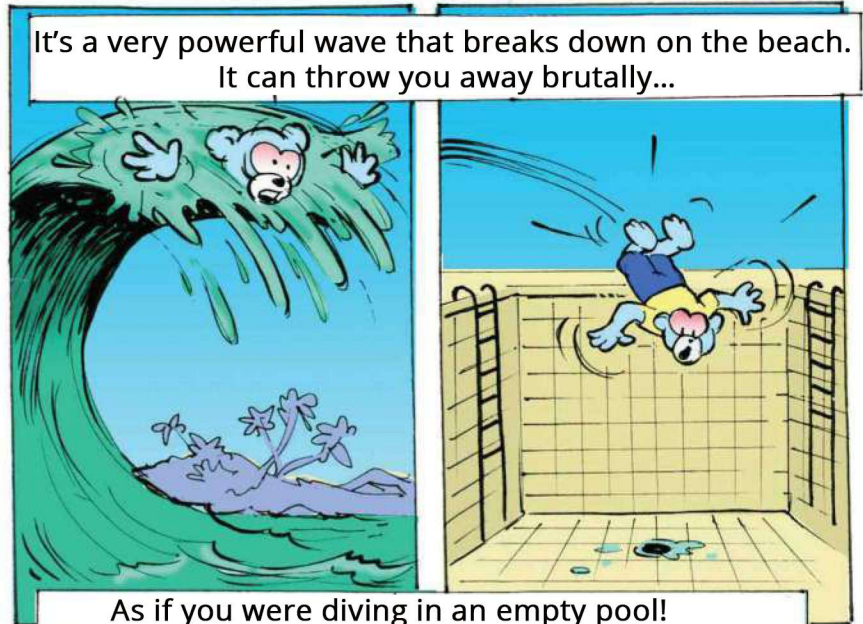
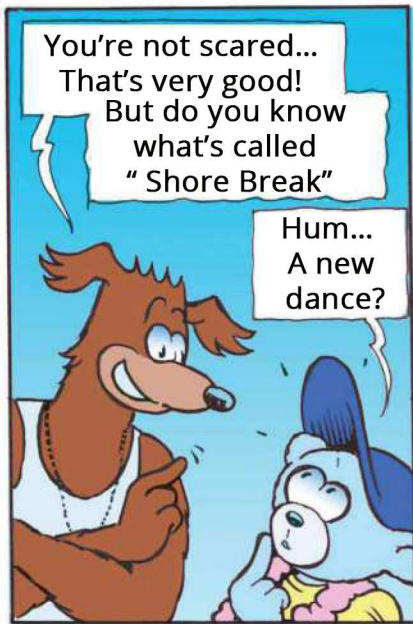
I've seen it



Yep, I know how to swim, I do!

The sea does not frighten me

... Yep, but be careful!



Lifeguard Rex Swim Advice



Security advice for bathing next summer:

- *Choose supervised bathing areas where rescue intervention is quicker
- *Watch permanently your children, stay close to them when they play besides or into the water
- *It is important to know your physical conditions: swimming is not recommended if you feel weak (tiredness, health problems, chills). Do not overestimate your swimming level. It is much more difficult to swim in a natural environment than in a swimming pool.
- *An aware swimmer is a safe swimmer: inform a relative before bathing, look at the flag colour stating sea conditions.
- *Avoid long lasting sun exposure and get into the water progressively. Do not drink alcohol before bathing. Get trained for First Aid...