



Children Drown without a Sound...

Drowning is the second leading cause of accidental death in children under the age of 14. Keeping children safe around water requires multiple layers of protection.

Safety for pools and beaches:

Always watch your children. Never assume that someone else is watching them, even when lifeguards are present. If your child is missing, check the pool or lake first. Go to the edge and span the entire area, bottom and surface. Every second counts.

- ✓ Young children do not splash, cry or call for help.
- ✓ Teach children to always swim with a buddy, never alone.
- ✓ Teach children not to reach into the water for toys, ask a grown-up for help.
- ✓ Fences around home pools are a safe measure, but not a guarantee.
- ✓ Do not rely on substitutes. The use of floatation devices and inflatable toys cannot replace parental supervision.

Safety in the Home:

In the time it takes to cross the room for a towel (10 seconds) a child in the bathtub can become submerged; answer the phone (2 minutes), that child can lose consciousness; sign for a package at the front door (4 – 6 minutes), that same child can sustain permanent brain damage.

- ✓ Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of the child's reach.
- ✓ Never leave babies or toddlers alone near toilets, bathtubs, or buckets of water.
- ✓ Always keep a child within arms reach around water, especially in bathtubs.
- ✓ Keep the cover on your hot tub securely locked when not in use. Children can easily slip under the cover and drown.

Boating Safety:

Older children are more likely to drown in open water sites, such as lakes, rivers and oceans. Parents must establish non-negotiable water safety rules and enforce them consistently. Children should be trained in safety behavior even before they are skilled swimmers. Swimming lessons are an important step, but they do not make the child "drown-proof".

- ✓ Always wear an approved lifejacket that fit securely regardless of distance to be traveled, size of boat, or swimming ability. Wear a lifejacket when participating in all water sports.
- ✓ Tell someone where you are going, when you will be back and take a cell phone.
- ✓ No diving unless you know proper diving techniques and the water is over 9 feet deep.
- ✓ Watch for dangerous weather & water conditions. Never mix boating with alcohol.

Know how to prevent, recognize and respond to emergencies. Knowledge is a powerful tool for combating these tragedies so talk with your family about these safety tips. Knowing how and where children drown, as well as the concrete steps you can take to avoid danger, may make a life-and-death difference in your family.

Drowning is a Silent Killer, Supervise with your Eyes!

Informational Resources

SAFEKIDS

US Consumer Product Safety Commission

www.safekids.org

www.cpsc.gov