

## Hazards of Shore Break and keeping safe in Aruba



Aruba has some great beaches and natural points of interest to explore while there are also many memorable jeep and off-roading experiences for travelers. For Essential Health Supplies, it is important that travelers are not only aware of Aruba's natural beauty but would also like for visitors to be aware of the hazards of shore break so they can keep safer during their Aruba shore explorations.

Shore-break presents many hazards. Waves can appear small and harmless, but even one foot shore-break waves can possess enough power to injure bones, pin swimmers to the bottom, and wash beach goers (especially small children) off the shoreline into the surf zone. The abrupt change in bottom depth and steep shoreline at shore-break beaches can also make it difficult to return to shore once you are beyond where you can touch the bottom.

Aruba has some areas where shore breaks hazards are present. Shore-break is also common at beaches where rocky outcroppings exist and Aruba is also quite prominent in these rocky non sandy beaches especially in the rocky beaches at Arikok National Park and the North beaches. These areas can appear to be harmless and perfect for fishing or exploring, however, waves wash over these areas on a regular basis and can be extremely hazardous. Never assume a rocky outcropping is safe or protected from surf washing over it.

The most common injuries at shore-break beaches are neck and back injuries. These injuries occur when the powerful surf throws a swimmer or surfer head first into the bottom. It is extremely important to protect your head and neck whenever you are in the breaking waves by keeping your hands in front of you at all times. The best tips from Essential Health Aruba is to become familiar with an area before ever swimming by asking for referrals from locals and or your hotel staff. Always use your common logic and if an area is rocky and you see the water is rough - avoid swimming there.

Essential Health Supplies is a leading provider of medical equipment rental and health supplies in Aruba. [www.essentialaruba.com](http://www.essentialaruba.com), [Tel:297-587-0940](tel:297-587-0940), [info@essentialaruba.cm](mailto:info@essentialaruba.cm)