

#LIFEHACKS

Safety first! Swimming pool safety tips everyone should know

Just before you hop into the pool, have you checked if everything is safe? To most people, swimming pool safety precautions are an annoyance and a hassle to deal with; just get to the fun instead, right? But even things as jovial as a refreshing pool party can turn fatal if you are not careful.

In Bangladesh alone, approximately 40 children drown per day and around 19,000 people drown per year. Accidents are far too common, and most of them occur due to negligence or a lack of knowledge of swimming and general pool safety.

Whether you are by yourself or on a wholesome family vacation with children at a fancy hotel, you will thank yourself for being extra alert.

To start secure, you should always check to see if a lifeguard is present. Also, make sure you are in the appropriate swim attire. Do not wear loose clothing, as this may increase the risk of drowning.

Check the temperature of the pool. Is it too hot? Too cold? Jumping right into the pool in a hurry sounds fun, but without knowing the temperature it could lead to shock.

Never run around the pool, no matter how energetic you are feeling. In such a slippery environment like a pool, speeding about is the last thing you would want to do. It will not be so energetic if you slip and fall and suffer a serious injury. So, save the adrenaline for swimming over running instead!

Lunging into a deep dive into the pool's

fresh waters sounds fancy, but it should not come at the expense of your well-being. Never dive from the side of the pool or a diving board unless the pool is at least nine feet deep. If you do not check the depth of your pool, you may end up head-butting into shallow waters, which could lead to a serious head injury.

For children, putting them in floaties is not always enough. Be sure to monitor them once you are in the pool. If you want to keep them extra safe, most good hotels have a separate pool for children with shallow water. That way, they can all enjoy some time under the summer heat with no risk!

Never, ever swim during bad weather, especially during a thunderstorm. There's

a reason why hotels and resorts prohibit people from swimming in these conditions as lightning often strikes water more than land. Swimming in water that is struck by lightning can lead to serious injuries or even death.

You should also take into account if you are in the right state of mind for swimming as well. If you are intoxicated or have a medical condition, it is best not to swim and certainly not unattended.

Remember to take it easy and have fun, and if you are ever in doubt, check the pool signs or ask the lifeguard.

By Adiba Islam
Photo: Collected

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Don't evade important issues. Put your energy into physical outlets. Elaborate on your ideas rather than explaining them vaguely. Your lucky day this week will be Saturday.



TAURUS (APR. 21-MAY 21)

Make changes around your house. Your diplomatic nature will help straightening out unsavoury situations. You might pay more than anticipated for luxuries. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Patience will be of utmost importance. Don't get involved in secret affairs. Don't push your partner away. Your lucky day this week will be Tuesday.



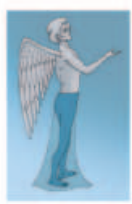
CANCER (JUN. 22-JUL. 22)

Avoid getting into relationships with committed individuals. Don't let others take credit for your work. Don't reveal anything about your personal life. Your lucky day this week will be Thursday.



LEO (JUL. 23-AUG. 22)

You will communicate well this week. Keep your wits about you. Talking to your confidants will help you sort problems. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEP. 23)

Don't make unrealistic promises. Get involved in a money-making venture. Don't be stubborn when making changes at home. Your lucky day this week will be Friday.



LIBRA (SEP. 24-OCT. 23)

Ex-lovers may come back into your life. Don't reveal private information to the wrong individuals. Unrealistic promises will land you in trouble. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Sudden romantic encounters will be exhilarating. Stay on guard against untrustworthy colleagues. Your partner won't be happy with your spending. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Don't allow colleagues to pressurise you. Social activities will be satisfying. Put in those extra hours and finish up pending work. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Your personal life can be chaotic due to extra work. Socialise and meet new friends. Listen to the advice given by others. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

You might make personal mistakes this week. Try your hand at something creative. Don't let your boss get the better of you. Your lucky day this week will be Tuesday.



PISCES (FEB. 20-MAR. 20)

Don't hurt the ones you love. Take that long overdue vacation if you can. You can find solutions if you communicate. Your lucky day this week will be Friday.



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প্রথম ওয়াশেই কাপড়ের কঠিন থেকে
কঠিনতম দাগ দূর করে।

টাইফুন... লাগে কম, তাই সশ্রয় বেশী।



