

Water Safety

About 10 people die from unintentional drowning every day. Of these, two are children age 14 or younger. Drowning ranks fifth among the leading causes of unintentional death in the U.S. Use these water safety tips to protect yourself and those you love.

Safety Tips

- › Learn to swim. Check with local YMCAs and swim centers for swim lesson options.
- › Children as young as six months can learn how to float on their backs in a water emergency. Enroll your infant in Float For Life lessons.
- › Wear U.S. Coast Guard-approved life jackets.
- › At least one adult should actively supervise all in the water. Never leave children alone in the bathtub.
- › Use a buddy system when swimming.
- › If someone has a seizure disorder, provide a one-on-one supervisor when around water.
- › Air-filled and foam toys are not safety devices.
- › All at-home pools should have 4-sided fencing at least 4 feet high.
- › Know the local weather conditions and forecast before swimming or boating.
- › Do not drink alcohol before or during swimming.
- › Don't let swimmers run around or hyperventilate before swimming, or try to hold their breath for long periods of time. This can cause blackouts, which can lead to drowning.
- › Seconds count: Learn CPR.

Resources

- › **Need a life jacket?** Crihstian's Cause is a local income-based, non-profit organization that has life jackets. Contact them via Facebook or text 402-430-1193.
- › Remember boat safety, too: Watch these boating safety videos to learn more: <https://boatoncourse.com/safety-videos/>

Brought to you by the Bryan Trauma Center
Contact Bryan Trauma Outreach & Injury Coordinator
402-481-4178 or traumacenter@bryanhealth.org
bryanhealth.org/trauma

