

SOLDIERS LEADERS CIVILIANS FAMILIES

# Take 5

for Water Safety

- Learn to swim and use a personal flotation device when necessary.
- Alcohol and water do not mix!
- Read and obey all rules and posted signs.
- Never dive into lakes and rivers — hidden dangers may lurk beneath the surface.
- Watch for the dangerous “too” — too tired, too cold, too far from safety, too much sun and too much strenuous activity.
- Know how to prevent, recognize and respond to emergencies.

*Take 5 ... then take action.*



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