

# Water Safety and Drowning Prevention Transcript

## Water Safety and Drowning Prevention

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## Water safety and drowning prevention

Most children love the water. Babies in a bubble bath, children swimming in a pool on a hot summer day; images like these conjure up happy thoughts. But in reality, water can be especially dangerous for our children, and it's up to us to keep them safe.

In the first part of this presentation, we will cover some important facts, then we will review what you can do to help prevent your child from drowning.

## Do you know?

Drowning is the second leading cause of unintentional death among children between what ages?

- 1 to 4
- 5 to 9
- 10 to 14
- 1 to 4 and 10 to 14
- 5-14

That's right - drowning is the second leading cause of death among children aged 1 to 4 AND children aged 10 to 14.

Actually, drowning is the second leading cause of death among children aged 1 to 4 AND children aged 10 to 14.

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## Facts

On average, an annual 3,600 injuries occur to children due to a near-drowning incident.

The majority of infant drowning deaths happen in bathtubs, buckets or toilets.

According to a national study, a parent or caregiver claimed to be supervising the child in nearly 9 out of 10 child drowning-related deaths.

For a comprehensive Fact Sheet, click on the Facts button.

## What can I do?

Bath time and swimming can be fun activities for your child, but water can also pose a danger to him. There are a number of things you can do to help make sure his water time is safe time.

## Drowning hazards in the house

Common sources of in-home drowning include bathtubs, baby pools, toilets, buckets, and even pet water bowls. It may not seem possible, but an infant can drown in water only two inches deep. Your infant should be supervised at all times when he is in or around water. Don't leave him alone for even a minute. A minute is all it takes.

## Drowning hazards

Most children have sources of water close to home. It's important to control access to these areas. Fencing is a good option for pools and hot tubs. Natural bodies of water may or may not be fenced, and can be a dangerous area for unsupervised children.

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Do you know?

For your child to safely swim at a beach, who should be supervising her?

- A lifeguard
- A lifeguard AND an adult
- An adult

A lifeguard is helpful to have in case of an emergency, but it is difficult to keep track of all of the children. It is best to have an adult whose sole responsibility is your child.

This is the best answer - having a lifeguard on duty AND having an adult whose sole responsibility is your child is the safest scenario.

Having an adult whose sole responsibility is your child is a good choice. Having a lifeguard on duty in case of an emergency provides increased safety.

## Safe swimming tips

When your child is swimming, he should be supervised by an adult, even if there is a lifeguard on duty.

An even safer choice is to get in the water with your child.

When you are with other families, don't assume that an adult near the pool or lake is supervising your child. You or someone you trust should be closely supervising your child.

## Safe swimming tips

Make sure your child stays in an area that is appropriate for his swimming ability.

Floating devices such as water wings, rafts, and tubes are no substitute for adult supervision.

Rough housing in the water can lead to injuries. Make sure your children know and follow posted rules.

Encourage children to swim with a buddy, even if there are adults nearby.

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## Personal floatation devices (PFD) and boating

Children should wear personal floatation devices, also known as life jackets, in boats, on docks and piers, and when playing around water.

## Winter drowning

Drowning is a threat even in the middle of winter. Each year people drown from falling through thin ice. Your child should walk on a frozen body of water only if you are certain it is solid, and you are with her.

Always supervise your child on the ice.

## Do you know?

In the event of a drowning, what should you do?

- I know CPR, so I should call 911 and then perform CPR.
- I don't know CPR, so I should call 911.

That's right! Call 911 first, then attempt CPR.

That's right! Call 911. It is also recommended that you learn CPR for the safety of your family. The Red Cross and medical facilities offer classes.

## First aid

In the event of a drowning, call 911 immediately.

Every parent should know CPR. Classes are offered through many hospitals, community organizations, or the American Red Cross.

## You can keep water time safe!

Drowning and near-drowning causes injuries and takes the lives of children every year. These accidents are made all the more tragic by the fact that many are preventable. However, having an adult who takes his or her responsibility seriously can keep your child's time in the water safe.

## Thank You

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