

# BYSTANDER RESCUE



**Stop. Look. Plan.**



**STOP**



CALL FOR HELP (000)  
AND TO THOSE NEARBY  
WHO MIGHT BE ABLE  
TO ASSIST



CHECK FOR HAZARDS  
AND DANGERS TO  
YOURSELF AND OTHERS



**LOOK**



SEEK ASSISTANCE  
FROM OTHERS, SUCH  
AS SURF LIFEGUARDS,  
LIFEGUARDS OR  
SURFERS



TAKE A FLOTATION  
DEVICE TO SUPPORT  
YOU AND THE PERSON  
IN TROUBLE



LOOK FOR A WAY TO  
REACH THEM (E.G.,  
POLE, STICK, ROPE)



**PLAN**



• SWIM AT A  
PATROLLED BEACH  
• KNOW WHAT TO DO  
IN AN EMERGENCY



LEARN CPR AND/OR  
FIRST AID



AVOID A CONTACT  
RESCUE - FIND A  
FLOTATION DEVICE TO  
TAKE WITH YOU

Find out more at [beachsafe.org.au](http://beachsafe.org.au)