

Ocean Safety Tips



Ocean drowning is the leading cause of injury-related death in Hawai'i among non-residents.

Most victims drown while **snorkeling** or **swimming**.

KNOW BEFORE YOU GO
WHEN IN DOUBT, DON'T GO OUT!

The ocean is different in Hawai'i. Larger waves and powerful currents surprise even the strongest swimmers. Talk to a lifeguard. Local knowledge could save your life.



- Endorsed by the State of Hawai'i Drowning and Aquatic Injury Prevention Advisory Committee



When in Doubt, Ask a Lifeguard
Visit **HawaiiBeachSafety.com** to find a lifeguarded beach and learn more about ocean safety in Hawai'i.

Ocean Safety Resources to Explore



Ocean Safety PSAs
(Four short, 25-second videos with ocean safety tips)
goo.gl/BwTZgR

Maui Ocean Safety Video
(by Maui Visitors Bureau and the County of Maui)
youtube.com/watch?v=kiyysZYuqNk



Official County of Maui Ocean Safety Guide
mauicounty.gov/DocumentCenter/View/97704

Maui County Safety Website
information and Swim Safe Tips
mauicounty.gov/oceansafety



Hawai'i Tourism Authority's Travel Safety Tips:
nxtbook.com/nxtbooks/hvcb/travelsafetytips/#/0

National Weather Service Forecast Office
www.prh.noaa.gov/pr/hnl



Hawai'i Department of Land and Natural Resources Division of State Parks, Health and Safety
dlnr.hawaii.gov/dsp/health-safety/

Visitor Aloha Society of Hawai'i
(Providing support for visitors in times of need)
visitoralohasocietyofhawaii.org



Honolulu Civil Beat's Special Report, "Dying for Vacation"
Series of articles
civilbeat.org/projects/dying-for-vacation/

For more ocean stewardship guidance, visit
www.projectsealink.org or contact info@projectsealink.org

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An Ocean User's Guide to Safety & Reef Etiquette



*Join us, take action,
and make a difference!*

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At the Shore

Help Hawai'i's residents keep our beaches clean and beautiful.

In Hawai'i we share our ocean with more than 7,000 species of marine life. Of these species, approximately 25% are found nowhere else in the world.

Apply sunscreen 30 minutes before entering the water or cover up with a t-shirt or rash guard.

Sunscreens that don't contain oxybenzone are more "reef-friendly." Choose one with zinc instead.



Use a trash can, not the sand.

Or take it with you. Plastic debris often ends up in the ocean and can entangle marine life.



Pick up after your pooch.

Dog poop contains harmful bacteria that can be transmitted to marine wildlife as well as humans.



Keep your dog on a leash.

Dogs are a threat to resting monk seals on the beach.

Respect local cultural sites and traditional practices.

Take time to ask about the rules, practices, and guidelines in place.



Report suspected resource violations:
Hawai'i Department of Land and Natural Resources
Hotline: **643-DLNR**



Scan to learn fishing regulations

In the Water

Join other ocean users in helping protect the reef.

Coral reefs are the rainforests of the sea. They are living animals that eat, grow, reproduce, and provide food and shelter for fish and other marine life.

Choose a sandy place to enter and exit the water. If you must stand, stand on sand. Use a flotation device to help you.



Direct contact harms corals. It takes seconds to damage a reef that may take decades to recover.

Allow fishes to eat their own natural food.

Fish don't need to be fed. Many are grazers, keeping algae (seaweed or limu) in check.

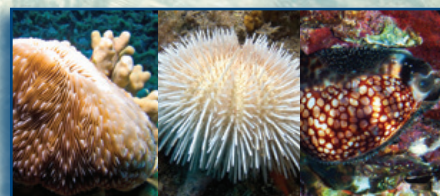


Fed fish may bite!

Give marine life plenty of space. Keep your distance, look but don't touch.



Many species, including turtles, whales, and dolphins, are protected from harassment by state and federal laws.



Leave corals, shells, and rocks where they lie.

Many creatures live in, on, and around them.

Photos by James Petruzzini

At Home

Take action for the ocean in your everyday life.

Many of our daily decisions impact our environment. What we do on land affects what happens in our local waterways, and eventually, the ocean.

Reduce: Buy less and use less plastic; reuse: buy reusable bags and bottles; Recycle: plastic and other products.

Plastic debris is a global threat – plastics can persist in the environment forever, leeching chemicals and entangling marine life.



Make wise consumer choices. Look for and support ocean- and environmentally-friendly businesses.

Let businesses know you care about the environment and how you make your choices to buy!

Fight climate change: Reduce your CO2 emissions.

Purchasing a fuel-efficient vehicle, carpooling, using public transportation, even turning your engine off rather than idling can reduce your carbon footprint. Switching to LED lighting and eating less meat can help as well. Another key action is supporting climate legislation.

Only rain down the drain

Reduce polluted runoff – chemicals, nutrients, and sediments can harm aquatic environments.



Drains lead to waterways

- Find out how and where to recycle Household Hazardous Waste (motor oil, paint, solvents, batteries) in your community.
- Take your car to a commercial car wash, or wash it on the lawn.
- Scoop the poop: dispose of pet waste in the trash.
- Keep leaves and clippings away from storm drains.
- Use drip irrigation where you can, and set timers for the early morning.
- Choose organic or slow-release fertilizers.
- Follow labels on yard care products to use only as much as you need.
- Dechlorinate pool water before disposal.