



# Don't put your life on the line

## Rock fishing safety

Know what to do in case of an emergency



### BE SAFE – know the conditions

- Know the tide and weather
- Never fish alone
- If conditions worsen find a calmer, more sheltered spot – or go home.
- Ask local people for advice
- Fish only in places that you know are safe
- Tell someone where you are
- Spend at least half an hour watching the wind and wave action
- Plan an escape route
- Never turn your back on the sea

### BE PREPARED – take the right gear

- Wear a life jacket
- Wear shoes with non-slip soles
- Wear light clothing
- Carry a mobile phone with you
- Carry a rope and float with you

### SURVIVE

- Do NOT jump in if someone is washed into the water
- Dial 000 or 112 on your mobile phone or go to get help
- Use a rope or something that floats to rescue the person
- If you're swept in don't panic. Stay calm and swim away from the rocks
- If there's an Angel Ring nearby, know how to use it.

For more information on fishing safety, including translated material, more fact sheets and free downloads visit [www.safefishing.com.au](http://www.safefishing.com.au)