

Water Safety

life  beats



## Stay Safe In and Out of the Water

Whether you live in a climate that's warm year-round or you mainly enjoy outdoor activities during the summer, swimming and water are likely to be a big part of family fun.

The importance of safety cannot be overstated.

According to World Health Organization:

- Drowning is the 3<sup>rd</sup> leading cause of unintentional death world wide
- Est 372,000 deaths annually
- The highest rates of death are among children age 1-4



## Stay Safe In and Out of the Water

---

- While many are aware of the importance of safety in and around pools and at the beach, parents also need to supervise their children near bathtubs and even during bath time.
- Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub.

Young children can drown  
in as little as 1 inch of water



## It's Not Just Kids...

- Water safety should be practiced with adults, as well. Many people can swim but not everyone has the ability to demonstrate critical water safety skills

### Critical Water Safety Skills Include:

- Floating or treading water for one minute without a flotation device
- Stepping or jumping into water over your head and returning to the surface
- Treading water or floating in a full circle and then finding a way out of the water
- Exiting a pool without using a ladder
- Swimming 25 yards without stopping



## Tips for Children and Adults

- Always watch your child while he or she is bathing, swimming or around water
- Gather everything needed (towel, bath toys, sunscreen) before the child enters the water; if you must leave the area, take the child with you
- Use snug-fitting life jackets instead of flotation devices, but remember that a child can still drown with a lifejacket on if not carefully watched
- When boating, kayaking or sailing wear a life jacket
- Always swim with a buddy
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof"
- Learn CPR



## References

---

- [American Red Cross](#) – Water Safety
- [Safe Kids Worldwide](#) – Water Safety in the Home
- [World Health Organization](#) – Fact Sheet
- [CDC](#) – Unintentional Drowning