CHECKLIST

Beach spinal injury awareness checklist

- [ ] Enter unfamiliar water feet-first until you know the depth
- [ ] Look for submerged rocks and sudden drop-offs before diving
- [ ] Call a lifeguard immediately if someone hits their head or neck in the water
- [ ] Support the casualty's head gently from behind and encourage them to stay still
- [ ] Do not drag an injured person to shore by their arms or legs
- [ ] Tell rescuers what you saw: the height of the dive, the angle of impact and any symptoms
- [ ] Avoid alcohol before swimming to reduce the risk of reckless entries
- [ ] Supervise children closely near water with variable depth or hidden hazards