

HOW TO SURVIVE A SHARK ATTACK

Unsurprisingly, the best way to survive a shark attack is to avoid sharks in the first place. While the danger of being attacked by a shark is hugely exaggerated in many movies (you are statistically more likely to be killed by a hippopotamus than a shark), swimming in shark-infested water isn't a smart thing to do. However, if you do find yourself among fishy friends, take these precautions to minimize your chances of becoming a shark snack.

DOS AND DON'TS

- Sharks like to eat fish. Stay away from fishing boats and groups of sea birds where sharks are likely to be hunting.
 - If you cut yourself, get out of the water immediately. Sharks can smell blood from a long way off and will soon come to investigate what is causing the delicious smell.
- Try to swim with a group of people. Sharks are less likely to attack if they are outnumbered. Also, the more people there are keeping an eye out for fins breaking the water, the safer you will be.
 - Wear dark, plain colours. Brightly coloured bathing costumes or wetsuits and even shiny watches and jewellery may catch the light and make you look like a tasty exotic fish.
- Never provoke a shark by lunging at it or waving your arms and legs around. If a shark feels threatened, it is much more likely to attack.

ACTION IF ATTACKED

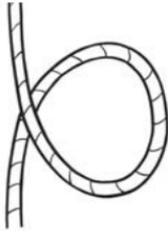
If a shark has decided to attack, it will begin to dart to and fro, zig-zagging and lifting its head. Here's what to do:

- Swim away as quickly as you can and get out of the water. If you can't, stay calm. Don't thrash and splash about – the shark will think that you're injured and an easy kill.
- Try to get into a position where your back is protected by rocks, a reef, or by another swimmer. That way you can concentrate on defending yourself from the front.
- When the shark attacks, don't freeze with fear. Hit it with a sharp object or your fists. Aim your blows at its eyes, gills or at the end of its nose, which are its most sensitive areas.

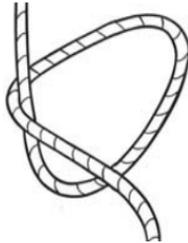


HOW TO MAKE A LADDER

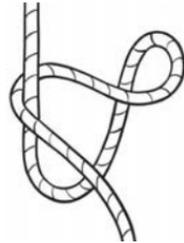
Here's a quick and easy way of making a ladder. The type of knot you need to use is called a 'manharness hitch.' You will need two equal lengths of sturdy rope and several short but tough lengths of a branch.



1. Put a loop in one rope.



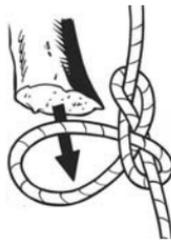
2. The bottom of the rope crosses over the loop as shown here.



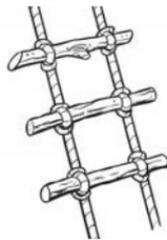
3. Put a twist in the top of the loop.



4. Take the twist over the bottom of the rope and tuck it through the bottom of your loop.



5. Push a length of branch into the new loop. Tug on the rope so the knot takes shape and is tight.



6. Repeat the knots at intervals on this and the other rope to make a ladder.

Important: Test the strength of your ladder before using it.

HOW TO AVOID BEING ATTACKED BY A POLAR BEAR

Polar bears rarely attack humans, preferring a diet of seals and fish to human flesh. However, they're strong and very curious, so it is best to take precautions to avoid attack.



POLAR PRECAUTIONS

- Visit the South Pole not the North Pole. Polar bears only live in the Arctic Circle, so you'll be out of paws' reach.
- When possible sleep in concrete buildings. Polar bears have claws that can grow up to 13 cm long, and will make short work of a tent. Male bears can weigh up to half a tonne and would flatten a wooden hut with ease.
- Polar bears have an excellent sense of smell. Always keep your camp clean and tidy. The smell of rubbish will attract hungry bears from miles around.