

## Risks of entering the ocean

- Temperature change
- Wave size, direction, strength
- depth changes
- Reef formations
- Rip tides
- Marine life
- Changes in surfaces



## Risks of Equipment

- Hard surf boards
- Pointy nose
- Sharp skegs
- Leashes
- Traffic collisions

## Response Plan

Have a buddy system and make sure your buddy is aware of how to respond to your seizures. Make sure they know...

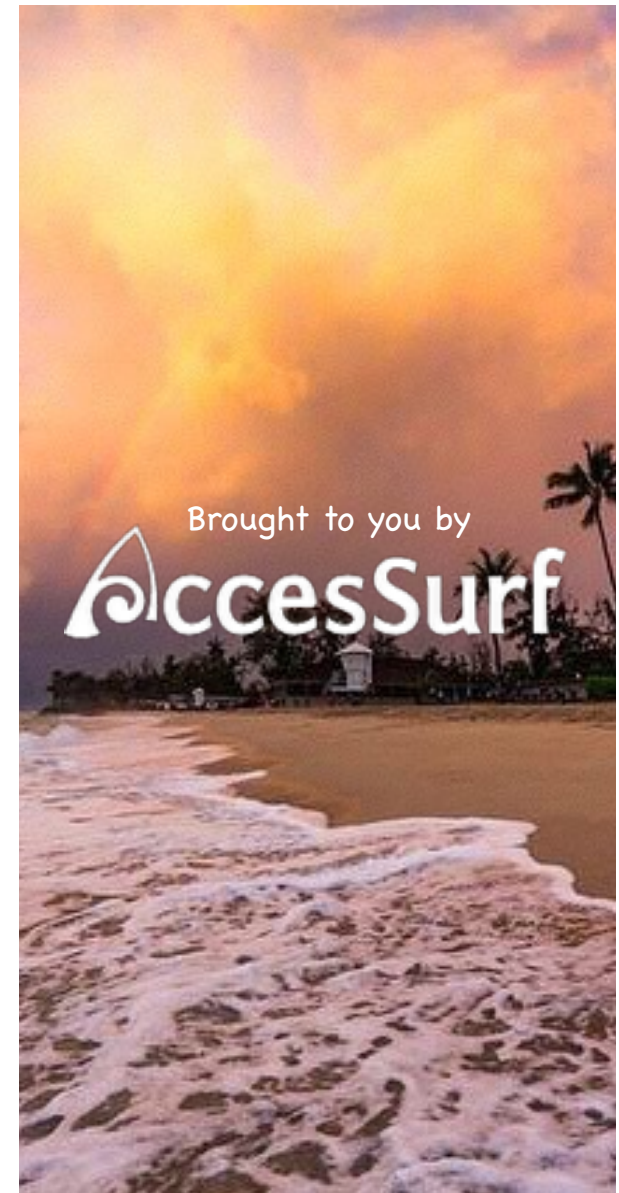
- How to help you be safe during a seizure
- Who to contact if you go to the ER
- K-SAFE
- Basic Seizure first aid



# Ocean Safety

Seizure **K-SAFE**

**Know, Spot, Advice, Friend,**  
**Emergency**





## Basic Seizure First aid

- Support the head above water
- Ease the person out of impact zone into calm waters
- wait for the seizure to stop unless more than 5 minutes.
- Stay calm and track duration of the seizure
- Keep the person safe from the environment
- Stay with the person until fully conscious
- Do not restrain the person
- Do not put anything in the person's mouth

For tonic-clonic seizure:

- Protect person from head injury
- Maintain person's airway
- Watch the person's breathing

## K-S A F E

### **Know**- Know how you react to activities

- What happens when your seizures happen?
- Do you have any warnings before you have a seizure?
- What would help to make the activity safer for you?

### **Spot** - Spot the dangers

- Take time to spot hazards such as currents or deep water
- Consider what could be hidden under the water
- Be careful of unsafe shore break

### **Advice** – Take advice

- Always read the signs
- Wear flotation devices
- Only swim where there is a lifeguard
- Ask locals about the ocean conditions
- Wear buoyancy aids and life jackets

### **Friend** – Go with a friend

- Friends can get help
- Friends can be a part of a response plan
- Never swim alone

### **Emergency** – Know what to do in an emergency

- Find the nearest phone and call 911
- Shout loudly to get help
- Know when a seizure is an emergency

## It's an Emergency when...

- Convulsive (tonic-clonic) seizure lasts longer than 5 minutes
- Repeated seizures without regaining consciousness
- Person is injured or has diabetes
- Person has a first-time seizure
- Person has breathing difficulties
- Person has a seizure in water

