



WATER SAFETY

According to The Centers for Disease Control and Prevention (CDC), in 2005 there were over 3,500 fatal unintentional drownings in the U.S., averaging ten deaths per day. Although these rates have slowly decreased over the years, drowning still remains the second leading cause of unintentional injury-related death for children and adolescents ⁽¹⁾.

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, on, or around a pool, lake or ocean and should either know how to swim or be enrolled in a water safety or swimming course ^(2, 3).

It is always a good idea to invest in a proper-fitting, U.S. Coast Guard-approved lifejacket to use whenever you are in or around water. You should always check the weight and size recommendations on the label and then 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 ⁽⁴⁾.

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 ^(1, 3):

- 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 a 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)
- Be knowledgeable of your water environment and potential hazards (deep and shallow areas, currents, and any water obstructions)

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

Water Safety Information:

- [Pool and Hot Tub Safety](#)
- [Beach Safety \(Boating and Swimming Checklists for Parents and Kids\)](#)
- [Why Is It Important to Be Safe in the Water?](#)
- [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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