



Water Safety Guide

Infants and toddlers can drown in an inch or two of water. Children under 4 are at especially high risk. It takes only a few moments for a child to drown. It could happen in a bathtub, “kiddie pool,” toilet bowl, bucket, or fishpond.

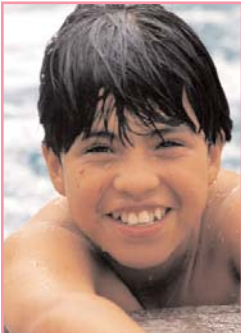


Drowning Hazards include:

- Buckets and pails, especially 5-gallon buckets and diaper pails
- Ice chests with melted ice
- Toilets
- Bathtubs, even with baby bathtub supporting ring devices
- Hot tubs, spas, whirlpools, and saunas
- Irrigation ditches and wells

Safety Tips:

- Always watch children near water. Don't leave, even for a moment.
- Teach your child to swim once he or she is ready (usually after age 4-5).
- Never let your young child swim in any body of water without an adult watching.
- Be sure the adult watching your child knows how to swim, and how to get emergency help and perform CPR.
- Keep a life preserver in the pool area to help pull a child to the edge of the pool when necessary.
- Teach your child safety rules and make sure they are obeyed.
- Always use a life vest when on a boat, fishing, or playing in a river or stream.
- Use a barrier like a fence to keep children away from pools or other bodies of water.
- Empty and turn over all water containers after you use them.



Teach Your Swimmers These Four Key Rules:

- Swim with a buddy, never alone.
- Don't dive or jump into bodies of water. Always wade in first to avoid hitting your head on a shallow bottom.
- Don't push or jump on others.
- Be prepared for an emergency. Know CPR.



Drowning is the second leading cause of accidental death of children under the age of 15. Most drownings and near-drownings occur when a pre-school child accidentally falls into a pool or is left alone in the tub. Drownings happen in a matter of seconds. A child can drown in the time it takes to answer the telephone.

Please take a few minutes to review these safety tips and to review the tips with your children, family and friends.