

Do you practice underwater breath-holding?

YOU COULD BE IN DANGER!

WHAT IS SHALLOW WATER BLACKOUT?



HOW TO AVOID SWB:

Never swim alone

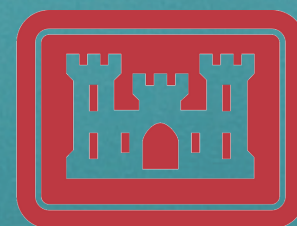
Never ignore the urge to breathe

No prolonged breath-holding

Never hyperventilate



SHALLOW WATER BLACKOUT PREVENTION



US Army Corps of Engineers®

For more information visit www.shallowwaterblackoutprevention.org