



Drowning Prevention

Every year in the United States, more than 1,000 children die from drowning, and many more suffer life-changing injuries. Parents and caregivers need to be aware of drowning dangers and take steps to prevent it.

Facts about Drowning

- Anywhere there is water, there is the danger of a child drowning.
- Drowning can occur very quickly, silently and in just inches of water.
- It is important to learn CPR. When seconds count, knowing CPR can save a life.

Tips for Inside the House

- Young children can drown in bathtubs, toilets, sinks, buckets, coolers or any place in the house where water can collect.
- Most drownings in the home happen in the bathroom. Parents with young kids should always keep the bathroom door shut. Placing a safety cover over the door knob will help prevent kids from opening the door.
- An adult, not an older sibling, must watch infants and young children in the bathtub at all times. Children can drown in the time it takes to answer the phone.
- Some parents think that using a baby bath seat will keep their child safe, but baby bath seats do NOT prevent drowning.
- Parents should remember to always keep the lid of the toilet down. If there are young children in the house, put a toilet lock on the lid.
- Always remember to drain the bathtub immediately after using it.

Tips for the Pool and Hot Tub

- More than half of pool drownings could be prevented if parents put up a 4-sided fence around the pool. The fence should be at least 4 feet high and have a gate that closes and latches on its own.
- An adult must always watch children in the pool closely. This means the adult is not reading or talking on the phone.
- An adult should be within an arm's reach away from infants, toddlers and weak swimmers.
- Most children are ready for swimming lessons when they are 4 or older. Lessons might be helpful for younger children as well, but not all children will be ready at the same age. Parents should decide when their child is ready.
- Use a hard cover and a lock on hot tubs when not in use.
- Drain a wading pool immediately after using it.

Tips for Lakes, Ponds, and Rivers

- Even if a child knows how to swim in a pool, he might not be prepared for open water.
- When on a boat, children must always wear a life jacket. Air-filled swimming aids like water wings or inner tubes are not a substitute for a life jacket.
- Teach children to never walk on frozen water. Thin patches could break, allowing a child to fall through the ice.