



US Army Corps  
of Engineers®



# The Four Signs of Drowning

## HEAD BACK

Bobbing  
Up and Down,  
Above and Below  
the Surface



## MOUTH OPEN

Gasping for Air



## NOT YELLING

Can't Call for Help



## ARMS

## FLAPPING

Slapping the  
Water Surface



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# Reach, Throw, Row, Go for Help!

If the person is  
close, **REACH**  
out with a long  
object.



If you  
cannot reach  
the person,  
**THROW** them  
anything that  
floats.



If there is  
nothing to throw,  
**ROW** a boat to  
the person in  
trouble.



Never  
place yourself  
in danger.  
Instead,  
**GO for Help!**