

WATER SAFETY

Top Ten Ways to Prevent Drowning

1. Never, ever leave a child alone in a bathtub or playing near water of **any** kind, including pools, spas, wading pools, irrigation ditches, buckets, and other open standing water. This applies year-round, even in winter. When near water, infants and toddlers should be close enough for the adult to touch at all times.
2. Every pool should be fenced on all four sides. Pools should be fenced separately from the house. Pool covers are not effective barriers. Keep a safety ring with a rope by the pool at all times. Hot tubs, streams, or other bodies of water should have effective barriers. Most pool drownings occur in a matter of minutes. Most drownings are silent – no splash or struggle is heard. Use special drain covers to avoid body entrapment or hair entanglement.
3. Learn CPR. Have your teen or sitter learn CPR. Get re-certified every year. Drowning victims who get CPR immediately are much more likely to survive.
4. Children need to learn to swim. However, swimming lessons do not make a child drown-proof. Constant adult supervision is mandatory.
5. Teach teens the danger of mixing alcohol or drugs with water sports. 1/1000 boys drown before their 20th birthday.
6. If you have toddlers, do not use 5-gallon buckets and use lid locks on your toilets.
7. Make sure all children on boats or docks wear approved flotation devices. Inflatable devices are not approved for water safety.
8. Never let anyone with a seizure disorder swim alone. Children with seizure disorders should shower instead of bathing when they are old enough to be unsupervised in the bathroom.
9. Always check water depth before diving.
10. Only a responsible adult should supervise children in or around water. Older siblings are not effective supervisors.