

## Injury Facts

~ taken from National Safety Council Injury Facts~

- Drowning is the leading cause of death in children ages 1 to 4 and is the second leading cause of death for children ages 5-14.
- Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub.

Water safety should be practiced with adults, as well. According to an American Red Cross survey, only 58% of adults who say they can swim are able to perform five critical water-safety skills that could save their lives. These skills include:

- Floating or treading water for one minute without a flotation device.
- Stepping or jumping into water over your head and returning to the surface.
- Treading water or floating in a full circle and then finding a way out of the water.
- Exiting a pool without using a ladder.
- Swimming 25 yards without stopping.



For more information:

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## The tips below were provided by the American Red Cross.

### Make Water Safety Your Priority

- The best thing to do to help all members of your family remain safe is to enroll in age-appropriate swim lessons.
- Swim only in designated areas that are supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and never trust a child's life to another child. Teach children to ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water (but do not rely on life jackets alone).
- Establish rules for your family and enforce them without fail. For example – set limits based on each person's ability, do not allow anyone to play around drains and/or suction fittings.
- Even if you do not plan to swim, be cautious around natural bodies of water (ocean shoreline, rivers, and lakes). Cold temperatures, currents, and underwater hazards can make these bodies of water more dangerous.
- If you go boating, wear a life jacket. Most boating fatalities occur from drowning.

- Avoid alcohol use. Alcohol impairs judgement, balance, and coordination. Alcohol affects swimming and driving skills and reduces the body's ability to stay warm.

### Prevent Unsupervised Access to the Water

- Install and use barriers around your home pool or hot tub. Safety covers and pool alarms should be added as additional layers of protection.
- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.
- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.
- Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

### Maintain Constant Supervision

- Actively supervise children whenever around the water—even if lifeguards are present. Do not just drop your children off at the public pool or leave them at the beach—designate a responsible adult to supervise.

- Always stay within arm's reach of young children and avoid distractions when supervising children around water.

### Know What to Do in an Emergency

- If a child is missing, check the water **first**. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

