

Prevent Drowning

According to the Centers for Disease Control and Prevention (CDC):

- Drowning ranks 5th among the leading causes of unintentional injury death in the United States.
- About 10 people die from unintentional drowning every day. Of these, 2 are children aged 14 or younger.
- An additional 347 people die each year from drowning in boating-related incidents.
- Drownings are the leading cause of death for young children ages 1 to 4. Most of these drownings occur in home swimming pools.
- Among adolescents and adults, alcohol use is involved in up to 70% of deaths associated with water recreation, almost a quarter of Emergency Department visits for drowning, and about 1 in 5 reported boating deaths. Alcohol influences balance, coordination, and judgment. Its effects are heightened by sun exposure and heat.



GENERAL GUIDELINES

Do This



Supervise children in bathtubs. Stay within an arm's reach. When bath time is done, drain or empty the tub right away.

Not That



NEVER leave a child alone in a bathtub, not even to answer the phone or to get a towel from another room. Don't rely on baby bath seats and rings to keep your baby safe.

Do This



Put toilet seat locks on toilets to keep toddlers from getting into them. Or, put safety handles on bathroom doors so toddlers cannot get into bathrooms.

Not That



NEVER leave a young child alone near a bucket of water, a small pool of water, or a toilet. A child can drown in as little as one inch of water!

GENERAL GUIDELINES

Do This



Learn to swim and teach your children how to swim.
Supervise children in pools, even if they know how to swim.

Not That



NEVER leave children alone near a pool or water, not even for a few seconds.

Do This

Check the depth of the water before diving in.



Not That



Don't dive into water that is less than 9 feet deep. Never dive into an above-ground pool.



Do This



Keep pools clean and free of debris, such as broken glass. Keep drains covered to prevent hair from being sucked into the drain, which could keep heads held under water.

Not That



Do not be alone in a Jacuzzi or hot tub (or even take a bath) if you have been drinking alcohol or after taking a sedative. You could fall asleep and drown.

Do This



Put a fence (at least 4 feet high) around swimming pools. Use self-closing and self-latching fence gates. Install the latch too high for a child to reach.

Not That



Do not leave gates open to the yard. Do not assume that yard workers and other people close and lock gates, either. It is best to check.