

Marine Emergency Call

海上事故緊急通報



Wear a life vest at all times.

時刻穿著救生衣

Make sure communication tools work

保持聯絡方式暢通



You need to be careful in the Okinawa seas as well.



在美麗的海中戲水必須小心安全

-  Many people have had accidents while scuba diving, snorkeling, and swimming. 有許多民眾在從事水肺潛水、浮潛或游泳等活動時發生意外。
-  An especially large number of tourists have had accidents while snorkeling. In particular, middle-aged swimmers increasingly get involved in marine accidents. 尤其以觀光客在浮潛時發生的意外特別多，而中高年齡層的事故也層出不窮。
-  Scuba diving accidents are also increasing. Choking after swallowing sea water due to lack of basic skills and lack of management of health condition are the top factors. 從事水肺潛水時發生的意外事故也逐漸增加，特別是因技術不佳而誤飲海水，或身體狀況不佳而造成的事故也愈來愈多。
-  Even in shallow water, you might get panicked and nearly drown when a reef current occurs then pulls you off shore. 也有民眾原本只打算在海岸旁游泳，卻因珊瑚礁海域離岸流的作用，不知不覺地被沖向外海，慌張之下發生溺水意外。

Be careful and make good memories at Okinawa beaches.

為了在美麗的海邊留下快樂的回憶，大家一定要小心囉！



MARINETIME SAFETY
INFORMATION
IN OKINAWA

To Enjoy and Stay Safe at the Beach in Okinawa

擁抱美海 戲水安全須知



11th Regional
Coast Guard Headquarters

第十一管區海上保安本部

Watch out for reef currents!

小心珊瑚礁海域的離岸流

What are reef currents?
何謂珊瑚礁海域的離岸流?

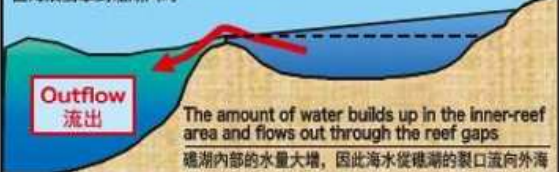
They are strong channelled currents of water flowing away from shore. They occur in the gaps between the coral reefs.
一種從珊瑚的裂口流向外海方向的強勁海流。



Cause of the reef current occurrence

When the waves are breaking inside the reef

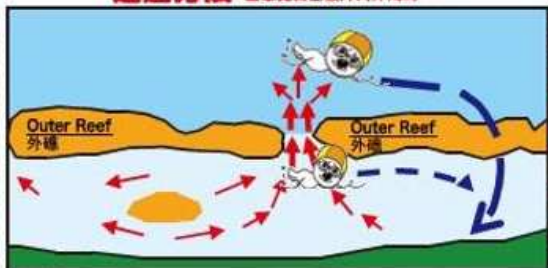
珊瑚礁海域產生離岸流的原因
當海浪衝擊到礁湖內時



How to Escape

迴避方法

If you feel that you are being carried away to the sea,
當感覺自己被沖向外海時……



- ① Don't swim against the current. Escape the current by swimming parallel to the shoreline across the current.
不要逆流游回，而是沿著與沙灘平行的方向，橫穿過離岸流。
- ② After you are out of the current, swim to the closest shore.
脫離離岸流後，立刻游向最近的陸地。
- ③ Most importantly, don't get involved in the current. Stay above the water.
最佳的迴避方法，就是不要被珊瑚礁海域的離岸流捲入。



Snorkeling Tips

浮潛注意事項

Snorkel looks simple and easy. However, if you use it wrong, you might swallow water, panic, or even get drowned. Learn the basic of how to use it for safe and fun snorkeling.

浮潛呼吸管看似很容易使用，但弄錯用法時可能會突然吸進海水，引發恐慌而導致溺水。因此為了讓大家享受安全的浮潛樂趣，一起來學習浮潛呼吸管的基本用法吧。



① Mask Clear

面鏡排水

Hold the top of the mask frame and gently lift up the bottom part as you breathe out from your nose so that the water inside the mask can go out.

用力按住面鏡上部，讓面鏡下方露出空隙，然後由鼻子噴氣，將面鏡內的水排出。



② Snorkel Clear

呼吸管排水

Blow out through the snorkel to get water out of your snorkel. If some water remains in your snorkel, try to breathe slowly to not swallow water, then blow out forcefully again.

請用力地大吹一口氣將呼吸管內的水向外排出。若萬一還有水分殘留時，請緩緩吸氣以避免吸進呼吸管內的水，然後再用力吐氣將水排出。



③ Right Position

正確的游法

When you swim, keep your chin up so that your snorkel top can stay above the water.

游泳時請抬高下巴，讓呼吸管的前端保持露出水面。



④ Wrong Position

不良的游法

If you pull your chin down, the top of your snorkel submerges in water, then water gets in your snorkel. In this case, do not panic and clear the snorkel.

如果下巴內縮，呼吸管的前端浸泡到水中，就會導致呼吸管進水。發生這種情形時請勿驚慌，立刻進行呼吸管排水的動作。

※ Make sure to put on a life vest and never go swimming alone.
※ 請務必穿著救生衣，並兩人一組結伴浮潛。

Scuba Diving Tips

潛水注意事項

Basic tips for you to enjoy beautiful Okinawa ocean.

這可是為了享受沖繩美麗的大海必備的基礎知識喔！



Diving in a bad physical condition, drinking alcohol or hangover may cause an accident or decompression sickness.

在身體狀況不佳、喝酒或宿醉時從事潛水活動，是導致意外事故或減壓症的原因。



Beginners and seniors often get choked by swallowing sea water due to lack of basic skills. Take a class and learn the skills in order not to panic.

潛水初學者或年長人士容易因技術不佳而發生誤飲海水的意外，因此請確實聽講，並熟練其技術，從事潛水活動時切勿慌張。



Experienced divers have also had accidents due to carelessness or worsening of chronic disease. Manage your health condition and plan your diving well. Be aware of the risks and try to have a safe diving.

潛水老手容易因疏忽大意或突然宿疾惡化而發生意外。因此請妥善管理自己的健康，制定循序漸進的潛水計畫，同時重新確認潛水的危險性，小心從事安全的潛水活動。



Make a diving plan and learn emergency procedures with your instructor before going diving. Don't panic even in case of emergency, ascend slowly to the water surface, and wait for a rescue.

潛水前請與潛水教練詳細討論潛水計畫以及緊急時的應變措施等，若萬一發生意外時不要慌張，請慢慢浮到水面上，等待救援。

