



Injury Prevention Check List

Water Safety



Every Child Should Be Injury Free!

The Center for Disease Control reports that more than one in four fatal drowning victims are children 14 years old and younger, and for every child who dies from drowning another four receive emergency department care for nonfatal submersion injuries. Barriers, such as pool fencing, can help prevent children from gaining access to the pool area without caregivers' awareness.

Recreational Safety

In the field, the prompt initiation of CPR is the only thing that has been found to improve the rate of survival. Learn cardiopulmonary resuscitation (CPR) and infant and child first-aid. "Teach teenagers CPR."

Make sure you have rescue equipment, a telephone, and emergency phone numbers near the swimming pool.

Keep electrical appliances away from the pool to prevent electric shocks.

Never leave your child unsupervised near water at or in the home, or around any body of water, including a swimming pool.

Always empty blow-up pools after each use, and put them away.

Install childproof fencing around swimming pools. The fences should be at least four feet tall, four sided, not connected to the house, and have a child proof gate.

Remove toys from the pool so that your child is not tempted to reach for them.

Do not store or allow riding toys near pools.

Blow-up swimming devices such as "water wings," rafts, toys, and other items which are not considered safe and should not be relied on to prevent drowning.

Avoid letting your child play with blow-up water toys in water that is above the waist.

Avoid pool slides; they are very dangerous.

Teach your adolescent never to swim or dive while under the influence of alcohol or drugs.

Make sure your child checks the depth of the water before diving, and does not dive in waters less than 9 feet deep.

Do not allow your child to swim during thunderstorms or lightning storms.

Do not let your child use a diving board in a pool that is not approved for it.

Encourage your adolescent to take swimming, diving, and water safety or rescue classes to give him/her the skills needed to swim and dive safely. These classes may also prevent your adolescent from acting recklessly.

Insist that your adolescent always swim with a buddy.

Do not let your child rough-house with others in the water in ways that may be mistaken for drowning.

Teach your child to stay calm and tread water until help arrives if he/she drifts too far from shore.

It is important that personal flotation devices (PFDs) are the correct size for your adolescent (life jackets are usually labeled "adult" or "child"). However, PFDs do not replace adult supervision.

Insist that your child wear a US Coast Guard-approved personal flotation device on boats at all times.

Do not rely on personal flotation devices (PFDs) or swimming lessons to protect your child.

Home Safety

Keep toilets closed and/or use child proof toilet locks.

Keep bathroom doors closed and install childproof devices to keep your child out of the bathroom (such as doorknob covers).

Never leave a young child alone in the bathtub, not even for a minute. Even supportive bathtub "rings" cannot keep your child from drowning.

Empty any buckets or other containers with liquids.

For more information visit www.injuryfree.org