

Let's eliminate the most dangerous “species” in our seas – **DROWNING!**



**Drowning remains the most life-threatening
type of accident at sea in Greece**

On average,

353

individuals
lose
their lives
each year
in the sea

By following basic safety rules
at sea we can reduce the number
of drownings

- NEVER SWIM ALONE • AVOID SWIMMING
IMMEDIATELY AFTER EATING OR CONSUMING ALCOHOL**
- USE LIFE JACKETS FOR INDIVIDUALS WITH LIMITED
SWIMMING ABILITY • ENSURE CONSTANT SUPERVISION**
- SWIM PARALLEL TO THE SHORE**