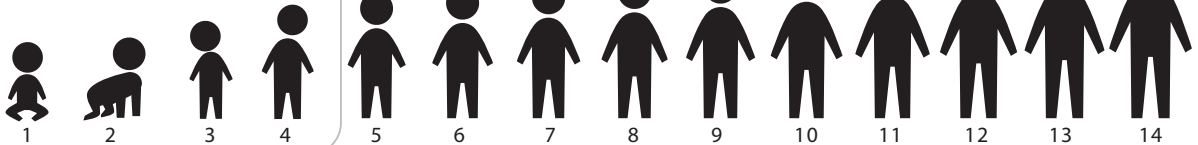


FACTS YOU NEED TO KNOW ABOUT DROWNING

DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW.

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM.

NO ONE is "drown proof" – no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

DROWNING IS QUICK AND SILENT.



Drowning occurs in as little as 2 minutes.



Most children who drown are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Irreversible brain damage occurs in as little as 4 minutes.



Most children die who are submerged for as little as 6-10 minutes.

**Children who drown do not scream, splash, or struggle.
They silently slip beneath the water, even with adults & lifeguards present.**

For more information, visit our website at cookchildrens.org/safety

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Drowning Prevention Tips



CONSTANT VISUAL SUPERVISION

- Assign an adult WATER GUARDIAN whose only responsibility is to watch children who are in the water.
- Teach children who cannot swim to stay away from water unless they are with an adult who is within arms reach and has eye-to-eye contact on them.



LEARN TO SWIM

- Studies show that formal swim lessons for children under age 4 reduce drowning by 88%.
- Take swim lessons with your child if you don't know how to swim yourself. Even adults who are strong swimmers should never swim alone.



KEEP BACKYARDS AND BATHROOMS SAFE

- Dump all water buckets and empty kiddie pools when they are not in use.
- Install safety latches on toilets.
- Never leave children unattended in the bathtub.



MULTIPLE BARRIERS ON ALL POOLS AND SPAS

- Install pool fences, self-closing, self-latching gates and door alarms in areas leading to pools and spas.
- Keep a phone by the pool and call 911 in an emergency.
- Keep pool area picked up and clear of toys and other items which might attract an unsupervised child.



ALWAYS CHECK POOL/SPA FIRST FOR MISSING CHILD

- Make sure to look at the bottom of the pool or spa.
- Do not quickly scan the top and move on - children who drown often sink to the bottom and appear as shadows that can easily be overlooked.
- Every second counts.



WEAR LIFE JACKETS

- Children who cannot swim should always wear a properly sized Coast Guard approved life jacket.
- Do not rely on water wings, floats, or other toys to keep children safe.



LEARN CPR

- Studies show CPR doubles the victim's chance of survival.
- Use hard/fast compressions in the center of the chest until help arrives.
- Refresh CPR skills yearly, certifications every two years.
- Post CPR guidelines near the pool.