Water Safety: Prevent Drownings

Drowning is the leading cause of injury-related death among children between 1 and 4 years old. And it's the third leading cause of death among children.

HARD FACTS

Swimming pools are the most common site for a drowning to occur among children ages 1 to 4 years.

About three-quarters of pool submersion deaths occur at home.

The majority of infant (younger than 1 year old) drowning deaths happen in bathtub buckets.

Whether you're bathing your baby in the sink or splashing around with your toddler in the bathtub, being in water is great fun for kids. But it's also an activity where safety must come first, so here are a few tips for kids who love to get wet.

DON'T LEAVE KIDS ALONE

- Never leave your child unattended around water. Babies can drown in as little as 1 inch of water.
- Put the cell phone away, forget about all the other things you have to do and give young children 100 percent of your attention when they are near or around water.
- Designate a "water watcher" (a responsible adult) at the beach or at pool parties to prevent lapses in supervision.

EMPTY INFLATABLE POOLS

- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach. These types of pools can pose a drowning risk.

REMOVE WATER FROM TUBS AND BUCKETS AFTER USE

- Once bath time is over, immediately drain the tub.
- Empty all tubs, buckets, containers and wading pools immediately after use. Store them upside down and out of children's reach.

CLOSE LIDS AND DOORS

- Keep toilet lids closed and use toilet seat locks to prevent drowning.
- Keep doors to bathrooms and laundry rooms closed.

LEARN CPR

- Parents have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind — and the more peace of mind you have as a parent, the better.

Source: safekids.org, childinjurypreventionalliance.org

For more information on injury prevention, call 983-6800.

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