



## WATER SAFETY

According to The Centers for Disease Control and Prevention (CDC), in 2007 there were 3,443 fatal unintentional drownings in the U.S. Although these rates have declined over the years, drowning still remains the second leading cause of accidental injury-related death for children and adolescents <sup>(1)</sup>.

Did you know that a child could drown in as little as one inch of water? Children should always be closely supervised if they are in or around a tub, beach, pool, or lake. Children should either know how to swim or be enrolled in a water safety or swimming course <sup>(2, 3)</sup>.

It is a good idea to invest in a proper-fitting, U.S. Coast Guard-approved lifejacket to use when you are in or around water. Check the weight and size recommendations on the label and try it on to make sure it fits securely. For children under 5 years of age, you should choose a lifejacket with a strap between the legs and a neck support to keep the child's head up and their face out of the water <sup>(4)</sup>.

If you are heading to the beach, pool or lake this summer, it is important to remember

that while the water can be fun, it can also be very dangerous. Please remember these helpful water safety tips <sup>(1, 3)</sup>:

- Beware of the dangerous “*too’s*”- *too* tired, *too* cold, *too* far from safety, *too* much sun and *too* much strenuous activity
- Always swim with a buddy
- Swim in areas supervised by a lifeguard or responsible adult
- Avoid drinking alcohol while swimming, diving or boating
- Learn cardiopulmonary resuscitation (CPR)
- Install fencing, gates, alarms or locks around all swimming pools and hot tubs
- Read and obey all rules and posted signs; no running or horseplay around water
- Be aware of your water surroundings and possible hazards including deep and shallow areas, currents and any water obstructions

For more information on water safety, please visit the following web-links:

### **Water Safety Information:**

- [All About Beach Safety](#)
- [Water Safety Quiz](#)

### **References:**

1. [The Centers for Disease Control and Prevention](#)
2. [Safe Kids](#)
3. [American Red Cross](#)
4. [Kids Health](#)

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