

DROWNING PREVENTION



DID YOU KNOW?



- Drowning is the **leading cause of death** in children aged 1-4 years, and **preventable**.

- Drowning **can happen anywhere** there is access to water, even if only a couple inches deep. This includes pools, bathtubs and buckets of water.

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**DROWNING
CAN HAPPEN IN
SECONDS AND
QUIETLY**

PREVENTION

- Ensure all children near or in water are **constantly supervised**.
 - The supervising adult should be **sober** and avoid distractions (e.g. cellphones)
- **Learn basic swimming and water safety skills** at your nearby community pool.



- Wear a **well-fitting life jacket!** Water wings and toys such as pool noodles are not safety devices and do not prevent drowning.

ENVIRONMENTAL CONSIDERATIONS

- Pools should be **fully enclosed** by a self-closing and self-latching gated fence
- Lakes, rivers and oceans have unique dangers like fast-moving currents and limited visibility. **Swim only in well-marked areas** with a lifeguard present
- Never skate, play, walk, or run on open bodies of ice in the winter - especially weak and thawing ice.



Information seen above were collected using the following sites:

1. <https://www.cdc.gov/drowning/prevention/index.html>
2. <https://publications.aap.org/pediatrics/article/143/5/e20190850/37134/Prevention-of-Drowning?autologincheck=redirected>
3. <https://dprc-crpn.ca/>
4. <https://parachute.ca/en/injury-topic/drowning/>

SCAN FOR
MORE INFO



PEM Committee