



# summer safety

## Pools & Swimming

### Who's at risk?

**Children age 4 and under have a higher rate of drowning than any other age group. In 2003, nearly 2,700 kids in this age group were treated in hospital emergency rooms for drowning-related incidents.**

### Pool & Swimming Safety Tips

- Kids should never swim alone.
- Help prevent infant drowning by having them wear life jackets (PFDs) at all times. Wearing life jackets saves children's lives.
- Never take your eyes off children in the pool – even for a moment! If you're in a group, appoint a designated "water watcher," taking turns with other adults.
- Keep a telephone nearby in case of an emergency.
- While supervising, stay alert and avoid distractions like reading or the telephone.
- Teach children to swim after age 4.
- Teach children how to tread water, float and get out of the pool.
- Tell children to stay away from pool and hot tub drains.
- Tie up long hair securely to guard against drain entanglement.
- Don't rely on water wings or other inflatable toys. If your child can't swim, stay within an arm's reach.
- Never dive in water less than nine feet deep.
- If you find a drain cover that is loose, broken, or missing, notify the owner or operator and do not enter the pool or hot tub area.
- Keep gates to the pool latched.
- Learn infant and child CPR.
- Look for lifesaving equipment by the pool.
- Drowning isn't the only danger. If you see storm clouds or hear thunder, get out of the pool immediately to avoid the risk of electrocution.



Brought to you by **Trauma Services of Saint Joseph's Hospital**

For information on injury prevention programs, contact Amy Schmidt, Injury Prevention Coordinator, at 715.387.9566.

Sources: National SAFE KIDS Campaign, *Injury Facts*, 2004 edition, National Safety Council, 2004.