

# Safety Tips: Drowning Prevention

# INJURY PREVENTION



## Learn great tips on protecting your kids this summer!

- **Never leave your child alone near water:** on the beach, at a pool, or in the bathtub. If you must leave, take your child with you. Kids don't drown only in pools and large lakes, rivers, or oceans of water. Bathtubs, buckets, toilets, and hot tubs present drowning dangers as well.
- **Make life jackets a "must."** Make sure kids wear life jackets in and around natural bodies of water, such as lakes, rivers, or the ocean, even if they know how to swim. Always use approved personal flotation devices (life jackets).
- **Lay the ground rules.** Teach your children these four key swimming rules:
  - Always swim with a buddy.
  - Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
  - Don't push or jump on others.
  - Be prepared for an emergency.
- **Be on the look out.** Supervise young children at all times around bathtubs, swimming pools, and natural bodies of water. Adults watching kids near water should avoid distracting activities like playing cards, reading books, or talking on the phone.
- **Practice makes perfect.** Enroll children older than age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."
- **Fence it off.** Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when a parent cannot supervise them. Pool fences should completely separate the house and play area from the pool.
- **Be prepared.** Always have a first-aid kit and emergency phone contacts handy. Parents should be trained in CPR (cardiopulmonary resuscitation).
- **Better safe than sorry.** Just a few last minute safety reminders:
  - Don't underestimate the power of water. Even rivers and lakes can have undertows.
  - Always follow posted safety precautions when visiting water parks.
  - If you're visiting a public pool, keep an eye on your kids. Lifeguards aren't babysitters.

**Brought to you by:**  
**The Trauma Department of Bayshore and  
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