

Do you practice underwater breath-holding?

YOU COULD BE IN DANGER!

WHAT IS SHALLOW WATER BLACKOUT?



HOW TO AVOID SWB:

Never swim alone

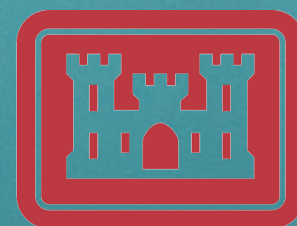
Never ignore the urge to breathe

No prolonged breath-holding

Never hyperventilate



**SHALLOW WATER
BLACKOUT PREVENTION**



**US Army Corps
of Engineers®**

For more information
visit www.shallowwaterblackoutprevention.org