Do you practice underwater breath-holding?

**YOU COULD BE IN DANGER!**

**WHAT IS SHALLOW WATER BLACKOUT?**

- It's when a swimmer faints caused by a lack of oxygen to the brain, triggered by holding your breath repeatedly too long without immediate rescue. The swimmer quickly drowns.

**How to Avoid SWB:**

<table>
<thead>
<tr>
<th>Never swim alone</th>
<th>Never ignore the urge to breathe</th>
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<tbody>
<tr>
<td>No prolonged breath-holding</td>
<td>Never hyperventilate</td>
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</tbody>
</table>

**SHALLOW WATER BLACKOUT PREVENTION**

US Army Corps of Engineers

For more information visit www.shallowwaterblackoutprevention.org