

## NLS HAND SIGNALS

**Attention**



One arm straight up - requires same motion response

**Cover Me**



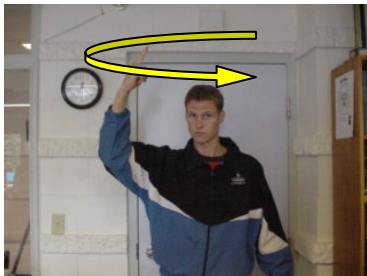
Cross arms across chest as if covering your self.

**Watch/Look At**



Point to eyes with 2 fingers and point away.

**Clear Pool**



Large circular motion with finger pointing in the air

**In Front of You**



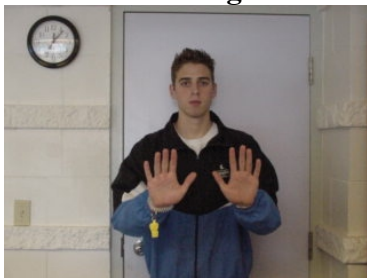
Hand held in front of you with finger pointing down

**Behind You**



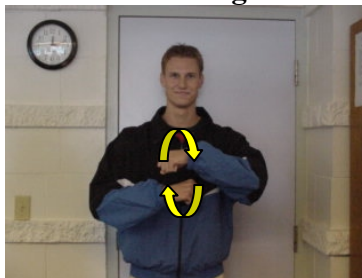
Hitch-hiking motion with thumb over shoulder

**Pushing**



Two-handed pushing motion in front of body

**Running**



"Travelling" sign in basketball

**Fighting/Horseplay**



Shake clenched fist at side of head

**PFD**



Draw two lines down sides of chest.

**Diving Board**



Simulate bouncing motion of board with fingers of one hand off the fingers of the other

**Slide**



Use one hand to swish a sliding motion down the opposite arm

**Boy**



Draw a straight vertical line down chest

**Girl**



Draw a straight horizontal line across chest

**Changeroom**



Extend one arm out from side of body; follow with a "boy" or "girl" signal.

**Time's Up/Over**



Slashing motion across throat with hand

**Size of Patron**



Slashing motion of patron's height next to you own

**Gutter Grabber**



Imitate hand movement

**"What?"/Repeat Signal**



Shoulder Hunch

**On Shoulders**



Touch both hands on shoulders

**PR/Talk to**



Quacking motion with hand in front of head

**Phone Call**



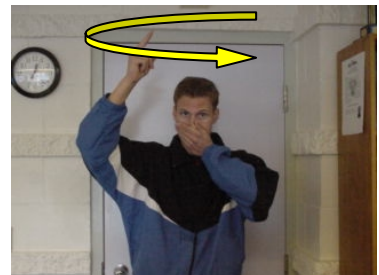
Make a phone with one hand and hold it up to your head

**Possible Distress/DNS**



Move extended hand back and forth above head

**Chlorine Leak**



Cup hand over mouth and nose and make a circular motion with other

**Minor First Aid**



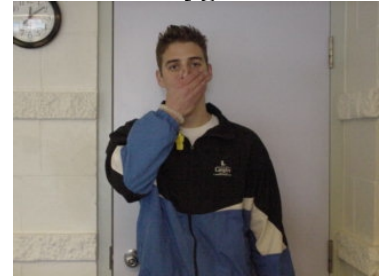
Small cross with fingers

**Major First Aid**



Large cross with forearms

**Oxygen**



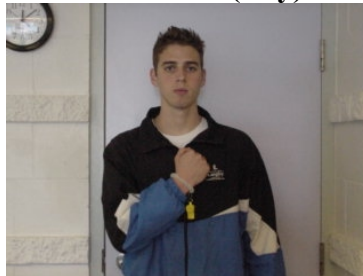
Cup hand over mouth and nose

**Lost Child**



Make a cradle motion with your arms

**Chest Pain (Dry)**



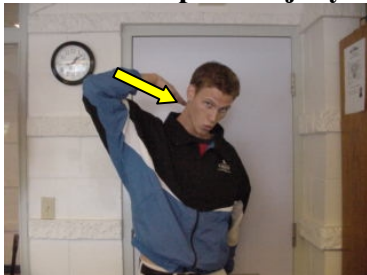
Clenched fist on chest

**Chest Pain (Wet)**



Clenched fist in air

**Cervical Spinal Injury**



Slashing motion at back of neck (Cervical Area)

**Lumbar Spinal Injury**



Slashing motion at lower back region (Lumbar area)

**“Okay”**



Make large “O” overhead with arms

**Rotate**



Alternate both fingers in front of chest.

**Hot Tub**



Draw a circle with your index finger pointing down.

**Sauna/Steam Room**



Wipe forehead with back of hand.