

# Beach Safety Advice



**Torremolinos**  
AYUNTAMIENTO



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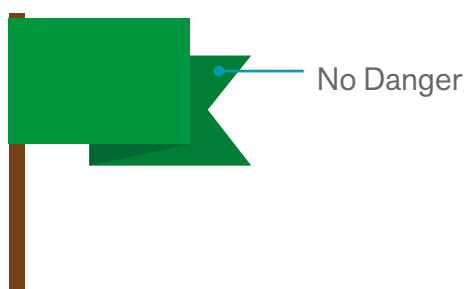
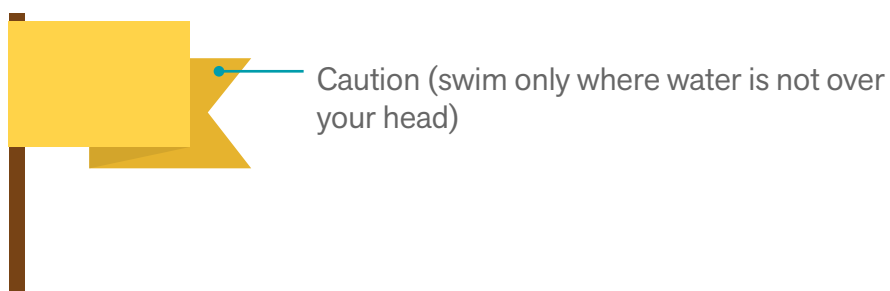
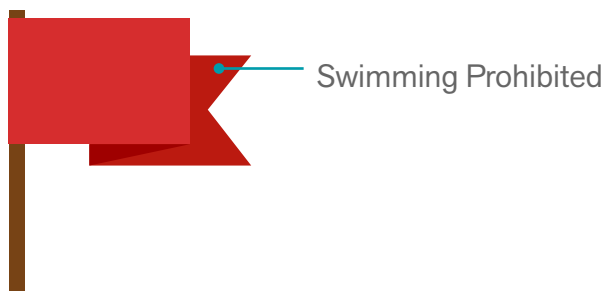
## EMERGENCY NUMBERS

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- **Ambulance:** 112
  - **Local Police:** 092
  - **Civil Defence:** 659 99 44 79
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## SWIM SAFETY TIPS

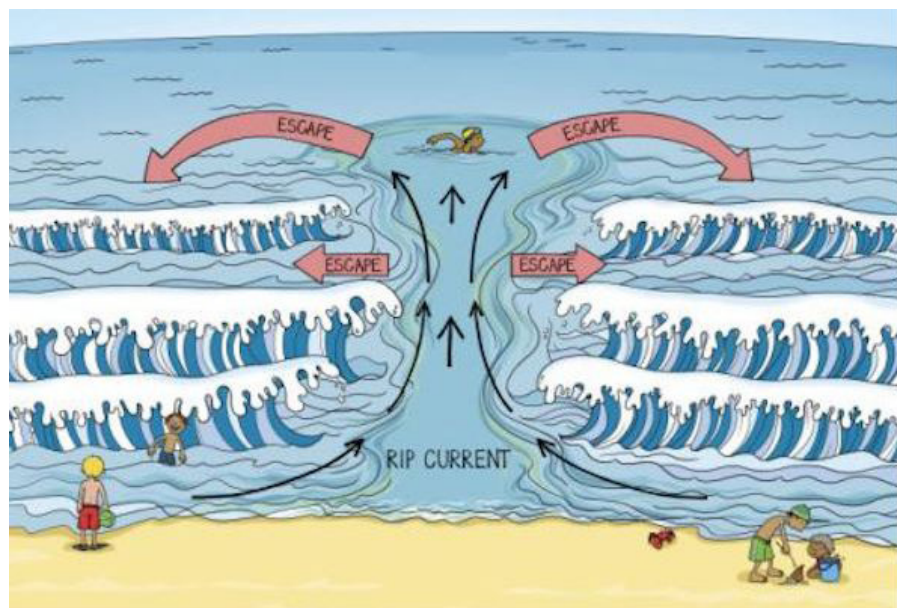
- You should swim only at a lifeguard-protected beaches.
- Torremolinos has Beach Police and Lifeguards at all its beaches between **11:00 a.m.** to **7:00 p.m.**
- Obey all instructions and orders from Lifeguards.
- In case of a heavy wave conditions. Do not enter in the water.
- Pay special attention to the Warning Flags



- No Flag Indicates that **THERE IS NO MEDICAL ASSISTANCE AVAILABLE**

## CONSEJOS PARA UN BAÑO SEGURO

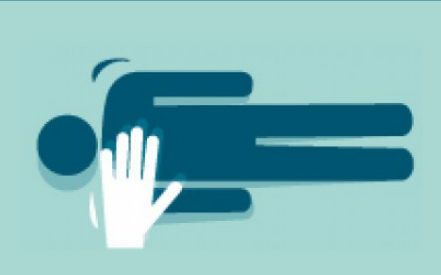
- When swimming in the sea always heed Lifeguard warnings and keep children under active supervision at all times
- The presence of the Jellyfish warning flag under the Colour flag alerts of their presence in the area
- Always pay attention to the flags and Lifeguard instructions at all times.
- If you are caught in a rip current, stay calm and don't fight the current.
- Swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. In some cases these currents can be identified from the shore. See diagram



## HOW TO RESPOND TO AN AQUATIC EMERGENCY

### Check for level of consciousness

Provoke stimulus reaction



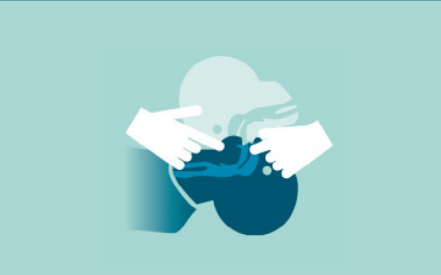
### Check for breathing

Listen carefully, for 10 seconds



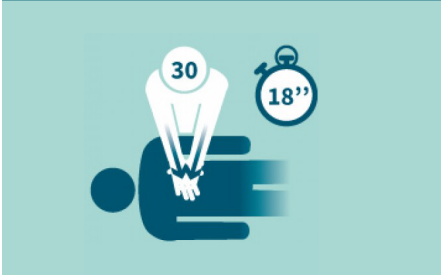
### Realiza el boca a boca

2 deliver rescue breaths



### Push hard, push fast

30 chest compressions



The first thing is to remove the person from the water. You should have with you reaching and throwing equipment on hand, such as ring buoys or reaching poles... something to help you. Do this at no risk to yourself. Do not enter the water if the situation is not clear. Ask for help and call 112.

1. Check for level of consciousness. Provoke stimulus reaction to judge level of consciousness.
  - If unconsciousness is confirmed, call 112
  - If conscious lie the person in the lateral security position
2. Check for breathing. Listen carefully, for no more than 10 seconds, for sounds of breathing. (Occasional gasping sounds do not equate to breathing.) If there is no breathing begin CPR
3. Open the airway. With the person lying on his or her back, tilt the head back slightly to lift the chin
4. Push hard, push fast. Place your hands, one on top of the other, in the middle of the chest. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute.

Deliver rescue breaths. With the person's head tilted back slightly and the chin lifted, pinch the nose shut and place your mouth over the person's mouth to make a complete seal. Blow into the person's mouth to make the chest rise. Deliver two rescue breaths, then continue compressions.

Note: If the chest does not rise with the initial rescue breath, re-tilt the head before delivering the second breath. If the chest doesn't rise with the second breath, the person may be choking. After each subsequent set of 100 chest compressions, and before attempting breaths, look for an object and, if seen, remove it.

5. Continue CPR steps. Keep performing cycles of chest compressions and breathing until the person exhibits signs of life, such as breathing.

Note: End the cycles if the scene becomes unsafe or you cannot continue performing CPR due to exhaustion.