



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.