

Stay Safe In and Out of the Water



Summer is almost here, which means many of us will be spending more time outdoors and in and around water. While many are aware of the importance of safety around pools and at the beach, parents also need to supervise their children near bathtubs.

- Drowning is the leading cause of death in children ages 1 to 4 and is the second leading cause of death for children 5-14 (*Injury Facts, 2015*)
- Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub (*Injury Facts, 2015*)

Water safety should be practiced with adults, as well. According to an American Red Cross [survey](#), only 56% of adults who say they can swim are able to perform five critical water-safety skills that could save their lives. These 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

For Children and Parents:

- 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
- Empty all buckets, bathtubs and kiddie pools of water immediately after use and store them upside down and out of your child's reach
- Do not allow your child to play or swim in canals or streams
- Install a 5-foot-tall fence with self-closing gate latches around your pool or hot tub
- Consider installing door alarms to alert adults when a child has unexpectedly opened a door leading to a pool or hot tub
- Keep a phone and life preserver near the pool or hot tub in case of emergency
- Use snug-fitting life jackets instead of floaties, but remember that a child can still drown with a lifejacket on if not carefully watched
- Become certified in [First Aid and CPR](#)
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof"

For Adults:

- Always swim with a buddy
- Never swim if you have been drinking alcohol or have taken certain medications
- Learn how to swim; find swimming lessons at the local swimming pool
- When boating, wear a [life jacket](#)
- Learn [First Aid and CPR](#)
- Swim in designated areas with lifeguards