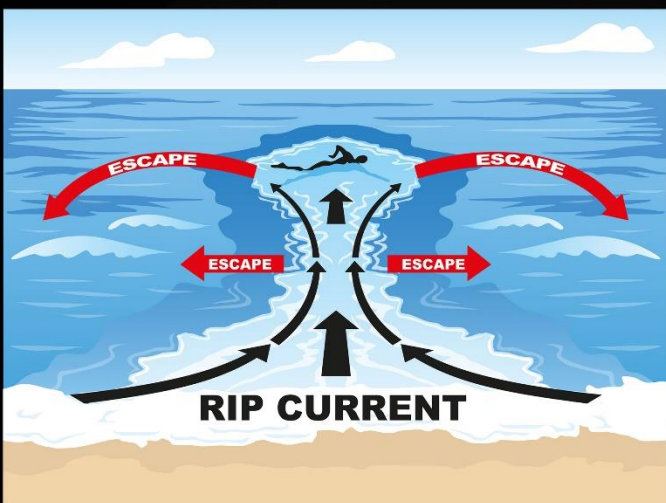


# KNOW YOUR LIMITS



## HOW TO ESCAPE A RIP CURRENT

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

- + Don't fight the current
- + Swim out of the current, then to shore
- + If you can't escape, float or tread water
- + If you need help, call or wave for assistance

**MARINE CORPS INSTALLATIONS PACIFIC  
SAFETY OFFICE, OKINAWA, JAPAN**



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