

# Water Safety

Drowning is a leading cause of death for children.



It only takes a moment.

A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen.

Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

## Helping Others if an emergency occurs:

- Know the signs that someone is drowning and locate “reach and throw” devices.
- Know infant, child and adult CPR and first aid.
- Call 911.

## TIPS on making water safety a priority:

- Use Layers of Protection In & Around Water
- Even if lifeguards are present, you (or another responsible adult) should stay with your children.
- Be a “water watcher” provide close and constant attention to children you are supervising; avoid distractions including cell phones.
- Teach children to always ask permission to go near water.
- Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets.

## Take specific precautions for the water environment you are in:

- Fence pools and spas with adequate barriers, including four-sided fencing that separates the water from the house.
- At the beach, always swim in a lifeguarded area.



# Drowning FACTS

Drowning is the leading cause of death for children 1 to 4 years old. It can happen in seconds and is often silent.

Drowning can happen to anyone, any time there is access to water.

Every year in the United States there are an estimated:

- 4,000 fatal unintentional drownings that is an average of 11 drowning deaths per day.
- 8,000 nonfatal drownings that is an average of 22 nonfatal drownings per day

In the United States:

- More children ages 1–4 die from drowning than any other cause of death.
- For children ages 5–14, drowning is the second leading cause of unintentional injury death after motor vehicle crashes.

## Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



1.

Recognize the signs of someone in trouble and shout for help.



2.

Rescue and remove the person from the water (without putting yourself in danger).



3.

Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then call EMS.



4.

Begin rescue breathing and CPR.

