

Help Prevent Childhood Drowning:

How to Prevent Drowning

Use an approved barrier to separate the pool from the house. **NEVER allow children to be alone near a pool or any water source.** This includes bathtubs, buckets, toilets and ponds.

- Do not allow children to play in or around the pool area. Mount life saving devices near the pool.
- Keep tables, chairs, and ladders away from pool fences.
- Check placement of doggie doors for direct access to pool area.
- Adult supervision is the best approach in prevention of drownings.
- Contact your local recreation and parks department for information on water safety, CPR and first aid classes.
- Too often people say, "I only left for a second..." Sadly just a few seconds is all it takes for a child to drown.
- Drowning kills more toddlers in California than any other accidental cause. Most children drown in their own pools, but some children also drown in buckets, toilets, bathtubs and ponds.
- Near drowning calls are also tragic. Near drownings can cause permanent brain damage.
- Drowning and near drowning can be prevented! Anyone involved with young children needs to be aware of how to prevent this tragedy.

Supervision

- Never leave your child unattended in or near a swimming pool, hot tub, spa, bathtub, toilet, or bucket of water even for a second.
- Keep toys, tricycles, and other children's play things away from the pool or spa. · Don't consider your children to be "drown proof" because you enrolled them in "waterproofing" or swimming classes.
- Don't allow barriers, such as fences or walls, give you a false sense of security regarding your child's safety. There is NO substitute for ADULT supervision.
- Always take your children to open water areas such as beaches and lakes that are well supervised by trained lifeguards.

Barriers

- Make sure your pool or spa has an effective barrier---such as a fence, wall, or locked gate that helps to guard against unauthorized access.
- Gates should have self closing, self latching mechanisms. Latches should be out of reach of young children.
- Your pool or spa should always have a barrier regardless of whether they are covered. Emergency Procedures
- Learn how to administer CPR, mouth-to-mouth resuscitation, and other life-saving techniques to children. To be able to administer CPR correctly you must be properly trained.
- Know how to contact your local emergency medical services. Install a phone, in the pool and spa area. Post the number in an easy to see place.
- CALL 9-1-1 for emergency help.

Bathrooms

- Children must be supervised while bathing.
- Leaving a small child in charge of a young sibling is not acceptable.
- Many tragedies occur when the caretaker leaves the child alone in the tub for "just a few seconds" while answering the phone or getting a towel. A child should not be allowed to use the bathtub as an unsupervised play ground.
- The bath experience should be a fun time to be shared with the parent or adult caretaker.
- The bathtub must be emptied when an adult is not physically present.
- Children have also been known to drown in toilet bowls.
- A young toddler is inquisitive by nature and is drawn to any body of water, including the toilet bowl.
- Because of a toddler's head and body weight distribution the child that reaches into the toilet and falls in head first may not have the strength to right himself and escape. Silently, the child drowns.
- Safety latches for toilet seats are recommended.

What to do in an emergency

- If you find a child in any source of water
- Yell for help and pull the child out of the water.
- Call 9-1-1 immediately
- Begin CPR if you are trained
- If you are not trained, follow the instructions from the 9-1-1 operator until help arrives